

# Table Conversations

A community of love and depth in a  
culture of individualism and superficiality

**START SMALL**

# Get to know your group

No matter how long you've known one another, we encourage you to start with simpler prompts. You may be surprised what people share and what you learn.

Pay attention to your body language. Practice active listening by giving your full attention and refraining from speaking out of turn.

What hobby do you wish you  
had more time to pursue?

When was the last time you  
changed your mind about  
something?

If you could research one topic  
for your full-time job, what  
would you choose?

What would you title this  
chapter of your life story?



What is one funny but  
embarrassing memory you  
have from growing up?

What was one of your favorite  
days in the last month, and why?

What activities or environments  
spark the most joy for you?

What is a place that holds  
significant meaning for you,  
and why is it so special?

What book, other than the  
Bible, do you think every  
person needs to read?

What is a simple pleasure you  
have that brings you delight?

Are you more of a spender  
or a saver?

What is one of your favorite  
activities to do on a day off?



If you could have dinner with one person, living or dead (other than Jesus), who would it be and why?

What is one thing you regret  
quitting when you did or something  
you wish you had quit sooner?

What is the quality you value  
most in a friend?

What is an adventure on your  
bucket list you hope to  
experience one day?

What was the last moment that  
caused you to experience awe  
or wonder?

If you were asked to give a 15-minute presentation on anything, what subject and title would you choose?

Be creative.

If you were a character in a movie,  
what character would you be, and  
what movie would you be in?

What is another city or country you  
could see yourself living in, and why?



What is a cause or issue of injustice  
you feel strongly about?

What subject or topic would  
you say you have the most  
expertise in?

What is one of your quirkiest  
pet peeves?

What emotion have you felt  
the most this week, and why?

What are you currently  
curious about?

If you could go to one historical event, which would you choose?

What is a memorable piece of  
advice you have received?

What is one of your proudest  
accomplishments, big or small?



If you came with a disclaimer,  
what would it be?

If you won the lottery, what  
would you do with the money?

What is one small way you  
contributed to someone else's  
happiness or well-being recently?

What are a couple of items on  
your personal “dopamine menu”?

What is the most memorable gift  
you have ever received?

What is a piece of art (painting,  
architecture, sculpture, film, etc.)  
that resonates with you, and why?

Share about a time when  
someone was generous with you.

Who was it, and what happened?

What fictional world or universe  
would you most like to live in,  
and why?



If you could collaborate on a book  
with any author, past or present,  
who would it be, and what would  
the book be about?

If you could have God respond  
to one question today, what  
would it be?

If you were to show someone  
around your hometown, what is the  
first place you would take them to  
that holds meaning for you?

What was the best concert you  
have been to, and why?

If you could use only three words  
to describe your family, what  
would they be?

Where is your favorite place you  
have ever traveled to, and why?

How do you most naturally express  
love to the people you care about?

What is a small or simple thing  
you want to be more grateful for?



What conditions seem to bring  
out your best self?

How about your worst self?

What story from the Gospels do  
you find most moving?

Which person from the Gospels  
do you most relate to, and why?

What are you currently learning  
about yourself?

What has recently changed in  
your life for the better?

What was an irrational fear that  
you had as a child?

GO DEEPER

# Go below the surface

These discussions will uncover your approach to life and the ways you are being formed. Take your time with each answer.

Pay attention to emotions that emerge. Practice loving one another by meeting needs that may arise in your conversations.



What is one pattern from your family of origin you hope to carry forward, and what is one you hope to leave behind?

Who is one of your “heroes” (close or at a distance), and what about them do you admire most?

Finish the sentence: I am working  
on accepting \_\_\_\_\_.

What is something you are trying  
to unlearn as of late?

What was the last encouragement  
someone shared with you that had  
a meaningful impact on you?

When you pass away, what is one  
thing you hope your loved ones  
say about you?

What is a difficult experience you went through that you initially resented but now feel grateful for?

What teaching of Jesus do you find  
hardest to live out or understand?



Who were you closest to in your family growing up, and how has that relationship changed or stayed the same?

Where are you in your family's  
birth order, and how do you think  
that shaped you as a person?

How have you experienced the power of forgiveness, whether by offering it or receiving it yourself?

What do you think your younger  
self would admire about you today?

If your future self could give you  
advice for this coming season,  
what do you think they would say?

What is something you want to  
let go of this year?

What was a major turning point  
you experienced in life?

What attribute or posture of Jesus  
do you most desire to embody?



What might you regret in the  
next ten years if your life  
continues as it is, and what  
can you do about it now?

What is one longing you have that  
you are waiting to see fulfilled?

If your week were a candle, is  
the flame burning bright, low, or  
somewhere in between? Why?

What was a challenge you  
faced as a youth that still  
shows up in your life today?

What is a lie you are struggling  
not to believe?

What is your favorite moment you  
experienced with your child (or  
that you remember experiencing  
with your parents)?

What do you like most about yourself?

What is one answered prayer and  
one unanswered prayer in your  
life from the past year?



Who has shaped and influenced  
you the most in life, other than  
Jesus, and how?

If we asked a good friend of yours,  
what values would they say you  
most live by?

What places or practices foster  
the deepest sense of rest for  
your soul these days?

When was the last time you  
experienced feeling lost or alone?

In what area of your life is God  
inviting you into deeper sacrifice  
and selflessness?

What is one attribute you see  
in someone in this group that  
you admire?

What is one habit you want to  
break and one you want to  
build this year?

In what area of your life do you  
feel most un-free?



Do you feel peaceful right now?

Why or why not?

What are 1-2 areas of your life  
where you feel the largest gap  
between who you are and who  
Jesus is inviting you to become?

What are you currently avoiding  
in your life — a person, a  
decision, a problem — and why?

What attributes emerge when  
you feel most comfortable and  
like yourself?

What is a challenge you are currently  
facing that requires God's help?

What word best describes how you  
want people to experience you?

What truth about God are you  
having a hard time believing  
right now?

What are a few attributes you had  
as a child that are still true of you  
today or that you have lost?



What assumptions do people  
sometimes make about you that  
are not true?

What is a word, phrase, or  
metaphor from Scripture that  
is guiding you through this  
season of your life?

What is one way you feel the need  
to grow that goes against the grain  
of your personality?

If you could relive one childhood  
memory, what would it be?

Have you ever been through  
a season of life that felt like  
“the wilderness”?

If so, what did you learn?

How is fear most showing up  
in your life right now?

In what stage or time of your  
life did you feel most alive,  
and why?

What was an impactful event in your  
life that formed who you are today?



What aspects of following Jesus feel  
most natural and unnatural to you?

If you knew you were living your  
last day, what would you lower in  
importance that you currently  
hold as important?

**Practicing the Way**