

Table Guide: *Why do we EAT?*

Restore Church Gathering - August 17, 2025

Table Groups: Host + 3-6

The table, from Genesis to Revelation, is more than just a piece of furniture. During this table time, we'll explore how the table shapes our understanding of God and His invitation to us.

Look Around: (5 mins)

1. Think for a minute about the word, ***"table."***
 - a. What memories, feelings, or associations come to mind? (Family traditions? Communion? Invitations? Hospitality?)
 - b. How have your connections, conversations and community been impacted by it?

Look it up: (15 mins):

Read the following Scriptures aloud:

The Table in the Old Testament: **Leviticus 24:5-9** and **Exodus 25:23-30**

2. What details and/or instructions are given about the bread?
3. Why did God instruct them to build a table?
4. What does the bread and the table say about God's posture towards his people?

*"The Table of Showbread symbolized God's **provision** and His **covenant** with the twelve tribes of Israel."* ([BibleRef.com](https://www.bible.com/bibleRef.com), Topical Bible: "The Table")

The table reminded God's people that He was not only holy but also hospitable. The Bread of the Presence wasn't just a ritual but a reminder that the Israelites were remembered.

The Table in the New Testament: **Luke 22:14-20**

5. Why does Jesus choose a meal to institute the new covenant?
6. What does this teach us about the kind of relationship God desires with us?
7. In what ways does communion reflect both remembrance and invitation?

The Table in the Early Church: **Acts 2:42-26**

8. How does breaking bread together shape Christian community?
9. What would it look like to reclaim the table as a place of *formation* in your home or small group?

The table is also a metaphor for the unity and fellowship of believers...This communal aspect of the table highlights the shared life and mutual support within the body of Christ. ([BibleHub.com](https://www.biblehub.com/topical/bible/the-table.htm), Topical Bible: "The Table")

"In the New Testament, the table takes on additional layers of meaning, particularly in the context of Jesus' ministry and the early Christian community. Jesus often used the setting of a table to teach and to demonstrate the inclusivity of God's kingdom. In Luke 22:14-20, during the Last Supper, Jesus shares a meal with His disciples, instituting the Lord's Supper...**This event underscores the table as a place of covenant and remembrance.**" ([BibleHub, Topical Bible: The Table](https://www.biblehub.com/topical/bible/the-table.htm))

The Future Table: Revelation 19:9

10. What emotions does Revelation's wedding supper stir in you?
11. How does the promise of a future table to celebrate Jesus and his bride (the church) impact how you set the table now?

"In eschatological terms, **the table is a symbol of the Messianic Banquet, a future event where believers will partake in a heavenly feast with Christ.**

Throughout Scripture, the table serves as a powerful symbol of God's covenant, provision, and the fellowship of believers, reflecting both the temporal and eternal aspects of God's relationship with His people." ([BibleHub, Topical Bible: The Table](https://www.biblehub.com/topical/bible/the-table.htm))

Look Within: (5 mins):

12. Think of a time you were welcomed to someone's table. What did that invitation say about your value, belonging, or relationship?
13. Who might God be prompting you to invite to your table this week to extend his kingdom welcome?

Wrap-up (2 mins):

14. How would you answer the question, **why do we come to the table and eat together?**

We come to the table because it's where God has always met His people. We are reminded of God's provision, covenant, invitation, and the coming kingdom when we come together and eat.

Bonus Reading: "The Family Meal"

*“The table is a powerful tool in every culture because every society uses meals to both unite and divide. **Sharing a table is how we form bonds and establish a common identity.** It’s why every culture uses a meal to celebrate marriages. Two families share a meal to acknowledge their new bond as kin...*

The unifying and dividing power of food is also a dominant theme in the Bible. In the beginning, the Lord invited the man and woman to eat from any tree in the garden, but eating from one particular tree would separate them from God and life itself. And the Old Testament dietary laws, which seem odd and arbitrary to modern readers, had a very practical function. They prevented the Israelites from sharing a menu, and therefore a table, with the nations surrounding them. If people are unable to eat together, they are less likely to form bonds, blend cultures, or intermarry. Israel’s odd diet kept them separate, thereby preserving their special calling and covenant with God.

*Sharing a meal is a bodily, social, creative, and spiritual act... in its power to form bonds. A church that ignores this power, or uses it in a manner contrary to the gospel, does so to its own peril. **But for Christians who recognize the formative power of the table, it can be used by God to shape their lives and community in unimaginably beautiful ways.**”*

Excerpt from: What if Jesus was Serious About the Church? Skye Jethani