



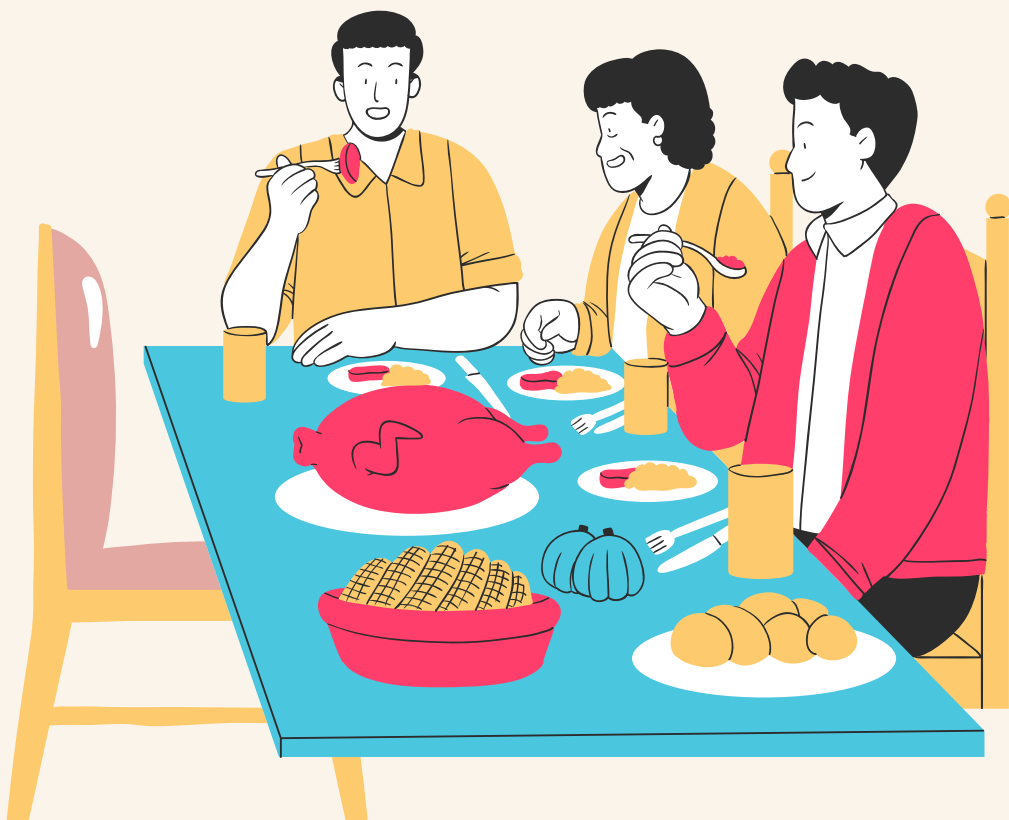
SUPPER CLUB

BREAK BREAD, GIVE THANKS, DO IT AGAIN

www.yegsupperclub.ca

STARTING A TABLE GROUP

Tools to help you open your table, grow in faith, and make space for others



WELCOME TO THE TABLE

Whether you're exploring faith, carrying questions, or just longing for meaningful connection—there's room for you.

You don't need to be part of a church or know much about the Bible—this guide is for anyone open to growing in faith and community. It's an invitation to gather with a few others around something simple: a shared table and an open heart. You already have what you need to begin: a willing heart, an open chair, and the courage to make space

What you're holding isn't a program or a curriculum—it's a way of showing up. It's about creating space to grow in trust, explore faith together, and practice following Jesus in the everyday.

"Depth before growth."
— Vision 2030

So why table groups?

Because tables are where stories are shared, names are remembered, and grace feels real. They're ordinary spaces where something sacred can happen.

We've seen it time and again: someone says yes to a casual invite—maybe over coffee or a meal—and over time, something shifts. Questions get asked. Honest prayers get prayed. Life gets shared. And slowly, the pieces of faith come back together.

That's why we keep making space.

Our hope is simple:

- That you'd eat together.
- That you'd give thanks.
- That you'd encounter Jesus.
- And that others would too.

If you're wondering where to begin, you're already on your way. This little kit will help you start with a few friends—no stage, no spotlight—just a rhythm of gathering, sharing, listening, and learning to follow Jesus together.

So pull up a chair. This might be the start of something simple—but sacred. One meal. One prayer. One neighbourhood at a time.



You already have what you need to begin: a willing heart, an open chair, and the courage to make space



TONY TIRA

LEAD PASTOR



THE DISCIPLESHIP JOURNEY

From Curiosity to Calling

Spiritual growth is a journey, not a formula.

It rarely moves in a straight line. It's a path marked by questions, steps of faith, seasons of doubt, and moments of clarity. But over time, as we stay connected to Jesus and community, we begin to grow.

At Supper Club—and in table groups like yours—we use a simple way to describe that growth. Not as a checklist, but as a way to notice where you are, and where God might be inviting you next.

The Journey Looks Something Like This:



SPECTATOR

You're watching from a distance. You're curious but not committed. You're observing what faith looks like in real life.



SEEKER

You're asking honest questions. You're open to spiritual things. You're exploring who Jesus is and what it might mean to trust Him.



SUPPORTER

You've started to believe. You're following Jesus and finding a place in His community. You're showing up and growing roots.



SERVANT

You're putting your faith into action. You're beginning to love and serve others, not just show up for yourself.



STEWARD

You're taking ownership. You're learning to lead, to give, to invest in the growth of others.



SENT

You're living with purpose. You see your everyday life—your neighbourhood, work, friendships—as the place where Jesus is at work through you.

This journey isn't about getting it all right.

It's about taking the next step.

So where are you today?

Take a moment. Be honest. There's no pressure to "level up"—just an invitation to lean in.

And the good news? You don't walk it alone.

These steps unfold in real life. Around real tables. Together, with real people—one meal, one prayer, one neighbourhood at a time.



GETTING STARTED



HOW TO BEGIN A TABLE GROUP

What matters most isn't a title or training.

You just need a table—or a corner of a café—and a willingness to grow with others.

Here's how to begin:

1 PRAY FIRST

Before inviting others, take a moment to ask: *"God, who are You inviting me to walk with this season?"*

It might be a friend, a co-worker, a neighbour—or someone who's been on your heart for a while. But also consider this:

Who around you doesn't yet have a space to be known, to ask questions, or to grow in faith?

Sometimes it's easier to start with people already in our circle—but don't overlook the ones who may be waiting for an invitation.

Start with prayer—and trust that God will bring the right people to the table.

2 IDEAL GROUP SIZE

Keep it small. **3–4 people** (triads or quads) is just right for depth, honesty, and shared growth. (You can start with 2 if you're still praying for a third.)

3 FREQUENCY & RHYTHM

Meet **weekly** or **every other week**—whatever fits your pace. The rhythm isn't about checking boxes—it's about creating habits that form us: one meal shared, one prayer lifted, one neighbourhood stirred with God's love.

4 TIME COMMITMENT

Commit to a **season together**—maybe **3 months, 6 months, or even a year**. Setting a timeframe gives clarity and makes it easier for people to say yes. You can always regroup and keep going from there.

Each meeting can run **30–60 minutes**. Don't rush—but don't overthink it either.

5 MEETING SETTING

- **In-person is ideal:** someone's home, a quiet café, a back patio—somewhere comfortable and calm.
- **Online works too:** video calls can still create connection. Just be intentional about minimizing distractions.
- You can **rotate hosts** or stick with one—it's up to your group.

The goal is presence over polish—just show up ready to share, listen, and grow.



FIRST 3-4 MEETING SUGGESTIONS

Around the Table with Jesus

Throughout the Gospels, some of the most surprising, healing, and transformative moments happened around a table. Jesus shared meals with all kinds of people—skeptics, seekers, outsiders, friends. These moments weren't just social—they were sacred.

Here are four meal-focused sessions to help your group begin with Jesus at the center:

MEETING 1: JESUS MAKES SPACE FOR YOU

- **Prompt:** “Who first made space for you to be real? What do you hope for around this table?”
- **Scripture:** Luke 5:27–32 (Jesus eats with Levi and other outcasts)
- **Prayer:** Thank God for welcoming us as we are. Ask Him to shape your group into a safe and open space.

MEETING 2: JESUS BRINGS RESTORATION

- **Prompt:** “Where in your life do you need restoration or a fresh start?”
- **Scripture:** John 21:9–17 (Jesus cooks breakfast and restores Peter after failure)
- **Prayer:** Invite Jesus to meet each person in their place of weariness or regret. Ask Him to speak words of grace.

MEETING 3: JESUS TRANSFORMS THE ORDINARY

- **Prompt:** “Where do you need Jesus to show up in your ordinary, everyday life?”
- **Scripture:** John 2:1–11 (Jesus turns water into wine at a wedding feast)
- **Prayer:** Pray for eyes to see God at work in unexpected places and ask for renewed joy and faith.

MEETING 4: JESUS INVITES US TO LISTEN AND LEARN

- **Prompt:** “What distractions keep you from being present with God or others?”
- **Scripture:** Luke 10:38–42 (Jesus visits Mary and Martha’s home)
- **Prayer:** Ask for hearts like Mary’s—to slow down, sit close, and listen well to both Jesus and each other.

Each meeting can follow a simple format:

1. **Check-in** (How’s your week been?)
2. **Scripture + Conversation**
3. **Prayer**

These first four gatherings help your group begin with *presence, grace, transformation, and attentiveness*—the same gifts Jesus offered at every table He sat at.

HOSTING CHECKLIST: MAKE SPACE FEEL LIKE HOME (OR FEEL CONNECTED ONLINE)

Focus on welcome over wow. A few intentional touches create space where people feel seen. Whether you're meeting around a table or on a screen, here are a few ways to create a warm, welcoming environment:

HOSPITALITY TIPS

- Food and drinks are optional, but warmth is essential. Even a pot of tea or a snack tray says, "You belong here."
- The goal isn't to impress—it's to include.
- Online? Invite people to bring their coffee or dinner to the call—it helps keep things relaxed and real.

SETTING THE SPACE

- Choose a spot that's quiet and comfortable.
- Think simple and intentional: soft lighting, enough seats, and a table that encourages connection.
- Encourage others to be "fully present"—silencing notifications and muting if not speaking.
- Online? Choose a quiet spot with good lighting so faces can be seen. Use headphones if needed to reduce background noise.

TONE-SETTING

- Start slow. Don't rush. Make room for quiet moments or tangents—they're often where trust forms.
- Lead with presence, not pressure. A sincere welcome and an open question often go further than the perfect plan.
- Online? Start with a friendly check-in or shared moment (like a simple gratitude question) to bridge the digital gap.

One meal. One prayer. One neighbourhood at a time—sometimes that neighbourhood includes a Zoom link.
Think presence. Focus on making people feel welcome—not making everything perfect.



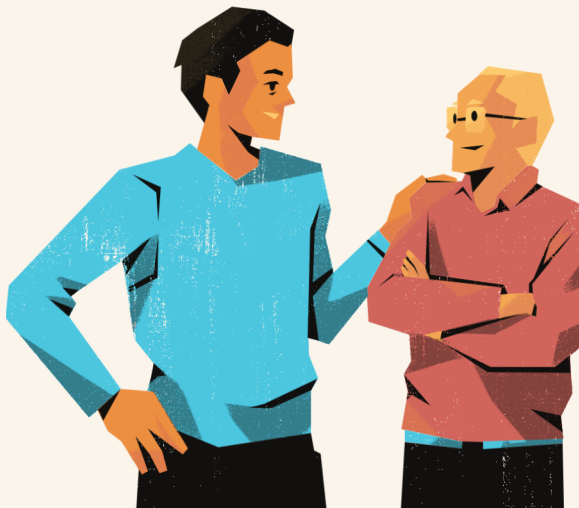
HELP FOR HOSTS

Creating Safe, Spirit-Led Spaces for Growth

You can lead by creating space—for listening, growing, and letting God do the deep work

If you can listen, show up, and make space for others—you're already doing it.

The goal isn't to control the conversation. It's to create room for real people to grow in real ways—with Jesus at the center.



TIPS FOR FACILITATING WELL

with more heart in every question

1 LISTEN MORE THAN YOU TALK

Trust that God is working, even in silence. You don't have to fill every gap.

2 ASK BETTER QUESTIONS

Try:

- "What part of that really hit home for you?"
- "Did anything surprise or comfort you in that story?"
- "What do you need to hear from God right now?"

These kinds of questions invite honesty, not performance.

3 EMBRACE THE QUIET

Stillness isn't awkward—it's sacred. Let people take their time. Some of the best responses come after a pause.

4 MAKE SPACE FOR EVERYONE

Not everyone shares easily. Try asking:

- "Is there something stirring for you that you haven't shared yet?"
- "Would you like to add anything before we move on?"

This lets quieter voices feel seen without pressure.

5 STAY CONNECTED BETWEEN GATHERINGS

A heartfelt text midweek can sound like:

- "Still thinking about what you shared—thanks for your honesty."
- "Praying for that situation this week. Let me know how it's going."

It reminds people they matter outside the meeting too.

TABLE GROUP COVENANT

The kind of group we want to be

You can't force transformation—but you can create the kind of space where it happens. That starts with trust. This isn't just about good group dynamics—it's about making space for something holy to happen: one meal, one prayer, and one neighbourhood at a time.

Every time you open your home, share a meal, or pray with someone new, you're making space for the Gospel to show up. That's how renewal begins—one Gospel space at a time.

Here's a simple agreement we invite all groups to make together:

As a table group, we commit to:



SHOW UP

Growth takes time—and consistency helps us grow roots.



BE REAL

No need to impress. Come as you are. Share what's actually true for you.



KEEP IT IN THE GROUP

What's said here stays here. We want to be safe people for each other.



GIVE GRACE

We all mess up. Let's be quick to listen and slow to judge.



SPEAK THE TRUTH IN LOVE

Sometimes growth means gently challenging one another—and receiving it, too.



TAKE NEXT STEPS

We want to keep asking, "What is Jesus inviting me into?"—and take one step toward it.

You can read this together in your first meeting—or print it, sign it, keep it visible. Not as pressure, but as a shared posture.



HEALTHY GROUP NORMS

How we keep the table open, honest, and life-giving

WHAT HELPS PEOPLE FEEL SAFE?

- Clear expectations
- Equal time to share
- No fixing, correcting, or hijacking the moment
- A culture of grace, not performance

WHAT IF THINGS GET MESSY?

- **Pray first.** Slow down before reacting.
- If tension or confusion comes up, name it gently and talk it through.
- If it's too much to handle alone, ask a coach or team leader for help.

SIGNS TO WATCH FOR (AND RESPOND WITH GRACE)

DO:

- Notice who hasn't spoken yet—invite them gently
- Redirect if someone keeps interrupting or dominating
- Affirm vulnerability when it's shared
- Slow down when things feel emotionally heavy
- Laugh and lament—make room for both

DON'T:

- Let one voice lead every time
- Shut down questions or doubts
- Rush through silence or hard moments
- Use Scripture to "correct" someone's emotions
- Assume agreement means growth—go deeper

A good reminder:

It's not about impressing anyone. It's about being real and making space for God to work.

Come as you are—and let others do the same.

Most of the time, the Holy Spirit works in small, ordinary moments.

We're just making space for that to happen.

"Encourage one another daily..." – Hebrews 3:13



DISCIPLESHIP TOOLS

These aren't programs. They're tools to help you follow Jesus—together.

You're not teaching a class—you're creating space for faith to grow.

Discipleship Essentials and Discovery Bible Study are not programs to complete. They're simple tools to help you listen to Jesus, respond to His Word, and walk with others in community.

Use them at a kitchen table, over lunch break, in a coffee shop, or on a Zoom call.

These are just tools. The real goal is formation.

Use what helps. Leave what doesn't. Keep pointing each other back to Jesus.

DISCIPLESHIP ESSENTIALS (DE)

What it is:

Free resources from TWR Canada to spark spiritual growth and conversation—short videos, study guides, and leader's notes made for everyday people.

How to use it:

- Choose a topic that fits your group's season or need.
- Watch the video together or ahead of time.
- Read the Scripture out loud. Pause and ask: "What stands out to you?"
- Pick 1–2 meaningful questions from the guide to discuss.
- Close with a prayer and a next step.

SAMPLE LESSON: INTRODUCTION TO DISCIPLESHIP

This session introduces what discipleship is—and why we grow best in relationship, not isolation.

"Just like a newborn needs nourishment, so does a new believer. We don't force the growth—we just show up, share what we've received, and trust the Spirit to work."

In this session you'll explore:

- What it means to follow Jesus, not just believe in Him
- Why we need people to walk with us
- What tools and habits help us grow

Perfect for triads or table groups beginning their journey together.

Watch + download this lesson and more at: discipleshipessentials.org

DISCOVERY BIBLE STUDY (DBS)

What it is:

A simple, repeatable way to explore the Bible—where no one teaches, and everyone participates.

The 7 Steps:

1. Talk & Connect – "What are you thankful for? What's been hard?"
2. Read & Retell – Read a short passage; someone retells it in their own words.
3. Look for God – "What does this show us about God or Jesus?"
4. Look for Us – "What does this reveal about people or my heart?"
5. Reflect Personally – "What needs to change in my life?"
6. Share with Others – "Who could I share this with or invite in?"
7. Review Next Time – "What changed since last week?"

Great places to start: Luke 5:27–32 or John 6:35

More at: dbsguide.org



SCRIPTURE & PRAYER PROMPTS

A Simple Weekly Rhythm for Formation

Discipleship isn't just something we talk about—it's something we practice. These Scripture & Prayer rhythms are meant to help your table group grow deeper roots in God's presence, God's Word, and God's mission.

Without having to follow these exactly, let these serve as scaffolding—just enough structure to support formation without becoming rigid. Adjust them to fit your group's flow.

WEEK 1 — PSALM REFLECTION: PRAISE & PRESENCE

Slow down. Start by lifting your eyes.

- Read a Psalm like 103, 104, or 145 aloud.
- Ask: "What does this reveal about who God is?"
- Let the Psalm lead your group into honest worship and adoration.

Try this:

"Bless the Lord, O my soul, and forget not all His benefits..." (Psalm 103:2)

WEEK 2 - GOSPEL MOMENT: JESUS AT THE TABLE

Center your week on Jesus' presence in everyday life.

- Read a Gospel story of Jesus at a meal (Luke 5:27–32, Luke 24:30–35, or John 21:9–17).
- Ask: "What does Jesus do here—and how does it shape how we meet with others?"
- Pray for the courage to open your table and your life.

Try this:

"They recognized Him in the breaking of the bread..." (Luke 24:35)

WEEK 3 — GUIDED INTERCESSION: KINGDOM COME

Pray for one another—and beyond.

- Ask: "Where do we need God's Kingdom to break in?"
- Use simple prompts like:
 - "God, we lift up..."
 - "We ask for healing in..."
 - "Bring peace to..."
- Don't rush. Pause between each request. Invite silence.

Try this:

"Your kingdom come, your will be done, on earth as it is in heaven." (Matthew 6:10)

WEEK 4 — LISTENING PRAYER: DAILY BREAD

Listen before you speak. Let the Spirit guide.

- Sit in stillness for 2–3 minutes. Breathe.
- Ask silently:
 - "Lord, what are You saying to me right now?"
 - "What do You want me to notice or remember?"
- Identify where you are experiencing strengthening, encouragement, and/or comfort in your spirit (1 Cor 14:3). Share only what feels right. Don't force it.

Try this:

"Speak, Lord, for your servant is listening."
(1 Samuel 3:10)

Final Encouragement

Transformation doesn't come from having everything just right, God meets us when we make space. Even five honest minutes of prayer together can shape a person's faith more than a full lesson.

"Formation happens when we make room—not just for each other, but for God."

GROWTH REFLECTION

Where am I on the journey?

Discipleship isn't about checking boxes. It's about noticing where God is already at work—and choosing to keep going.

Use this page every few months to reflect, reset, and re-engage.

This isn't a test. It's a mirror. A quiet moment to be honest with yourself and with God.

Reflect Personally

Take time to think or journal through these prompts before your next table group meeting.

1. WHERE AM I SEEING GOD AT WORK IN MY LIFE LATELY?

This could be in conversations, emotions, challenges, answers to prayer—anything.

2. WHERE DO I NEED TO TRUST HIM MORE?

Is there a place in your life that feels uncertain, overwhelming, or out of your control?

3. WHO AM I BECOMING?

Think beyond behavior. What's being formed in you—character, habits, identity, desires?

4. WHAT'S ONE STEP OF OBEDIENCE, HEALING, OR GROWTH THAT I SENSE GOD INVITING ME TO TAKE?

It might be small. Write it down anyway.

Identify Your Current Stage

Read through the six discipleship stages below. Put a check beside the one that best describes where you are right now:

- ☐ **Spectator** – I'm just starting out and curious. Still figuring out what I believe.
 - ☐ **Seeker** – I'm exploring faith and willing to learn more about Jesus with others.
 - ☐ **Supporter** – I'm committed to this community and growing in faith and habits.
 - ☐ **Servant** – I'm contributing—I pray with others, offer help, or lead small moments.
 - ☐ **Steward** – I'm leading something and helping others grow.
 - ☐ **Sent** – I'm equipping others and starting new rhythms, groups, or spaces.
-

Next Step

Based on where you are, what's one next step you could take?

Need help figuring it out? Use the **Recommended DE Modules by Journey Stage** ahead for tailored tools and ideas.

“
**What if your table became
the first piece of a new
Gospel space?**
”



TESTIMONY STORIES

Real people. Real tables. A real God who still shows up.

At Supper Club, we believe stories matter.

Because they're real. And real stories invite others to find their place in God's story too.

When we talk about where God is showing up in our lives—over meals, in silence, through friendships—we help others recognize Him in their story too.

"Let the redeemed of the Lord tell their story..." — Psalm 107:2

Vanessa's Story

Vanessa didn't expect much when she showed up at a neighborhood picnic—but that one meal changed everything. She reconnected with old friends who became prayer partners and lifelines through what she later described as the hardest year of her life.

As time went on, those same friends invited her now-husband, Mike, into their circle. They started meeting casually—building Gundam robot model kits and reading Scripture. What began as three people around a table grew into a space where faith could take root in everyday life.

Vanessa learned that presence, not performance, was enough.

"People didn't need words or me telling them about Jesus in order to experience Him... they just needed me to be present and intentional—sitting with them."

Through prayer, community, and steady discipleship, she saw God restore what was broken and build something deeper. That journey led her through marriage, mentorship, and leadership—not because she had all the answers, but because she kept showing up.

"Faith has become less about doing and more about being—with God, and with others. That's where I've seen Him move most."

WANT TO SHARE YOUR STORY?

Try starting here:

- What surprised you along the way?
- Where has God been at work in your life?
- Who's walked with you?
- What's shifted in your heart, habits, or hope?
- What would you say to someone just starting out?

No pressure. No polish needed.

Your story might be the spark someone else needs to take their next step with Jesus.



ONGOING FORMATION

Discipleship doesn't end at the table. Let's keep walking together.

Transformation doesn't come from having everything just right—it starts when we show up with trust, faith, and an open table. Whether you're hosting, learning, leading, or just beginning—there's space for you to keep growing.

RECOMMENDED DE MODULES BY JOURNEY STAGE

JOURNEY STAGE	GOAL	SUGGESTED MODULES
SPECTATOR → SEEKER	Spark curiosity about Jesus and show that faith is personal and possible	<i>Who is Jesus?, Understanding Salvation, Our Relationship with God, Christian Life and Worldview</i>
SEEKER → SUPPORTER	Build foundations and connect people to community and core practices	<i>Exploring Discipleship, Christian Disciplines, God and the Spiritual Realm, Christian Doctrine (selected)</i>
SUPPORTER → SERVANT	Equip to serve, share faith, and step into spiritual conversations	<i>Intro to Evangelism, 4 Spiritual Laws, Christian Character Development, Spiritual Gifts</i>
SERVANT → STEWARD	Develop leaders who can shepherd others and live out their calling	<i>Leading Small Groups, The Church and Worship, Family Life, Christian Character Development (continued)</i>
STEWARD → SENT	Multiply mission-ready leaders for new spaces and people	<i>Leadership Lifestyle, Pastoral Basics, Forgiveness & Reconciliation, Christian Doctrine (deep dive)</i>

STAY CONNECTED

Follow Along

Stay encouraged with weekly stories, tools, and inspiration to help you walk out your faith.

Follow us:

Instagram: [@yegsupperclub](#)

Facebook: [facebook.com/yegsupperclub](#)

Pray With Us

We believe prayer fuels transformation. If you'd like to join our prayer list or share a request:

Email: hello@supperclub.church



FAQS FOR HOSTS

Helpful answers for real-life moments around the table.

What if no one talks?

That's normal at first—especially if people are new or uncertain. Keep it warm and unforced. Ask simple, personal questions like:

- “What stood out to you?”
- “How did this hit home for you?”

Don't be afraid of silence. Sometimes people just need space to think or feel safe before they speak. Your job isn't to fill the silence—it's to create a safe place for it.

What if we fall off rhythm or miss a few weeks?

Life happens. Rather than feeling guilty, simply check in with your group and name it honestly:

“Hey, we've had a few weeks off—want to pick a date to start again?”

Even a reset every few months is more helpful than quitting. Grace > guilt.

How do I restart if things feel stuck or awkward?

Try a soft reset with something simple—like a shared meal or a “check-in-only” week.

Then ask: *“What would help this feel more life-giving for everyone?”*

You can also switch up the rhythm or format—try a new DE module, a Discovery Bible Study, or a walk-and-talk meeting.

How long should we keep meeting?

Start with a clear time frame (e.g., 3 months or 12 sessions). Then check in and ask:

“Do we want to keep going, pause, or start something new?”

Rhythms that grow are rhythms that breathe.

Do I need to be the teacher or know all the answers?

You already have what it takes to ask good questions and be present.

Be honest, listen well, and model curiosity.

“I don't know—let's explore that together,”
is a great answer.

Can I invite others or multiply our group?

Yes—but slowly and prayerfully.

It's worth asking:

- Are we outgrowing the ability for everyone to share?
- Has someone emerged with the desire and readiness to lead?
- Are there new people looking for a place to belong?

Multiplying a group doesn't mean scaling a program—it means continuing the vision: one meal, one prayer, one neighbourhood at a time.

“The goal isn't bigger groups. It's more spaces where people can grow.”

What are the do's and don'ts of multiplying a group?

DO:

- Pray together about what's next
- Think of multiplication as creating a new Gospel space—not a copy-paste, but a fresh expression of the same heartbeat: presence, prayer, and welcome
- Talk openly as a group before making decisions
- Commission the new group with love and blessing
- Stay relational—check in even after multiplying

DON'T:

- Divide without clarity or care
- Force someone into leading
- Multiply too soon—wait until trust has formed
- Assume people are “done” with each other—multiplication is mission, not separation

Multiplication is healthy when it flows from love, not burnout. Be patient, stay connected, and trust the Spirit's timing.

ONE MEAL. ONE PRAYER.
ONE NEIGHBOURHOOD AT A TIME.



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