

THE
HOME TABLE

— TABLE CENTRED —





TABLE CENTRED

The rhythms of our life are generally table-centric. Tables are where we gather, eat, talk, learn, and build relationships.

The Church Table	The Home Table	The Third Table
Church community centred around the Table.	Family/home centred around the Table.	Third spaces that aren't home or church.



The Home Table

Table-centred homes nurture connection with God and each other

“These are the commands, decrees, and regulations that the LORD your God commanded me to teach you. You must obey them in the land you are about to enter and occupy,² and you and your children and grandchildren must fear the LORD your God as long as you live. If you obey all his decrees and commands, you will enjoy a long life.³ Listen closely, Israel, and be careful to obey. Then all will go well with you, and you will have many children in the land flowing with milk and honey, just as the LORD, the God of your ancestors, promised you.

Deuteronomy 6:1-9

⁴“Listen, O Israel! The LORD is our God, the LORD alone.⁵ And you must love the LORD your God with all your heart, all your soul, and all your strength.

Deuteronomy 6:1-9

⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

Deuteronomy 6:1-9

Table-centred Homes (Deut 6:1-9):

1. They Pray to hear and obey God's Word
2. They Pass God's Word to the next Generation
3. They Pursue hearts to grow spiritually together

1. They Pray to hear and obey God's Word

The Shema V4-5:

“Listen, O Israel! The LORD is our God, the LORD alone. 5 And you must love the LORD your God with all your heart, all your soul, and all your strength.”

2. They Pass God's Word to the next Generation

6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. 7 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. 8 Tie them to your hands and wear them on your forehead as reminders. 9 Write them on the doorposts of your house and on your gates.

Heart >> home >> society (private to public)





Table-centred Home:

**The role of a
Christian parent is to
train their children in
the Way of God**

3. They Pursue hearts to grow spiritually together

v5 And you must love the LORD your God with all your heart, all your soul, and all your strength.

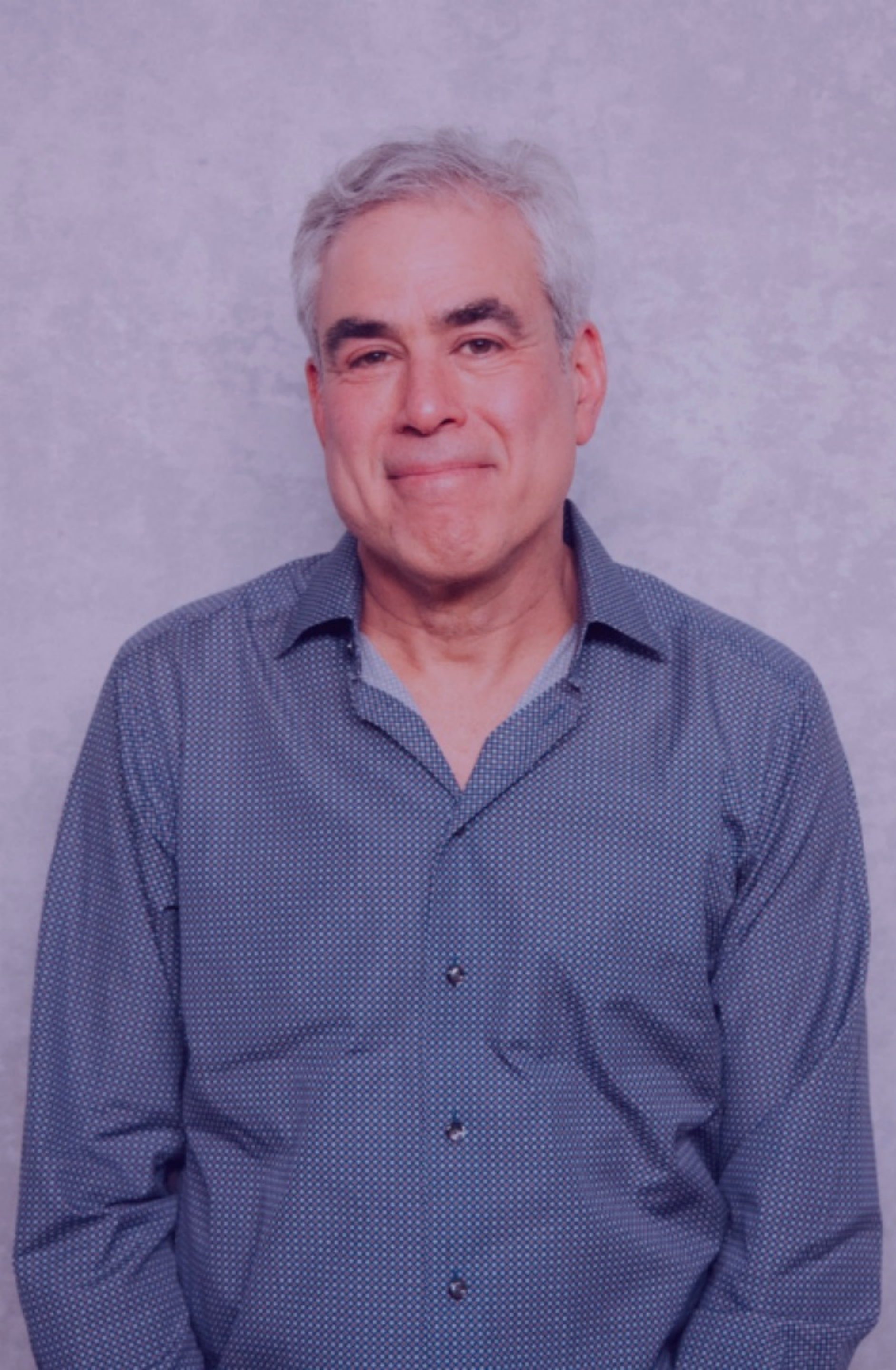
v6-7 And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children.

Table-centred homes nurture
connection with God and each other
(more like Jesus)

Screen-centred homes promote
disconnection and isolation
(less human)



The Fight for the CENTRE
of your home



Gen Z became the first generation in history to go through puberty with a portal in their pockets that called them away from the people nearby and into an alternative universe that was exciting, addictive, unstable, and—as I will show—unsuitable for children and adolescents. Succeeding socially in that universe required them to devote a large part of their consciousness—perpetually—to managing what became their online brand.

Jonathan Haidt, *The Anxious Generation*

The tech-wise family (Andy Crouch)

Proper place	Out of place
Bond with real people	Bond with people we don't know
Starts conversations	Prevents listening and talking
Care for our fragile bodies	Escape our fragile bodies
Acquire skills	Replace skill development
Explore nature	Prevents us engaging the outdoors
Used with intention & care	Uncontrollable and messy

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**Three simple steps to nurture
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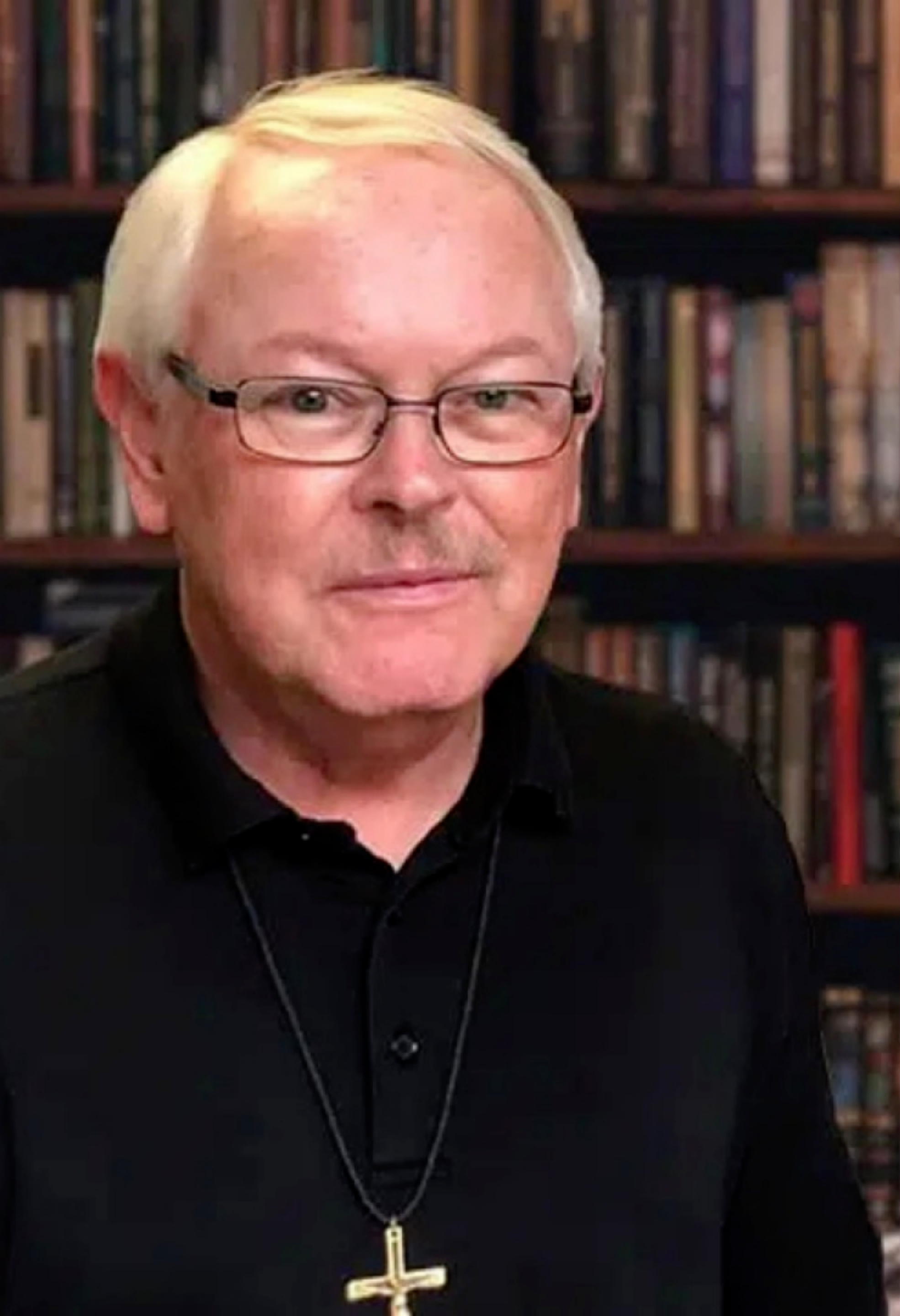
1. Renew the tech-wise commitments of your home

Three simple steps to nurture connection with God and each other:

1. Renew the tech-wise commitments of your home
2. Reorder your rituals to promote Prayer & Bible

Three simple steps to nurture connection with God and each other:

1. Renew the tech-wise commitments of your home
2. Reorder your rituals to promote Prayer & Bible
3. Reclaim the Table to build deep relationships



That's why the saints and the great spiritual writers have always said that there is only one nonnegotiable rule for prayer: "Show up! Show up regularly!" The ups and downs of our minds and hearts are of secondary importance.

(Domestic Monastery, Ronald Rolheiser, p.51)



Communion

1. Many homes are not centred on the table, eating together and building connection with God and each other. Why do you think screens, entertainment, social media, gaming are so adept at occupying the centre of peoples lives and homes?
2. Read Deut 6:1-9 together - This passage provides a framework for a Home centred on Gods word in three ways: 1) They Pray to hear and obey God's Word. 2) They Pass God's Word to the next Generation. 3) They Pursue hearts to grow spiritually together. How does your home look like this?
3. Ps Caleb suggested Three simple next steps for creating a table-centred Home: 1) Renew the tech-wise commitments of your home. 2) Reorder your rituals to promote Prayer & Bible. 3) Reclaim the Table to build deep relationships. How can you implement these steps in your home?

DISCUSSION QUESTIONS