



SMALL TABLES

WHY PARTICIPATE IN SMALL TABLE?

In Jesus' life and ministry we see various rhythms and ways of being that can guide us as disciples in the world. For example, Jesus often ministered in three primary places: large gatherings where He taught and performed miracles, times of solitude where He withdrew to be alone with God for connection and refreshment, and times with His disciples where He offered deeper invitation and challenge into His life.

Walking the Transformation Trek together urges us to gather around Small Tables; intimate, trusted communities, which are a crucial element of discipleship. We can't afford to overcomplicate this practice, but rather celebrate it by encouraging everyone to find a small community that can help them grow in their faith and connect with others on a deeper level. We value both the joy and celebration of large gatherings and the silence and rich solitude of being alone with God, but we also believe in the power of trekking together.

So, we invite you to join us on this journey of transformation. Find a Small Table where you can share your struggles and victories, ask questions, and grow in your faith alongside others. We believe that this is where discipleship truly takes hold and we can't wait to see how God will work in and through your life as you journey with us.



INVITATIONS - FOR SMALL GROUPS/SMALL TABLES

PARTNER WITH THE TRANSFORMATION TREK

The Transformation Trek is not seeking to be a holistic solution for seeing transformation in your community. Rather, it seeks to be a supportive and useful tool for the cultivation & championing of healthy discipleship within the church. We see it especially effective in what we call Small Tables, referred to in other churches as small/life/cell groups,

There are several ways a church can use the Trek, limited only by your creativity. You can use it as:

1. THE FRAMEWORK FOR YOUR SMALL GROUPS:

Use the free practice guides, video resources and social media packages to deepen or assist in the facilitation of healthy discipleship in your groups. You can simply download any of the material here: <https://transformationtrek.online> & even sign up to the mailing list.

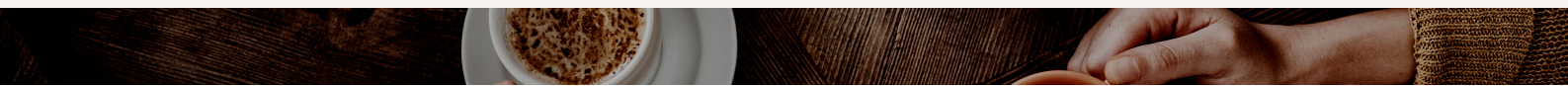
2. A RESOURCE TO ENRICH YOUR CURRENT GATHERINGS

The seasonal and rhythmic nature of the trek is created to help groups establish predictable patterns and encourage faith-based conversations. It's non-denominational approach means that the trek does not seek to specifically preach doctrine, but rather focuses on things Jesus said and did, and how they can be applied in daily life. This means that His mission and missional thinking is also baked into the whole process. If you have established gatherings who might benefit by using these resources from time to time, if not more regularly, we strongly encourage that.

3. PERSONAL DISCIPLESHIP

This trek can be a wonderful resource to use one on one when discipling someone. If it's of use to your people as a tool to help others learn to live like Christ, then that is amazing.

In either case we ask that the following values and commitments are considered & made:



A COMMITMENT TO A SMALL TABLE IS A COMMITMENT TO JESUS' SPIRIT & TRUTH

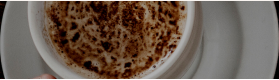
The reason we avoid using terms such as "The Bible," listing specific doctrines, or even mentioning phrases like "Following God" in this section is because we acknowledge that each person on the trek is experiencing a unique journey.

Our hope is that our small tables are comprised of individuals who are actively seeking, discovering, and grappling with the truth and way of Jesus as found in His Word, and who are being shaped and inspired by His Spirit.

This means that regardless of the activity that brings us together - whether it's an early morning coffee, a weeknight meal, a walk, a Friday afternoon barbecue, or anything else - our central focus is on exploring Jesus. While we strive to cater to our members' diverse backgrounds and understandings, please understand that Jesus remains the heartbeat of our gatherings. A small Table is only a small table if it has elements of His Word and an invitation for His Spirit to work among us.

THIS CAN LOOK LIKE:

(TO NAME JUST A FEW)

- *Reading through some or all of the Bible verses on each practice & sharing & wrestling through them together.*
 - *Encouraging personal study of the Bible outside of the tables.*
 - *Praying at the start of a gathering & asking that the Holy Spirit would stir in the practice, the reflection & conversation.*
 - *Sharing what God has been doing in your life through the various Practices.*
 - *Asking friends who don't go to church, but with whom you meet often, what they think about the latest practice.*
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- A close-up image of a white bowl filled with a textured, brownish food item, possibly a salad or a dip, sitting on a dark wooden table.



SMALL TABLE COMMITMENTS/VALUES

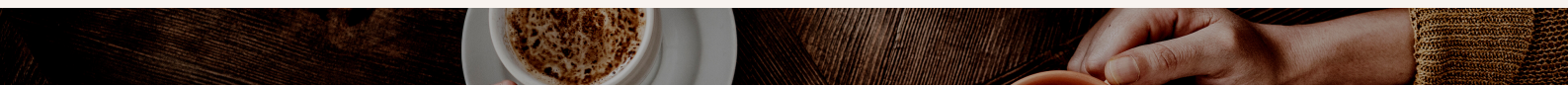
A COMMITMENT TO A SMALL TABLE IS A COMMITMENT TO EACH OTHER

A Small Table is not a commitment to a particular style, personality, feeling or even location. It's a commitment to a small group of people who want to see the best for each other's lives. It's a commitment to the people around your table, to know them, encourage them, and at times challenge them towards transformation in Jesus.

THIS CAN LOOK LIKE:

(TO NAME JUST A FEW)

- *Prayer for each other, both inside & outside of the table.*
- *Encouraging each other towards Jesus.*
- *A Healthy balance of Relationship & Challenge. This means yes, these groups are meant to be fun and encouraging and relational, but there also needs to be room for trust, accountability and purpose.*
- *Pastorally caring for those who can't make it or are travelling through a difficult season.*
- *Inviting those you meet or have friendship with outside of the table, to sit at your Small Table.*



A COMMITMENT TO A SMALL TABLE IS A COMMITMENT

TO A SHARED PURPOSE & PATTERN

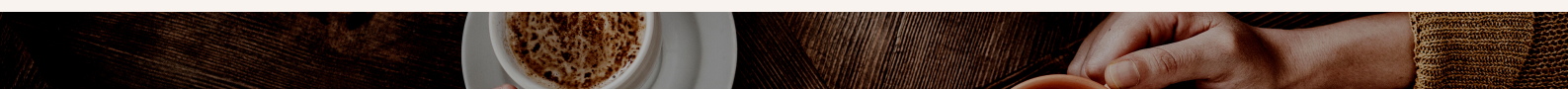
A commitment to a shared purpose, something that is bigger than any individual, is what we strive for at the Small Table.

This shared purpose is seen unfolding in scripture and given to us by Jesus - to become a disciple and to make disciples.

Our commitment involves following patterns and practices shared around the table, allowing us to better participate in God's unfolding purpose in our lives and in the world.

THIS CAN LOOK LIKE:

(TO NAME JUST A FEW)

- *Working out a purpose statement for your Small Table.*
 - *Putting together a "Rule of Life" for the group, including what frequency your group will meet & where.*
 - *Giving clarity around roles e.g. hosting, group leader, providing food, coffee maker, question asker etc.*
 - *Seeing yourself not as an attendee or consumer of a Small Table experience, but an active part & participant for the benefit of others.*
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- A close-up photograph of a person's hands holding a fork over a small white bowl filled with a textured, brownish food item, likely a salad or a dip, on a dark wooden table.

HOW TRANSFORMATION HAPPENS?

We believe everyone is a disciple of something. Everyone is transforming into something, either intentionally or unintentionally. As a Christian we get to choose whom we want to let shape us. We can choose a different Trek, a different Pattern of Formation.

This model is from the Good & Beautiful Series by James Bryan Smith

Unintentional Discipleship

Stories/Narratives we believe



Environment

Relationships

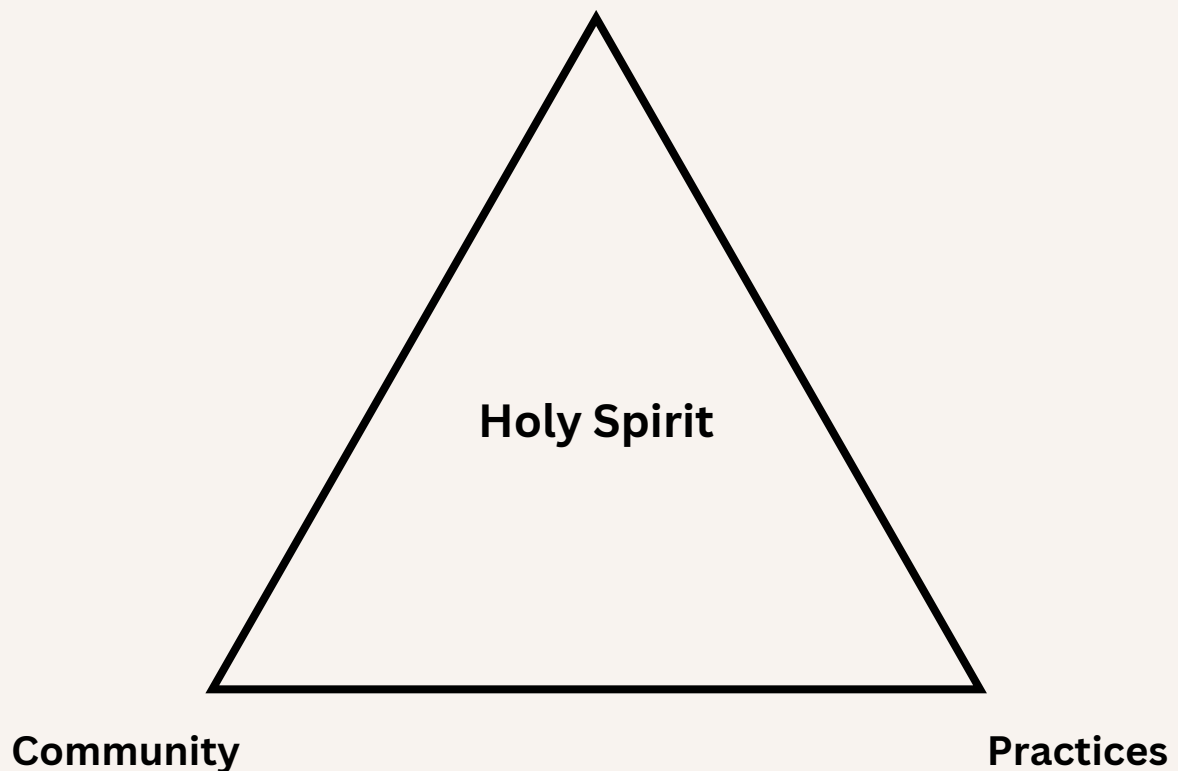
Habits

HOW TRANSFORMATION HAPPENS?

This model is from the Good & Beautiful Series by James Bryan Smith

Intentional Discipleship

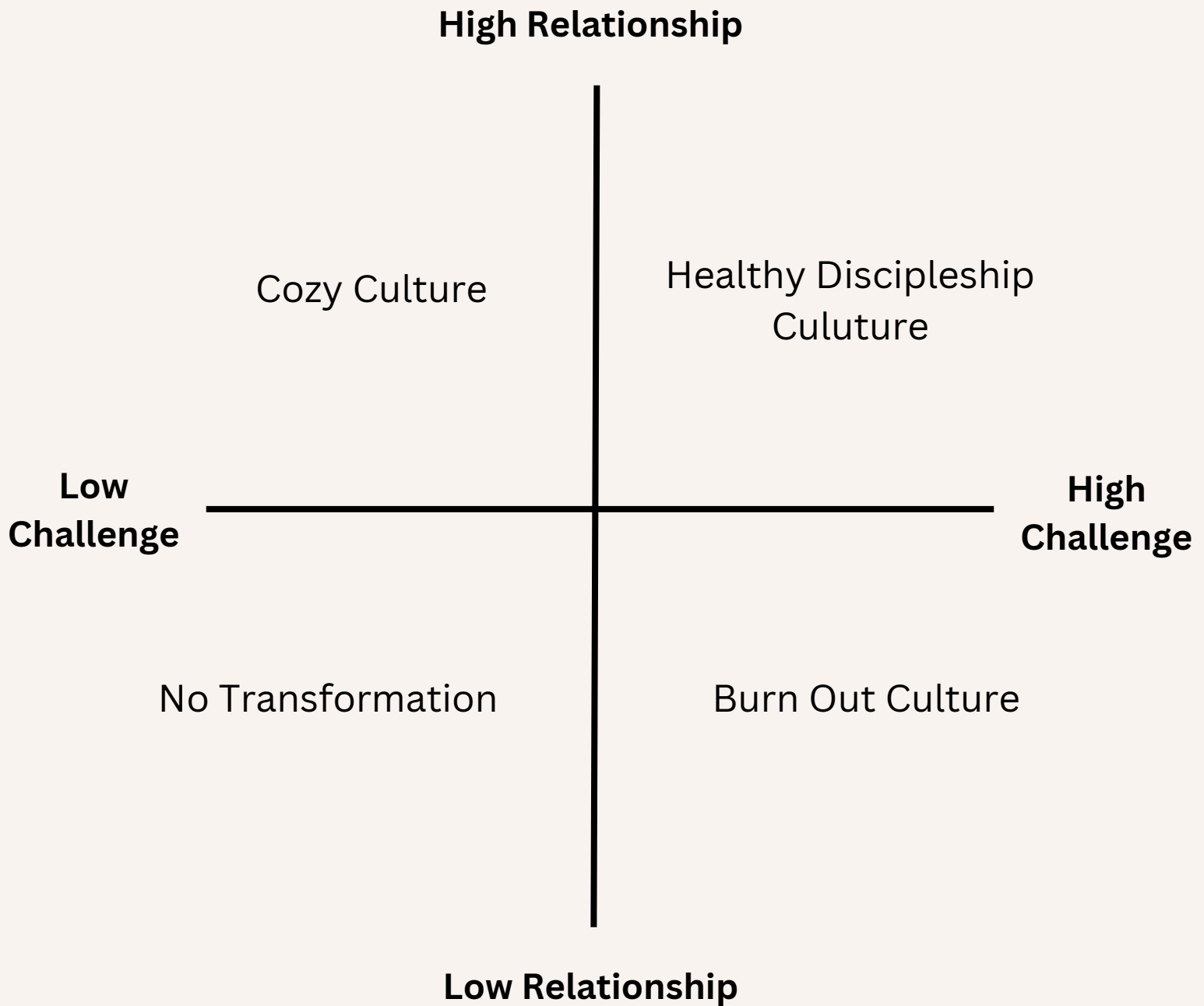
The Bible/Testimony/ God's Story of Us



While we don't pretend Small Tables guarantee a move from unintentional spiritual formation to intentional discipleship in Jesus, we do believe a small trusted committed group of people, gathering around God's story with His community & setting healthy Practices & Rhythms, all in His Holy Spirit, is going to be a great help towards abiding, growing and developing increased faith in Christ.

RELATIONSHIP VS CHALLENGE

This model is from Creating a Discipleship Culture - Mike Breen



The above model, shows the need in Small Tables to find balance between fun, connectivity, sharing community & challenge, spurring each other on & accountability. When these two axis are out of balance, people can be hurt, frustrated or disengaged. When in balance, Discipleship happens.



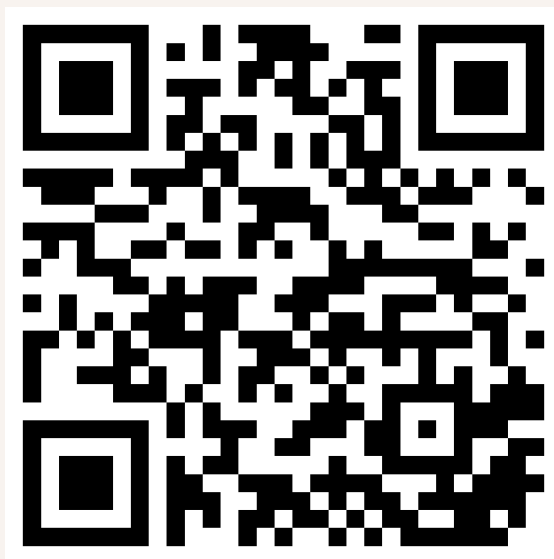
We would love for you to benefit from the Transformation Trek Small Tables approach as we are, by exploring and discerning whether this invitation is right for you.

The invitation towards developing Small Tables is an invitation to consider who you are accompanying on this transformative journey?
Who is your community, and how are they shaping you?

What would it look like to be intentional about that, committed to truth and spirit, committed to a few others, and committed to a bigger mission and purpose?

If this is something you would like to explore with us, you can do so by visiting or scanning the QR code below.

TransformationTrek.online



ON THE NEXT PAGE IS A RULE OF LIFE TOOL FOR SMALL TABLES, DESIGNED TO HELP PLAN PREDICTABLE AND HELPFUL PATTERNS.



Rule of Life - Planning Tool

	Abiding	Relationship	Work & Finance	Church Family	Hospitality & Mission	Mental & Spiritual Health
Daily						
Small Table						
Fortnightly						
Monthly						
Yearly						