



Small Group Discussion Guide

February 1, 2026

When you take the time to actively apply a sermon to your life, transformation happens. We invite you to go through these questions with your family, friends, or small group. It will help you dive deeper—together—into this week’s teachings.

Find this week’s sermons and sermon outlines on the World Outreach Church YouTube channel: youtube.com/@worldoutreachchurch.

Message Summary

The kitchen table has been the gathering place for families across many centuries and many different cultures.

Today that simple act of gathering together is diminishing. Let’s remember the benefits we have gained from being at the table with family and friends.

Honoring God is more practical than mysterious. Let’s Eat.

Scriptures & Questions

Food and fellowship are intertwined. Gathering at a table is an invitation into family and community.

1. Share experiences of gathering at the kitchen table with family or friends; were their “rules of engagement”? i.e. “eat what is on your plate”, “you may not be excused until everyone is finished”, “you have to help with the dishes”

Acts 2:46–47 (NIV®)

Every day they continued to meet together in the temple courts. **They broke bread in their homes and ate together with glad and sincere hearts,** ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

1 Peter 4:9 (NIV®)

Offer hospitality to one another without grumbling.

We are asking each family to consider establishing a habit:

One meal each week, at the kitchen table, without devices.

2. Is this a new habit, reviving an old habit or already a part of your routine?
3. What are the challenges of gathering a family for a weekly meal?

Hospitality. For those who do not have children at home the kitchen table becomes a ministry opportunity. The invitation into a home is a special gift, even a way of honoring the Lord.

4. Share a time you were included in someone's home; what was most impactful? The food, the opportunity, the expression of kindness, the expression of friendship, etc.

Application: (choose one of the options below)

- a) Make plans for your group to gather for a meal in a home.
- b) Each of you open your home and invite a guest or two. Bring a report back to the group about your "adventure in hospitality".

Closing Prayer Time

We live in a world still marred by sin, sickness, and suffering. Our prayers and invitations to God open doors of possibility.

Pray for each other. Make a note of the prayer requests—we want to say "thank you" in the days ahead! (A short prayer can be powerful and effective)

Closing Prayer

Heavenly Father,

We humbly ask You to help us establish our homes under Your authority. Forgive us for submitting to the authority of this present age. Our desire is to honor You and to cooperate with Your purposes. Holy Spirit, lead us as we begin a new journey; establish us in habits which will bring fulfillment and contentment to our lives and families, in Jesus' name, amen.

Prayer Requests

Record your group's prayer requests below. Sharing each week's requests with your group on an app like GroupMe or a group text is a great way to stay in touch throughout the week.