

...s.  
...dress and love will follow me  
...my life,  
...the house of the LORD

**LIFE**  
CHURCH

He guides me along  
for his name's sake  
Even though I walk  
through the dark  
I will fear no evil,  
for you are with  
your rod and your  
they comfort me

3 You prepare a table  
in the presence  
You anoint my head  
my cup overflows

6 Surely your goodness  
all the days of my  
and I will dwell in the  
forever.

# AT MY TABLE

A GUIDE TO CULTIVATING THE ART OF TABLE LIVING IN YOUR HOME

shepherd, I lack nothing,  
lie down in green pastures,  
side quiet waters,  
my soul  
along the right paths  
sake.

Psalm 23

A psalm of David  
Psalm 23

1 The  
A psalm of David

1 The Lord is my shepherd,  
2 He makes me lie down in green pastures,  
3 He leads me beside quiet waters,  
4 He refreshes my soul.  
5 He guides me along the right paths, for his name's sake.  
6 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me, O Lord, my God.  
7 You prepare a table for me in the presence of my enemies; you anoint my head with oil, and my cup overflows.  
8 Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.

# THANKS FOR PICKING UP THE AT MY TABLE GUIDE

Welcome to your 'At my Table' Guide!

This guide contains everything you'll need to host your table.  
Just follow these steps to create a warm and memorable experience  
for your guests... Enjoy!

## Step 1 - Who is coming?

Invite someone outside of your current friendship circle at Church.  
Go on.. Be brave.. ask away!

## Step 2 - What are you making?

On the opposite page we have some simple, inexpensive recipes for you to make for your guests,  
but feel free to make one of your own specialities. Remember, you don't have to be a gourmet  
chef. Good old home-cooking can be the best!



Psalm  
Psalm  
A D  
A D

# BLUE CHEESE & PEAR GNOCCHI

(Serves 4-6)

## Ingredients Needed:

1 x Red onion  
1 x Chorizo  
4 x Pears  
1 x Blue Cheese  
1 x Fresh Gnocchi pasta  
1 x Double cream  
1 x Rocket

## Method:

**Step 1** Slice the chorizo, dice the red onion, then peel & slice pears. Putting it all into a frying pan, add a dash of oil, and a little bit of seasoning if you like.

**Step 2** Fry on a medium-high heat until everything in the pan is starting to reduce. Slowly add in 3/4 blue cheese bit by bit on the heat, mixing it in & waiting until it slightly melts in.

**Step 3** Put the gnocchi in boiling water with a dash of salt. This won't need long (3-5 mins max).

**Step 4** Add little bits of double cream slowly & add the gnocchi into the frying pan (do this gradually so the t, cream, blue cheese and pears have time to marinate).

**Step 5** Serve up & finish with some rocket leaves on top / sprinkle remaining blue cheese if desired.

**Step 6** Enjoy

# LEMON MOUSSE SURPRISE

(Serves 4-6)

## Ingredients Needed:

700ml double cream  
1 x Condensed milk  
3 x Lemons  
4 - 6 x Brandy snap Baskets

## Method:

**Step 1** Whisk cream

**Step 2** Grate all the lemons and add into the cream

**Step 3** Squeeze the lemons and add in the mixture

**Step 4** Fold in milk

**Step 5** Refrigerate for 3 hours

**Step 6** Serve the lemon mousse into the brandy baskets

**Step 7** If you wanted to go the extra mile you could add strawberries and grate some dark chocolate on top

**Step 8** Enjoy



Psalm 23

A psalm of David.

1

The LORD is my shepherd, I lack nothing.

2

He makes me lie down in green pastures

Psalm 23

Psalm

A psalm of

A psalm of

David

1

The LORD is my

shepherd, I lack

nothing.

2

He makes me lie

down in green

pastures

3

and my soul will

praise the LORD

Psalm 23

A psalm of David.

1

The LORD is my shepherd, I lack nothing.

### Step 3: What are you listening to?

When it comes to dinner music, what's your flavour? If you need a little inspiration to get the party started, scan this QR code for a Spotify playlist



### Step 4 - What are you saying?

Stuck for conversation? Here are some conversation starters that will keep you going for a while. Remember to keep it full of 'Salt and Light'.

- What series have you watched that you would recommend and why?
- What books have you read that've had a big influence on you?
- What would be your final meal before you went to Heaven?
- What strange habits do you have?
- What do you think is your best quality?
- What was your favourite subject in school?
- Have you ever helped a complete stranger? How?
- What fills up your heart to bursting level?
- What has God done in your life that you never thought He could?

### Step 5 - What are you praying?

There's more to table prayer than a quick 'thanks for the food Lord'!

#### You can:

- Pray for each other
- Pray for the Church
- Pray for your leaders
- Pray for your city

### Step 6 - What are you playing?

Nothing beats the after-dinner lull better than a good game. If you're stuck for ideas here's a game that can help.

#### What you will need:

- Paper
- Pen
- Hat
- Scissors

1. Get everyone to write out 15 famous names each and places the small individual pieces in the hat (make sure the paper is folded)
2. Split the room in half
3. Create team names
4. Take it in turns (starting with the team with the player whos birthday is next) to explain to your team without saying the person's name on the piece of paper
5. The winners are crowned once all the pieces of paper have gone by the team who has the most amount of correct answers.

Don't forget... Cheaters don't prosper  
**#thelordiswatching**

### Table Selfies

Take a selfie of you and your fabulous guests at the table, and post to socials using the hashtag:

**#tableliving**