



**RESTORE THE TABLE**

# **CONVERSATION CARDS**



## How it works...



**Have fun!** Start with a fun question to get the conversation going.



**Go deeper.** Dig a little deeper in discussion on the theme for this meal.



**Hear truth.** See what the Bible has to say on the topic.

**Read More:** Here will be more verses to continue diving deeper in God's Word.



## Taming the Tongue



Would you rather not be able to talk or have to say everything that comes to mind?



Can you think of a time when you regretted saying something?



*“The tongue that heals is a tree of life, but a devious tongue breaks the spirit.” Proverbs 15:4*

**Read More:** James 3:2-12, Eph. 4:29



## Living on a Loaf?



If you could eat only one food for the rest of your life, what would it be?



What are needs in your life that only God can satisfy?



*“Man must not live on bread alone but on every word that comes from the mouth of God.”*

*Matthew 4:4*

**Read More:** Matthew 5:6, 1 Peter 2:1-3



## Special Stories



If you could live inside the story of any book, what would it be?



How is the Bible different than any other book?



*“All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness.”*

*2 Timothy 3:16*

**Read More:** Psalm 37:31, Hebrews 4:12



## Good Gifts



What is the best gift you ever received?



What is one way God has blessed you this year?



*“Every good and perfect gift is from above...” James 1:17*

**Read More:** Eph. 2:8, 1 Corinthians 2:12



## Timeless Treasure



If you could time-travel to any point in history, when would it be and why?



What is something that makes you glad it never changes?



*“Jesus Christ is the same yesterday, today, and forever.”*

*James 1:17*

**Read More:** Isaiah 40:8, Lam. 3:22



## Pointing the Path



What is one place where you would definitely not want to get lost?



What was the last tough decision you had to make?



*"Your word is a lamp for my feet and a light on my path."*

*Psalm 119:105*

**Read More:** Proverbs 3:5-6, Psalm 32:8





## Time at the Throne



If you could talk with any famous person, who would it be?



When is your favorite time in your day to talk with God?



*“Let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.”*

*Hebrews 4:16*

**Read More:** 1 John 5:14-15, Eph. 3:12



## Selfless Sacrifice



Would you rather give a stranger \$30 or 30 minutes of your time?



What is the nicest thing you've ever done for someone?



*"But God proves his own love for us in that while we were still sinners, Christ died for us."*

*Romans 5:8*

**Read More:** John 15:13, 1 John 4:10



## Lighten the Load



If you were in a race with someone and could require them to carry one item, what would it be?



What is a heavy burden you are carrying that you would give to God?



*“Cast all your cares on him, because he cares about you.”*

*1 Peter 2:1-3*

**Read More:** Phil. 4:6-7, Matthew 6:34



## Super Strength



If you could have any superpower, what would it be?



Can you share a time when God did something through you that you didn't think was possible?



*"I am able to do all things through him who strengthens me."  
Philippians 4:13*

**Read More:** Isaiah 40:29-31,  
2 Corinthians 12:9-10



## Money Matters



If someone gave you one million dollars, how would you spend it?



How do you think God views money?



*“For where your treasure is, there your heart will be also.”*  
*Matthew 6:21*

**Read More:** Matthew 6:19-24,  
1 Timothy 6:17-19



## Word to the Wise



If you could get advice from any expert (chef, musician, athlete, etc.), who would you choose?



How would you describe wisdom?



*“Now if any of you lacks wisdom, he should ask God - who gives to all generously and ungrudgingly - and it will be given to him.” James 1:5*

**Read More:** Proverbs 3:5-7, Proverbs 1:7



## Picking Paradise



If you could live anywhere in the world, where would you choose?



What do you imagine heaven being like?



*“In my Father’s house are many rooms...” John 14:2-3*

**Read More:** John 14:1-7,  
Revelation 21:1-4



# Invisible Ideas



If you had to make one thing in your house invisible, what would it be?



What are some “invisible” things that are very important?



*“So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” 2 Cor. 4:18*

**Read More:** Colossians 3:2,  
1 Corinthians 13:8-12





## Ready to Race



Would you rather be able to run like a cheetah or swim like a dolphin?



What helps you keep going when you feel like giving up?



*“...Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the pioneer and perfecter of our faith.” Heb. 12:1-2*

**Read More:** 1 Corinthians 9:24-27,  
Isaiah 40:29-31



## Truly Transformed



If you could turn into any animal for a day, what would you be?



What is something you have seen God change in you for the better?



*"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!" 2 Corinthians 5:17*

**Read More:** Ezekiel 36:26,  
Ephesians 4:22-24



# Facing Fears



Would you rather hold a snake or a spider for 30 seconds?



What do you do when you're afraid?



*"When I am afraid, I will trust in you." Psalm 56:3*

**Read More:** Psalm 46:1, 2 Timothy 1:7



## Fully Filled



If you could fill your freezer with ice cream, what flavor would you choose?



What does it mean to you to have a full life?



*“A thief comes only to steal and kill and destroy. I have come so that they may have life and have it in abundance.” John 10:10*

**Read More:** Jeremiah 29:11, Philippians 1:6



## Meaningful Moments



What would you do with one extra hour per day?



In a year from now, what are some things you will be glad you made time for this year?



*“Teach us to number our days carefully so that we may develop wisdom in our hearts.”*  
*Psalms 90:12*

**Read More:** Ephesians 5:15-17,  
Ecclesiastes 3:1-11



## Blessed Business



If you could work any job at any company, what would it be?



In what areas of work or play do you tend to seek approval from others?



*“Whatever you do, do it from the heart, as something done for the Lord and not for people.”*

*Colossians 3:23*

**Read More:** Ephesians 6:6-8,  
Matthew 5:14-16



## Audible Actions



Would you rather, for one day, describe out loud everything as you do it or use only actions to communicate?



What are some examples of ways that actions speak louder than words?



*"But be doers of the word and not hearers only, deceiving yourselves." James 1:22*

**Read More:** 1 John 3:18, Luke 6:46-49



## Sufficient Supply



If you could have a free vending machine in your room, what would you want it to be full of?



What people or things do you depend on to meet your needs?



*“And my God will supply all your needs according to his riches in glory in Christ Jesus.”*

*Philippians 4:19*

**Read More:** Matthew 6:25-34,  
2 Corinthians 9:8





## Ordinary Obedience



If you could make one rule that everyone in your school/work/community had to obey, what would it be?



How are obedience and love connected?



*“For this is what love for God is: to keep his commands...”*

*1 John 5:3*

**Read More:** Ecclesiastes 12:13,  
1 Samuel 15:22



## Favored Fruit



If you were stranded on an island with one fruit plant, what would you choose?



Which fruit of the Spirit below is easiest/hardest for you to live out?



*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22-23*

**Read More:** John 15:1-8, Eph. 5:8-10



## Shared Sharpening



If you had to trust one person to let you know you had something in your teeth, who would it be?



Who is someone in your life that encourages you just by being around them?



*“Iron sharpens iron, and one person sharpens another.”*

*Proverbs 27:17*

**Read More:** Hebrews 10:24-25,  
James 5:16



## Amazing Anchor



If you had to run through a car wash holding one item, what would it be?



What are some things that help you find comfort during difficult times?



*"We have this hope as an anchor for the soul, firm and secure..." Hebrews 6:19*

**Read More:** Isaiah 43:1-2, John 16:33



## Just Joy



If you had to smile at all times, when would that get awkward?



What is the difference between happiness and joy?



*“Rejoice in the Lord always. I will say it again: Rejoice!”*

*Philippians 4:4*

**Read More:** 1 Thessalonians 5:16-18,  
James 1:2-3



# Thankful Thoughts



Would you rather have to say “thank you” or “you’re welcome” after you finish every sentence?



What is one characteristic of God that you are thankful for?



*“Give thanks to the LORD, for he is good. His faithful love endures forever.” Psalm 136:1*

**Read More:** Colossians 3:16-17,  
1 Chronicles 16:8



## Feelings on Forgiveness



Would you rather have to say “I’m sorry” every time after you sneeze or have to say “I forgive you” after anyone else sneezes?



Is it harder for you to forgive someone or to ask for forgiveness?



*“Be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.” Ephesians 4:32*

**Read More:** Matthew 18:21-35,  
Colossians 3:13



## Reliable Rescue



If you had to choose a superhero to call for help, who would you choose?



Can you share about a time you got in over your head and had to ask for help?



*“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”*

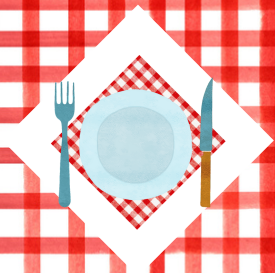
*Romans 6:23*

**Read More:** 1 John 1:9, Romans 10:13



# RESTORE THE TABLE

CHANGE THE WORLD FROM YOUR KITCHEN TABLE



# FIND ADDITIONAL RESOURCES AT:



[RestoreTheTable.org](https://RestoreTheTable.org)

