

A bright, sunlit cafe interior. A large window on the left shows a street scene with trees and a white van. A hanging lamp is positioned above a table with a white marble top and wooden chairs. The table is set with coffee cups, a water bottle, and a carton. The wall to the right has a decorative, patterned tile design. The overall atmosphere is warm and inviting.

IF:TABLE

The simplest way to cut through the small talk
and start building the relationships that God wants us to have.

GET STARTED GUIDE

Be Brave.

A LETTER FROM JENNIE

Friend,

When I look all around, I see a world that's both more connected and more lonely than ever before. We are tempted to do life alone, whether because we're so busy or because relationships feel risky and hard.

Where I have seen women reject that, fight back against isolation, and find their people is IF:Table. It is the simplest tool, but it is incredibly powerful at building close, safe, deep, and committed communities.

Why? Women who buy in know that, because of God, they have nothing to lose, so they are willing to be authentic and create safe spaces for other women to be themselves. They are committed to meeting, even when it gets hard or messy. And most importantly, these women are cheering each other on as we all try to love God and others.

My advice for you and every woman who gathers around the table is: **Be brave.** It will be awkward reading deep questions off of conversation cards, but do it anyway. Don't be afraid to go first and keep it simple. This investment will cost you at some point in time, but it is worth it. Have tons of fun!!

I can't wait for you to discover that we all need each other and that is a very good thing.



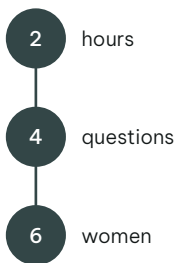
Jennie Allen

FOUNDER & VISIONARY OF IF:GATHERING

WHAT IS IF:TABLE?

The simplest way to cut through the small talk and start building the relationships that God wants us to have.

A COMMON IF:TABLE STRUCTURE:



WHAT WE PROVIDE

Regular topics for conversation including 4 questions for your group to discuss

Encouragement and wisdom for meaningful conversations

IF:TABLE IS A TOOL THAT...

Creates a regular rhythm of connecting with a group of women

Helps you to stop defaulting to your usual small talk, fight past the awkward, and find authenticity

Gives opportunities for God to display His love to other women through you

Opens your eyes to living a more connected life to all the people in your places

Is really fun!!

WHAT IT IS NOT...

Only for women with beautiful homes, the gift of hosting, or who "have it all together"

A Bible study or book club

Just for extroverts, or for women with two hours during the day, or any other qualification on who you are or what you have to offer

THE KEY THAT WE DON'T WANT YOU TO MISS:

Really great community is possible!

IF:Table is a tool that removes the barriers holding you back and helps you form habits that build deep relationships.

GETTING STARTED

It's wildly simple...



GATHER

Find a "table" to sit around. It could be at a local restaurant, around your coffee table on the floor, the breakroom at your office, or the picnic table at the neighborhood park. Any place will work that is accessible in close proximity to you and the women you invite!



ASK QUESTIONS

We will provide 4 conversation cards that aim to cut through the small talk. Read one card aloud at a time and make time to go around the table and answer each question.



WHAT HAPPENS NEXT

After giving your group an opportunity to experience IF:Table one time, invite them to continue meeting and work through more conversations together.



INVITE

Ask some women, no matter where they are in their faith, who might be seeking more depth and authenticity in their relationships. Email an IF:Table invite to your friends to let them know they're invited!

Hint: That's just about everyone. Look around you - these women are everywhere!



DOWNLOAD

Visit IFTable.com and download the conversation cards. You can access mobile-friendly and printable IF:Table original conversation card decks grouped by topic. You can also create a custom card deck by favoriting cards or saving decks to your library.



EXPERIENCE

Enjoy what God does around the table. Do not get caught up in the performance of hosting. The goal is to experience connection with God and each other.

Tips

ONE

A good sized group is **6 women**. We do not recommend many more, but you could have less.

TWO

The recommended rhythm for gathering is **once a month**.

THREE

Providing a snack, beverage, or meal always helps encourage people to gather, but it is not required.

FOUR

Don't feel the need to be a counselor to one other. **Create a safe place** to listen!

FIVE

Be **consistent!**



Find Your People x IF:Table Conversation Series

This special IF:Table series based on Jennie Allen's book, *Find Your People*, is a great conversation to have as you begin your IF:Table. It will get your group sharing about the things that hold us back from the relationships God wants us to have, and we hope you find your people in the process.



WHAT CAN YOU EXPECT

This series is a six-part conversation series that will help you break down the barriers holding you back from building deep relationships with the people around you. Start with the intro conversation deck, and then go through another deck each time you meet.

Once you have completed this special series, you will have the opportunity to continue gathering and discuss topics of conversation from our IF:Table home page.

WHAT DO I GET WHEN I SIGN-UP FOR IF:TABLE?

On the first of every month, you'll receive a featured set of conversation cards straight to your inbox! You'll also be able to access our conversation topic library and find our best tips for gathering and engaging in conversation through the IF:Table website!

I WANT TO HOST! WHAT DO I NEED TO PROVIDE?

All you need to do is find a few people to meet with, set the time and place, and have the conversation cards available - you can read them on your phone or print them out for your group. It's up to you if you want to provide snacks or a meal or meet at a coffee shop, but we recommend that you keep it simple.

DO WE HAVE TO READ FIND YOUR PEOPLE TO GET STARTED WITH IF:TABLE?

It is not a requirement for hosting or attending an IF:Table, but it is something that you won't regret.

IS THERE A COST TO IF:TABLE?

IF:Table is completely free! Sign-up with your email and find everything you need at iftable.com.

IF I ALREADY HAVE AN IF:TABLE IS THE *FIND YOUR PEOPLE* CONVERSATION SERIES GOOD FOR US?

Yes! We have specifically designed the questions to be helpful for existing groups. We do not believe you are having these conversations already, and we hope your group develops all five qualities of a healthy community that Jennie outlines in *Find Your People*.

IF MY IF:TABLE STOPPED MEETING DURING THE PANDEMIC, IS THIS A GOOD TIME TO GET STARTED AGAIN?

Yes! We see this as a "resetting" of the IF:Table that is aimed at rebooting our communities. You can start with new women or go back to the women who used to be a part of your IF:Table.

IF:TABLE

