



## Table Group Weekly Experience

*October 2, 2022*

### Mixer

Booking a vacation. Spending time with family. What fills you up?

### Neighborly - Daily Devotional

To get the Daily Devotionals delivered to you every morning, text 'dailydevotional' to 97000.

1. In the 9/28/22 entry, *Instant Gratification*, Som Tami reminds us of the message of Romans 5:3-5: patience produces character. Where do you struggle with impatience (or that instant gratification)? How can you link this devo to the broader message of being emotionally healthy from Sunday's (10/2) message? Reflect on what might be lying under the surface that God can help you to overcome? Then meet Som's challenge to exercise patience with someone this week.
2. In the 9/26/22 entry, *Why Pray*, Pastor Ken gives us four reasons to pray. But consider this one this week: Prayer reduces stress, lowers our blood pressure, and regulates breathing - among other things of course. This week in your quiet time with God, or even in a rushed time with God, take note of your physical and emotional states both before and after prayer. What do you notice? How do these changes benefit you and those around you?

### Sermon Notes

*Go First: Emotional Health - Pastor Jared Herd*

Scriptures: Psalm 77:1-7, 10-15, 18-19

1. What impacted or challenged you in today's message?
2. Read the quote by Thomas Merton (located in the CRB App under Messages). Describe a time in your life when you tried to avoid suffering and ended up being the one who suffered the most. What happened? Are you still stuck in that cycle now, and if so, why? How does getting curious about our emotional health lead us to living a life of design, and not default?
3. Read Psalm 77:1-7. Describe Asaph in these verses. As Asaph wrestled with his anxiety, he started venting to God. Can you relate? How can venting for venting's sake create more anxiety, rather than

dissipate it? How do those you are venting to bring resolution to your problem, or do they?

4. Pastor Jared talked about the trap of “stuffing” our problems and how distractions (Netflix, all the things, self-medicating, etc) don’t solve them. How can some distractions bring short-term relief and what would be some positive benefits? But more than that, how are the distractions we have chosen move us to a long-term place of peace?
5. Read Psalm 77:10-15, 18-19. In these verses, what solution did Asaph find to relieve his anxiety? How is this mindset the key to you finding emotional stability in the anxious world in which you live - work, home, health, relationships? Can you embrace it? Why or why not?
6. Pastor Jared said that God’s story swallows up your story. Describe a time when you have found this to be a true anxiety reliever and you “clawed” your way back to peace. So, if a Go First leader can be used in a story like yours, what do you think God wants you to do next?
7. Read Philippians 4:7. How do you describe the peace of God? How will our intentional seeking of God bring us peace and joy in the presence of our problems, rather than in the absence of them?
8. What do peace and joy look like in an emotionally healthy Go First leader? How will you get there?

## Serve

Trunk or Treat is Saturday, Oct 29 this year, 4-6pm. We would LOVE IT if you, or your group, could lend us a hand to make this event a blast! We need people to provide the Trunks - decorate your trunk and pass out candy. Or volunteer with us for set up, run the event, and/or tear down. Follow these QR codes:

VOLUNTEER:



DECORATE CARS:



## Pray

Pray over all of our Table Groups and Support Groups this week. Ask the LORD to use our group environments to encourage and lift up the struggling, and move us all together in growth. And pray that His wisdom and teaching will produce life change in each member!

*But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.*

James 3:17