



## Table Group Weekly Experience

November 1, 2020

### Mixer

If you could have a superpower, what would it be and how would you use it?

### 'Neighborly' - Daily Devotional

1. In Pastor Jared's Thursday 10/29 entry, *Dugout Theology*, he talks about being 'addicted to outcomes.' What is something you have been waiting on (besides the end of the pandemic...)? Are you good at waiting? Can you forge ahead into the unknown without knowing the outcome? How did last week's message on Patience change the waiting for you?

### 'Strongest You' - Mike Foster

1. In Episode 5 (10.29.20), Mike hones in on a superpower that we can all claim: *The Power of An Apology*. This week, pay attention to Key #1 - the apology addiction. How often are you 'apologizing for just being a human'? What could you say instead?
2. In Keys #2-4, what stood out the most about you and how you are accustomed to apologizing? How do you feel when someone apologizes to you and does not use any of Mike's 4 keys? What would your apologies look like if you claimed ownership for your part, and you eliminated the 'but'?

### 'Forever You' Sermon - Mike Foster

Scripture: Galatians 5:22-23; Ephesians 4: 21-25; Colossians 3:12-13; 1 Samuel 16:7;  
Proverbs 16:23-24

1. This week, Mike describes the fruit of the Spirit, Kindness, as a 'heart of God' garment to be worn. He said: *'Kindness is God's big love expressed in small ways.'* How has God

shown you kindness in these past few months - even when you didn't deserve it? How do these little messages restore your hope despite the storms? Take a moment as a group and praise God for these little gifts and what He is doing in you.

2. Tip 1 for wearing Kindness every day is to 'See People As Icebergs.' In 1 Samuel 16:7 we learn that God looks beyond what He sees on our outside to the inside. As Christians, we are called to be kind. But how do we extend kindness to the person who, on the surface, makes it difficult to be kind to them? What comes out in us? What stops us from looking at what is really under their surface and saying with our kindness that they have value?
3. In Tip 2, '*Kindness Doesn't Cancel*', Mike shared about the '93/7' global survey - did those percentages surprise you given current events? Which side do you lean toward when you and another person are in conflict? How does Colossians 3:12-13 help us to change a 'cancel culture' to a 'kindness culture'?

## Live It Out

Did God bring a current, difficult situation with someone to your mind? Where does He want you to apply kindness and why? Use Proverbs 16:23-24 to craft a plan for resolving that issue. How can you reframe your hurt and your tendency to 'cancel' that relationship, and instead use persuasive ways like honey as a gesture of kindness and restoration?

What if someone did this with you? How would you receive it?

And even if the situation doesn't change immediately, or at all, will you be okay with that? How will you know that you've done everything you could and have done it with right motives?

## Serve

*Serve Day* is Saturday, November 14. We've added some more jobs for all ages in the various locations: Church Campus, Kit Carson Park, Escondido City Hall, and other partner organizations. Sign up at [thechurchrb.org](http://thechurchrb.org) or in the app. Pick up your Serve Day T-shirt on Sundays at Church in the Park.

After serving, join us back in The Church at RB parking lot for live music, shave ice, & tacos!

## Pray

Pray over families and friends this week as they consider what Thanksgiving and Christmas

plans will look like this year. Pray that our spirit of gratitude and our joy in the celebrating will not be eclipsed by current troubles.