



## Table Group Weekly Experience

November 15, 2020

### Mixer

What part of elementary school do you wish you could incorporate into your adult life?

### 'Neighborly' - Daily Devotional

1. In Pastor Ken's Monday 11/9 entry, *What's On Your List*, he picks up the challenge that Pastor Jared gave Sunday to make a "To Be List" - who do you want to *Be*? What did you put on your list, and do you have a person in mind that serves as your good example? How about a favorite role model in the Bible?

### 'Strongest You' - Mike Foster

1. In Episode 7 (11.12.20), Mike inspires us to look at our emotional fitness through emotional awareness. When you are triggered, which person do you become: Drop (slide down into the unconscious, emotionally wounded reaction) or Rise (step up and make a conscious choice for a strong response.)
2. Out of the 4 areas of advanced check in, Mike said if you are feeling deficient in the joy category, the other 3 are probably running amuck! So how can you flip that around? What Psalms 1) confirm you are not alone in how you feel, and 2) show how God is your help?

### 'Forever You' Sermon - Jared Herd

Scripture: Galatians 5:22-23; Luke 22:20; Psalm 107:43; Ruth 1:16-17

1. What did you learn about God's 5 Covenants and why Pastor Jared said the 5th one - The Jesus Covenant (New Covenant) - is the most important for God's people?

2. What does knowing that God's faithfulness means He won't "cancel you" do for your 'consumer heart' today? Why is having a 'consumer heart' an unhealthy cycle to be in for the long run? Where is one area where you would like to reverse a 'cancelation' and have a do-over?
3. Pastor Jared talked about how Christ in our lives "dismantles" our self-righteousness and our self-centeredness. How are you handling the dismantling? Are you working with Him, against Him, or avoiding Him? How does the Spirit of God help you?

## Live It Out

Read the story of Ruth and Naomi (Book of Ruth). Make a list of your relationships: How can you be a "Ruth" and show God's "Hesed" love in your covenant relationships? What does it require of you? And what risks are you willing to take?

## Pray

Pray over a project that our Seniors' Ministry is doing for Christmas: they are writing down some of their favorite childhood Christmas memories to put together in little books to inspire our CRB children this Christmas! Pray for a sweet connection of generations through the project, and pray for the joy of Christmases past to spread to the Christmases of the future!