



Table Group Weekly Experience

November 29, 2020

Mixer

How did you spend your Thanksgiving weekend?

'Neighborly' - Daily Devotional

1. In Pastor Ken's Monday 11/23 entry, *Gentle Ben*, he shares a quote about polishing a stone: "with perseverance and gentle care it will eventually shine...." In Sunday's message, Pastor Jared pointed out that being gentle can start with the way we talk to ourselves. How is your relationship with yourself? How are you in need of some polishing up of your internal dialogue?

'Strongest You' - Mike Foster

1. In Episode 9 (11.26.20), Mike touched on one of our favorite subjects - Sleep! - and how strong sleep is important to our mental health and wellness. Share with your group some of the strategies and rhythms for strong sleep you have put into practice.

'Gratitude' Sermon - Mike Foster

Scripture: Galatians 5:22-23; 1 Thessalonians 5:16-18; Numbers 11:1-4 ESV; Numbers 11:4-6 NLT; Philippians 4:12-13 ESV

1. Do you have a "10th row-behind-homeplate-baseball-seats" experience where you fell into the trap of complaint? Do you know anyone who truly stays in that moment of "Wow, this is just great!!!" What has been your reaction to this person?
2. Imagine you are 10/20 years down the road and someone asks you about "that time in 2020." What do you think your perspective of 2020 would be with a little distance? If you could put 2020 in a time capsule, what would you want someone to dig up 100 years later?

3. Mike said "Pain has a purpose." How does that sit with you? Can you see your present pain moving through the "lemons - lemonade - lemonade stand" process? What is God revealing about how He wants to use you as the expert on your area of pain?

Live It Out

Excerpt from Max Lucado, *God Is With You Every Day*

Gratitude gets us through the hard stuff! To reflect on your blessings is to rehearse God's accomplishments. To rehearse God's accomplishments is to discover his heart! To discover his heart is to discover not just good gifts but the Good Giver. Gratitude always leaves us looking at God and away from dread. The apostle Paul said, "Give thanks for everything to God the Father in the name of our Lord Jesus Christ" (Ephesians 5:20 NLT).

The surest path out of a slump is marked by the road sign, Thank you. But what of the disastrous days? Grateful then? Jesus was. "On the night when he was betrayed," Scriptures says, "the Lord Jesus took a loaf of bread, and when he had given thanks, he broke it" (1 Corinthians 11:23-24 NLT). How often do you see the words betrayed and thanks in the same sentence—much less in the same heart? Give thanks...and see what happens.

This week, rehearse God's accomplishments and His faithfulness in your life. Occupy Gratitude! Reflect on 1 Thessalonians 5:16-18 and start giving thanks in all things - what will you put in your blessings bucket? And what Scripture or Bible stories can serve to remind you that God is with you and God is good, and that He will bring you to the other side of whatever it is that has occupied your thoughts. Put those verses in the bucket too and let the bucket become so full that it spills out and waters the path of those around you!

Pray

Pray this week as David did in Psalm 28:6-7: *Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him and he helps me. My heart leaps for joy, and with my song I praise him.*