



## Table Group Experience

March 22, 2020

### Connect

Call a friend and chat about a time you both could not stop laughing.

### Reflect/Journal

1. What is one thing that brought you joy this week?
2. What is something you need to find peace with?
3. Is there someone or something you need to forgive?

### Sermon Questions

1. This week Pastor Jared focused on Verse 4 of the Beatitudes, “Blessed are those who mourn, for they will be comforted” *Matthew 5:4*. Many of us have stories in which we had to experience pain first in order to draw closer to God. Share a time with your group (or reflect and journal) a painful, or crucial, moment in your life when you leaned heavily on God.
2. In this week’s sermon, Pastor Jared spoke about three different types of grief – natural grief, destructive grief and spiritual grief. Spend some time reflecting on how you personally may have experienced these types of grief and share examples.
3. As Believers, we know that the story doesn’t end with Good Friday. Our hope and comfort is in the Resurrection. During this time of uncertainty, how can we be the hands and feet of Jesus and give hope to others? Write down steps you, or your group, can take to bring this hope to your neighbors.

### Go Deeper

Read [Matthew 6:5-15](#).

In our normal everyday routines, there are countless voices that vie for our attention. Our children cry for it, our employers insist on it, and our loved ones yearn for it. Amidst all these competing demands, it can be difficult to discern the most important voice of all—that of our heavenly Father. Is it any wonder, then, that He sometimes seems distant or we can’t clearly make out what He’s trying to tell us?

Unless we make an effort to retreat from life’s noisy demands for a moment or two, our ability to hear God’s voice will likely be weakened. Jesus was well aware of this need to pull away regularly to pray and meditate on Scripture. In teaching the disciples how to pray, Jesus told them to go into their rooms and close the door behind them ([Matt. 6:6](#)). He knew that in order to commune with the Father, “decluttering” our schedules and thoughts was vital.

You and I are blessed—and cursed—with constant communication through our phones, tablets, and computers. But true communion with the Lord demands some seclusion. So let’s turn off the TV, music, and phone notifications, and listen for God’s voice. Claim a block of time for the heavenly Father today, even if you start with only five minutes.

(InTouch Ministries: Essentials of Effective Meditation)

### Suggestions to Serve

Donate food and hygiene items for the neighborhood

Learn more at [thechurchrb.org](http://thechurchrb.org)

Have the kids write cards and color pictures for local nursing homes  
Learn more at [thechurchrb.org](http://thechurchrb.org)

## Pray

Reach out to those around you (neighbors, friends, family) and ask how you can specifically be praying for them during this time.

