



## Table Group Experience

March 29, 2020

### Connect

Share with a friend or family member one of your favorite childhood games and why.

### Reflect/Journal

1. Share or reflect on a funny moment from your week.
2. When is a time you experienced God's presence this week?
3. What caused you stress this week?

### Sermon Questions

1. In Matthew 5:5, Jesus refers to the 'meek'. It's not a word we typically associate ourselves with. It's certainly not a word that one uses to describe strength of character, or to refer to someone as powerful. When you think of the word meek, what comes to mind?
2. Jesus tells us in Matthew 5:5, "Blessed are the meek, for they will inherit the earth." Jesus is referencing a promise in Psalm 37:11, "But the meek will inherit the land and enjoy peace and prosperity." Meek is not meant to describe weakness. Pastor Jared described the meek as those who trust God and remain under His control. In what ways can we stay under His control? What parts of your life do you personally need to trust God more and relinquish control?
3. We are in a season where things seem uncertain, or downright out of control. It's natural for people to respond in different ways to the current crisis. If we are to trust in God, and be empowered through our meekness, what are healthy ways we can respond (physically, mentally as well as spiritually)?

### Go Deeper

Read [Psalm 37:1-7](#).

Have you ever heard the phrase "God helps those who help themselves"? I know I have. It sounds responsible and admirable, and the majority of Christians believe that this word of advice is in the Bible – but it is not. Too often, whether we voice the belief or not, we act as though God needs our help.

In actuality, this statement is completely contrary to what the Word of God tells us: "Be still, and know that I am God" (Psalm 46:10 NIV). The Father knows we cannot help ourselves. That is the very reason He sent His Son to die—because we were utterly helpless to improve our sinful condition ([Rom. 5:8](#)).

God's will for us includes His fundamental call to stillness. When we are quiet in His presence, we put ourselves in the most teachable position possible. It's where we are most able to discern His Spirit.

Are you too busy to hear from God? Remember that He can accomplish far more through a surrendered spirit than we can in 24 hours of frenetic activity—even when our efforts are intended to benefit His kingdom. Acknowledge your dependence on the Lord, and rest. What you'll discover in the stillness is a Savior who promises He is enough.

(InTouch Ministries: The Importance of Stillness)

## Suggestions to Serve

Good Neighbor Drop-N-Drive | The Church at RB | Thursday 10AM-2PM

## Pray

Reach out to a friend or family member and pray for them over the phone.

