



## Table Group Experience

May 17, 2020

### Mixer

What is the number one thing on your bucket list?

### Discuss/Reflect

In this week's episode of *As Normal As Weird Can Be*, Pastor Jared & Mike Foster talked about the importance of self-care.

1. How are YOU doing? Take a minute to check in with your thoughts, your heart, and your body.
2. What is one self-care practice you did today?
3. What is one way you can implement self-care every day? Share with your group, when and where you will begin these self-care habits.

### Sermon Questions

1. Many of us have felt the pressure of this 'season of scarcity' in the last two months. This new series challenges us to find abundance in a time of scarcity. What can you do to live this out in your own life?
2. Just like David, you might feel like all you've got in your toolbox are three smooth stones. How can we best use our limited resources; not be hindered, and step up with perseverance (Hebrews 12:1-3) during this uncertain time?
3. Instead of putting on a brave face, or ignoring our fears, we need to look to Jesus as the source of our joy. What practical ways can you make sure you are focusing on Jesus to find joy in your current circumstances?

### Go Deeper

There have been several seasons in my life when I felt like I was literally walking through a thicket of thorny bushes. At the time, I did not know why, and I certainly did not fully understand where God was. There have also been moments when I cried out to God (with fist in the air) asking Him where He was.

The Bible is full of stories that show us that God's perspective is so much greater than our own. In Genesis 21, we learn about a broken man and his seemingly infertile wife, who He blesses with a son, and then promises as many descendants as stars in the sky. (Remember, Sarah didn't raise her fist, but she did laugh). In John 4, He invites a disgraced adulterer to be the one to witness to her fellow villagers that she has just met the Messiah by a well.

The bottom line is God sees the bigger picture, even when we cannot. In Hebrews 12:2 we are reminded to "Fix our eyes on Jesus, the pioneer and perfecter of our faith." I've gone through pain I still don't have answers to, but I have also gone through pain and thanked God for the outcome. God knows where we are going, and we only see where we have come from. Take your eyes off your circumstances and instead focus on the picture God has drawn for you through Christ.

(Jaden Duncan)

### Suggestions to Serve

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

## Pray

Popcorn pray as a group.

## Reminder

If you or someone you know is struggling, our counseling ministry is taking new appointments via zoom to help navigate these unusually challenging days.

