



Table Group Experience

June 28, 2020

Mixer

What is your favorite 4th of July memory?

Connect

1. What are 3 words that best describe your week?
2. Where is one place you saw God this week?

Sermon Question

1. Do you tend to block or bottle your emotions?
2. In Luke 22:44, we are given an image of Jesus processing his emotions through prayer. How can you use prayer to process your own emotions?
3. How can you increase “the pause” this week before reacting?

Reflect

“Use your anger. Don’t be used by your anger.” -Mike Foster

Go Deeper

Fourth of July feels different this year. There are no big parades or festivities like the previous years. All the fun stuff is gone... or that’s how it feels. After I sat in my little pity party this week, I thought about the word “freedom.” Specifically, I thought about freedom in the context of God’s Word.

2 Corinthians 3:17 says, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” The word *Spirit* takes on a couple different meanings. But if we look at this verse specifically as taking up the mood of Christ, there is freedom. If we rest our hearts in God and who He is, there is freedom. Isn’t it so true that when we put our burdens at God’s feet, we feel freedom? Or when we trust God with our whole hearts, we feel freedom?

I encourage you this week to reflect on the freedom we were given through Jesus. Find comfort this coming holiday weekend in The Lord. Whether you are home with family or alone, we are given freedom and comfort in Christ Jesus. (Jaden Duncan)

Suggestions to Serve

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

Pray

Partner up and pray for each other throughout the week.

