



Table Group Experience

July 26, 2020

Mixer

When did you get your first cell phone? What kind was it?

Connect

Share one high and one low.

Sermon Question

1. What would it look like if everyone loved like 1 Corinthians 13:4-7
2. What have you often believed yourself to be made for?
3. What can you do this week to pursue the face of God?

Reflect

Do you love in a gullible way or with cynicism? How can you position your heart to love from a place of vulnerability?

Go Deeper

Healthy habits don't come easy in chaos. Juggling kids, homeschool, work, masks, COVID, politics, the list goes on... and somewhere in there we are supposed to add self-care. It's easy to prioritize everything else over ourselves until our seems bust and we are forced to reevaluate our habits.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."(1 Corinthians 6:19-20)

Self-care comes in a lot of different forms and it is not a "one size fits all." Good sleep, healthy eating habits, quiet time, exercise, positive self-talk are just a few ways we can better love the body God gave us. How can you glorify God with your body this week? Set aside time each day for self-care. You are loved and important too. (Jaden Duncan)

Suggestions to Serve

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

Purchase Snacks for First Responders | The Church at RB | Sign up online

Purchase Supplies for Sack Lunches | The Church at RB | Sign up online

Save The Date | Good Neighbor Day | The Church at RB | August 16th

Pray

Each person pray over another in your group.

