



Table Group Weekly Experience

October 11, 2020

Mixer

What is one thing you refuse to share?

'Strongest You' - Mike Foster

1. In Episode 2 (date 10.8.2020), Mike talked about things that cause anxiety. What did you relate to?
2. How do you deal with rising anxiety? What techniques bring you back to a settled/calm and productive place? What do you notice about you before, and you after?
3. Mike used the illustration that we can only hold a glass of water so long before we get tired. Sometimes, we can let go of things that exhaust us; but sometimes, we have things we can't put down - that we are required to keep holding. Read Exodus 17:10-13: Moses' arms got tired holding up the Staff of God during the battle against the Amelakites. What are the things in your life that you are required to hold, and how is God providing for and strengthening you? How can your group help?

'Forever You' Sermon - Nate Alcorn

Scripture: Galatians 5:16-17, 22-23; Matthew 28:8; Colossians 1:24

1. As we talk about the importance God places on cultivating good character now, how would you view character changes by your own efforts, and changes in partnership with the Holy Spirit? What do people say about the old you and the new you?
2. Pastor Nate spoke about Joy, the second attribute of God in Galatians 5:22-23. The Greek word is *Chará*: how did he define joy? Do you see joy as the same thing as happiness?

3. *Chará* can co-exist with negative emotions. We see an example in Matthew 28:8. What are some examples in your story when you experienced both a negative emotion and joy at the same time. What could be the benefit of the two existing together? How does God help you to balance the two?
4. Does joy come easy to you, or is it difficult? Where are you looking for joy? What is blocking your joy?
5. Love, the first in the list of the Fruit of the Spirit in Galatians 5:22-23, is essential to the growth of the other fruit in you. How does God's love play into finding and experiencing joy? What did you 'catch' about love in close proximity to the Father this week that inspires you in your quest for more joy? (See Pastor Jared's Daily Devotional 10.10.20)

Going Deeper

Pastor Nate shows us that the Apostle Paul has a formula for growing more joy in Colossians 1:24-25. The key is *Finding Your Purpose*.

- First, let's look at the passage. Get your pen or your highlighter and mark every word in these two passages that jump out at you. Make a list and define each term or concept that caught your eye. What is Paul saying? Why did he say it/why did he say it that way? Why is it relevant to you? Look for other scriptures to affirm and support Paul's directions to you.
- Use Paul's formula for cultivating more Joy:
 - * PASSION(s): What breaks your heart and prompts you to want to take action?
 - * SKILL(s): What God-given ability puts you 'in the zone' - losing all track of time?
 - * OPPORTUNITY: What/who has come into your workspace, your neighborhood, etc?
- How can you leverage all three together - your passion, your skill and your opportunity - this week in SERVING? Make a specific plan and share with your group what you did. How was it received? And how did it change you?

Need a Serving Idea?

Serve Day is a rhythm we could not miss to share with our community! While we may be spread out across the city a little more this year, we are committed to serving alongside you and our neighbors on Saturday, November 14. Sign up at thechurchrb.org or in the app.

Neighborly - Daily Devotional

To get daily devotionals delivered to you from Pastor Jared, Pastor Harry and Pastor Ken, text 'dailydevotional' to 97000 on your mobile device.

Pray

We want to know how we can pray for YOU! If you attend Church in the Park, we have a tent in the back for after the service. But if you can't make it to the in-person gathering in the park, we have a ZOOM option for you! The Zoom Prayer Room is open Sundays, 9:30-10:30am and staff/counselors are available to invite you into a private zoom room. Here's the link to join:

Join Zoom Meeting <https://zoom.us/j/97778452145>