



Table Group Weekly Experience

March 27, 2022

Mixer

You get to create your own room to get rid of stress - what's in your room?

Neighborly - Daily Devotional

To get the Daily Devotionals delivered to you every morning, text 'dailydevotional' to 97000.

1. In Pastor Harry's 3/22/22 entry, *Rocket Science*, he reminds us of the power in prayer. Jesus knew it - and asked for it regularly. So if we are to become more like Jesus, we have to regularly connect to the power source. What God-like capacities are yours for the asking? What kinds of things will you be able to do with them?
2. In Som's, 3/23/22 entry, *Prayer Is A Weapon*, she reminds us of the privilege of being able to approach God in prayer. Even Jesus himself needed to commune with the Father in this way. What hinders you in your prayer life? Have you ever considered using prayer as a weapon against your troubles? What are the characteristics of God's weapons and what do they do? What can a prayer weapon do for that *thing* you are trying to battle all by yourself?

Sermon Notes

Unbound: Mark Chapter 3 - Josh Hotsenpillar

Scriptures: 2 Corinthians 10:3-5; Mark 3:22-29; Hebrews 12:1; Matthew 16:19; Isaiah 54:17; Romans 8:10

1. What impacted or challenged you in today's message?
2. What is a stronghold? What is a stronghold according to the Gospel author Mark?
3. Josh began with the statistic that 80% of our thoughts are negative, and they have significant impact on self-esteem, value and the way we feel. What is an example of someone in your life (or maybe it is you) living under this kind of stronghold? What effects did you see?
4. How does 2 Corinthians 10:3-5 help us to see the benefits of responding to our strongholds spiritually versus the innate human/physical way? (Remember Josh shared the story of Paul gripping

his arm and Josh trying to pull it away.)

5. How did Josh use Mark 3:22-29 to show you what you need to do to defeat the strongholds in your life?
 - You cannot eliminate what you emulate. How are you running a race that is not marked out for you? (See Hebrews 12:1)
 - You cannot eliminate what you don't terminate. As Josh said, the angry brother is still outside the door. What does surrendering and asking for help look like for you? (See Matthew 16:19)
 - You cannot eliminate what you don't consecrate (set apart). (See Romans 8:10) What does it mean to make your relationships holy?

6. Can your spouse, or your children, see what faith looks like in you? What is one stronghold that you are going to let them see you battle God's way this week?

Living Deeper

God's Word says in 2 Corinthians 10:5 to take our thoughts captive to Christ and put them under his authority. Read the article by Richard L. Ganz: [6 Ways to Take Your Thoughts Captive as 2 Corinthians 10:5 Says at Crosswalk.com](https://www.crosswalk.com/faith/prayer/take-your-thoughts-captive-509888.html):

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Serve

- Good Neighbor Day is coming up Saturday, April 9! Register online or in app.
- Vacation Bible School is coming up June 20-24! If you would like to be a part of kids experiencing the best week of their summer, contact heidi@thechurchrb.org or lisak@thechurchrb.org !

Pray

Our next Good Neighbor Day is focusing on caring for the Foster Youth in San Diego County. God knows the names of all of these young people and knows the challenges they face to find love, connection, security, and value in their lives. Please be in prayer for God to have good things for each of them. Pray that as our church forges the way as Good Neighbors, others in our circles will be inspired to also be good neighbors!