

**Series: For You, For Good**

**Message: Welcome to the Table**

**September 29, 2019**

**Vision, mission, purpose:**

To help each generation find real life through a relationship with Jesus and each other.

1 Thessalonians 2:13 | 1 John 5:13-15; 20 | Mark 4:20

**Welcome to the Lord's table.**

Acts 2:42-47 | John 3:16 | Romans 10:13

**It is for everyone.**

**It is so we will remember.**

Matthew 26:26-30 | 1 Corinthians 11:20-34 | John 17:20-26 | Jeremiah 31:31-34

- **We are valuable, loved, and wanted.**
- **We are forgiven.**
- **We are one with God through Jesus.**
- **We are one with the body of believers, the church.**

## Life Group Study

For week of September 29, 2019

*Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus & His church by joining one today! [www.seekreallife.com/groups](http://www.seekreallife.com/groups)*

### Share your story

What insight, question, or resolution did you discover from our time of worship together on Sunday?

*Imagine you're inviting some of your closest friends over for a dinner celebration. What would excite you about this? What would freak you out?*

Have you ever had an awkward family moment over a holiday dinner? Why do you think it's a pretty common occurrence?

### Connect to God's story

*On Sunday we shared the Lord's Table together remembering the death of Jesus and this new covenant was began through His sacrifice on the cross.*

#### Read Matthew 26:26-30.

*Imagine you were one of the disciples in this moment. What might have been awkward to you about what Jesus says?*

What do you do with things that Jesus says that you may not fully understand?

*The main point of this covenant that is poured out for many is the forgiveness of sins. What makes it difficult to accept such a wonderful, freeing, burden-lifting gift?*

*David writes poetically about the burden of sin being lifted. Read Psalm 32 and pause to reflect on what you read at each interlude. (verses 5, 7, and the end) Write your thoughts below:*

What did you learn in this Psalm about the value of confession?

What are some things God does in this Psalm?

Have you ever felt the burden David describes and the joy of that burden being lifted?

*In Matthew 26:30 Jesus ends the supper together with the Disciples by singing a hymn and it was probably one of the "Hallelujah" Psalms (Psalms 146-150). Choose one of these Psalms to read aloud together as you praise the Lord for the life we have because of Jesus!*

**For you are my hiding place.**

**You protect me from trouble.**

**You surround me with songs of victory.**

**- Psalm 32:7 (NLT)**

## **THE PURPOSE OF LIFE GROUPS**

*Life Groups exist to promote spiritual maturity and personal growth through meaningful relationships with Jesus and each other through the study of God's Word (Romans 8:29 & Hebrews 10:24-25).*

Here's how we accomplish this in our community throughout the week:

### **SHARE**

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions." But after the first few weeks, it will become more informal and personal as we feel more comfortable.

### **STUDY**

Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life by following Jesus.

### **SUPPORT**

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another and meeting real needs.

### **SERVE**

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to the community in which we live (Ephesians 4:11-16).

Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's kingdom!

***Fall Session of Life Groups has begun.  
So, take that next step to sign up and join a group today!***  
[www.seekreallife.com/groups](http://www.seekreallife.com/groups)