



TABLE GROUPS

Summer is a time for family reunions, vacations, swimming, amusement parks, and traveling. For many, routine is lost amidst the array of activity. This summer discover one simple routine that will help ensure that your faith does not go on vacation: Regularly meet around a table with a small group of family and/or friends to investigate the personal application of Sunday's sermon.

What is the purpose of a table group? To dig deeper into the Biblical principle(s) presented each Sunday morning during the FCC worship hour. To connect and share with other "group" members and to support one another as we strive to live out each week's teaching.

What does a table group do? A group discussion guide will be provided in the bulletin each Sunday and will be available on the FCC Facebook page by noon on Monday. The discussion guide will focus the group and challenge each participant to action.

Who establishes and makes up a table group?

1. Husband & Wife
2. Family
3. 2-5 Guys
4. 2-5 Ladies
5. 2-5 Couples

Where do they meet?

1. Kitchen table
2. Coffee table
3. Cafe table
4. Restaurant table
5. Picnic table
6. Work table
7. Round table

How often do they meet? Weekly (day and time is decided by the group)

How long should the weekly meeting last? Varies (decided by the group)

Who leads a table group? Leadership can be shared or a leader can be chosen by the group.

How long does the group stay together? The group should commit to stay together 6-8 weeks. Groups can renew their commitment to meet together for another season (6-8 weeks).

Is a table group an official FCC group? Table groups are not organized by FCC but are provided as opportunities for individuals to connect and become better followers of Jesus. FCC would like to know how this opportunity is being utilized. When your group establishes a place, time, and participants please report to Doug Mitchell (270) 765-4994 doug@fccetown.com.

Can an individual be a part of more than one table group? Yes, but our goal is that every individual attending a worship service be a part of at least one table group.

What happens if the group is too big to meet around a table? No table group should have more than 10 individuals. If a group grows to have more than 10 participants, there are two options:

- 1) Multiply into separate tables (groups of less than 10). Or
- 2) Seek to establish a life group (10-20 participants). To establish a life group, contact Doug Mitchell (270) 765-4994 doug@fccetown.com.



“BORING” - Mechanics (Matthew 28:19, I Corinthians 9:24-27)
August 10, 2014 – TABLE GROUP GUIDE

Begin by reading the devotion inside the bulletin. This is also posted online on facebook.com/fcctown and at fcctown.com/media.php under the sermon video.

Looking Back

- 1) During this past week, where have you seen God’s hand at work in or around you?
- 2) What is the greatest encouragement or challenge you have experienced this week?

If you were unable to attend worship on Sunday, please go to fcctown.com and watch Sunday’s sermon prior to meeting with your weekly table group.

Digging Deeper

What “race” (gunny sack, track meet, bike, back roads dare, etc.) is still vivid in your memory? Did you win, lose, fall down, or crack up? Why would or wouldn’t you do it again?

Read I Corinthians 9:24-27

²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶ Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Discuss the points Paul is making by comparing the Christian life to a race:

- Christianity is a life of effort. As runners in a race strain to win the prize, Christians should put all their effort into whatever they do (verse 24). How does this impact your approach to: Your career? Your family? Your faith? Your service?
- As athletes undergo strict training in their pursuit of victory, Christians should deny themselves even lawful pleasures and foods in order to be more useful for God (verse 25). What “pleasures or foods” are available to Christians today, but can hinder our usefulness for God? What do you think 'strict training' looks like to a follower of Christ?
- Paul has purpose and effort in all that he does. He is like a runner who heads for the finish line or a boxer who aims to land his punches. He spares no effort in his program of vigorous self-discipline to keep himself fit. He realizes that it is dangerously easy to warn and instruct others, then fall into sin himself and be disqualified (26-27). Share a time when hard work, determination, and self-discipline paid off for you. Name some followers of Jesus who are in "strict training...striking blows to their bodies." What makes their lives different than 'normal' Christians?

In the Christian race, how are you doing: (a) “Fresh, because I’m just starting?” (b) “Feeling tired and achy, looking for my second wind?” (c) “Going great, I’ve got my second wind?” (d) “Looking for the finish line?”

How would you advise a young follower of Christ who wanted to increase their training?

What actions can you take this week to ensure that you are running to win the “Christian race”?

Moving Forward

Considering this week’s teaching and group discussion, what can your table group do or pray for you?

If you would like to talk with a minister, please call (270) 765-4994 to set up an appointment or contact:

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Chris Kiger chris@fcctown.com Student Minister

Doug Mitchell doug@fcctown.com Adult Minister
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