

# Life Group Discussion Guide

SPACE AROUND THE TABLE

Mark 6:30-31

Stuart Jones - May 21, 2017



The Family  
Table

## INTRODUCTION

Balance is our goal. Speed is the enemy of intimacy. We do not want our meal pace to reflect our work pace. The family table is best served slow, not fast. In the midst of the grind of life, God wants us to pause, slow down and enjoy what He provides. Ecclesiastes 3:12-13 says, "I know there is nothing better for people than to be happy and to do good while they live. That each of them may eat, drink and find satisfaction in all their toil-this is the gift of God." Just as Jesus reclined at the table of a Pharisee (Luke 7:36) and with His disciples at the Last Supper (Luke 22:14), we recline at the family table to give children and parents room to breathe. The drive-throughs of the fast-food movement escalate our chaotic schedules. Intentionally slowing down around the family table provides much-needed balance in the home through creating space for margin, safety and laughter.

## DISCUSSION STARTER

1. How would you best describe your limit? Physical limit? Emotional limit? Mental limit? Relational limit?
2. How do you best recharge and refuel at home?

## EVALUATE IT

1. Read Mark 6:30-32. Jesus could have said anything here or demanded even more from His disciples, but He doesn't. Why? If anyone had reason to press on, it's Jesus, so why does He choose to go on a boat ride with His guys?
2. If the most important person to ever walk this earth could step away from the demands of life, what is keeping you from doing the same?
3. God first demonstrated rest by taking a day to rest Himself. Then He instructed us to do the same. What does this reveal about how God sees our schedule?

## MAKE IT PERSONAL

1. If you could change one thing about your home to make it more refreshing, what would it be?
2. What should you trim from your family calendar to create more margin in your life and to make more time for the family table?

## SOMETHING TO THINK ABOUT

God never hurries. There are no deadlines against which He must work. Only to know this is to quiet our spirits and relax our nerves.

- A. W. Tozer, *The Pursuit of God*



Interested in joining or starting a Life Group?  
Contact our Life Groups Minister.

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