



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 at 270-765-4994 or 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 at 270-765-4994 or doug@fccetown.com.



SUPER HUMAN – Samson: Slingshot Jawbones (Judges 15)
July 6, 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

If you attended worship on Sunday, share with your group the following:

- 1) What was the most meaningful part of worship for you?
- 2) What part of your worship did you hope God appreciated?

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.

Anger, Pride & Exhaustion go to work to put me and what I want in place of God. I become emotion led rather than spirit led. Even acts that can be perceived by some to be heroic and honorable are, at their core, driven by our sinful nature. And even though the only one who knows any different is God – that's enough. There is a warning that comes from this series of events in Samson's life; "Be humble or be humbled."

Digging Deeper

What is an example of your anger in action recently? What factors tend to make you so mad you do things you regret?

Ephesians 4:26 says, "Be angry and do not sin; do not let the sun go down on your anger." What does non-sinful anger look like?

What does it mean practically to "not let the sun go down on your anger"? What makes that practice hard for you personally?

A key verse about pride is Proverbs 21:24. Here is the text in several translations:

The proud and arrogant man – "Mocker" is his name; he behaves with overweening pride. (NIV)

Mockers are proud and haughty; they act with boundless arrogance. (NLT)

"Scoffer" is the name of the arrogant, haughty man who acts with arrogant pride. (ESV)

Although harsh words are used to describe a prideful person in these translations, most of us relate to times when we've acted with pride. Describe a time when you was not humble and "got humbled."

C.S. Lewis wrote in *Mere Christianity*:

A proud man is always looking down on things and people; and, of course, as long as you are looking down, you cannot see something that is above you....Pride get no pleasure out of having something, only out of having more of it than the next man....It is the comparison that makes you proud: the pleasure of being above the rest. Once the element of competition is gone, pride is gone.

Who or what do you tend to compare yourself to (look down on) that fuels or reveals your pride?

How is "knowing who you are in Christ" an antidote to that pride?

Moving Forward

Considering this week's biblical principle, group discussion, and the step(s) you recognize you need to take. 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: