**Table Talk**

**Sermon Series: Reboot Your Life Spiritually**

**January 10, 2021**

**Introduction (8 min)**

Table Talk Groups (45 minute study) begin by watching the video and sharing the story below, then open up the discussion with the questions provided.

Southside Home (35 minute study) can skip to “Starting the Discussion” as a follow up to the worship experience.

**Table Talk Video: Reboot Your Life Spiritually**

Many years ago I was part of a small group with other students training to be pastors. It was being led by a very successful retired pastor who also taught at once of our Nazarene universities. We were discussing our devotional life and how important that is to sustaining our own souls as we invest into the lives of others throughout our ministry.

One of the guys bravely asked a question that we have probably all wanted to ask. He said, “I understand how important this is, but what do you do when you just don’t feel it?”

Have you ever known you should be praying and reading the Bible, but just don’t feel like it?

I know I have. We all go through moments like that and our group leader had too. What was his advice? It was pretty simple. Read anyway. Pray anyway. Make it a habit or a discipline and don’t stop just because you don’t feel like it.

My friend asked a follow up question, “But I don’t want to force myself to spend time with God. Wouldn’t it be better to just spend time with God when my heart is in it? Besides, I don’t get much out of it if I’m forcing myself.”

Our group leader wisely identified that sometimes we feel that way due to being tired. Other times it is a spiritual attack distracting us from our primary spiritual responsibility and our source of spiritual strength. Read and pray anyway. The longer you stay away from God the weaker you become spiritually. The more you intentionally do to draw near to God the stronger you become and the more you desire God.

I want to encourage you today, if you are struggling to spend time with God, take a moment and decide what you want more of in your life. More of the anxiety, worry, weariness, busyness, and exhaustion that we are so used to these days, or more of God’s presence?

“Ask, and it will be given to you; seek, and you will find; knock, and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.” – Matthew 7:7-8

- Pastor Reggie Phillips

**Prayer (2 minutes)**

Father God, draw us close today and help us to realize just how much we need you! As we discuss your Word and talk together as the Body of Christ, may we sense your presence and feel the breath of your Spirit breathing life into us today. We ask it in Jesus’ name, amen.

**Starting the Discussion (3 minutes)**

1. Are you in a place where you are spiritually hungry for God and a spiritual reboot or do you feel spiritually stagnant?

**Unfolding the Biblical Story (24 minutes)**

**Read Mark 12:28**

1. Jesus lived in a culture where people were constantly debating and trying to publicly win arguments. Not much has changed. Do these king of spiritual attacks ever contribute to spiritual weariness in your life?
2. This question asked of Jesus was set as a spiritual trap. What spiritual traps have you faced lately? Where has your faith been contested or ridiculed in order to see how you would respond?
3. While you may not argue over the most important commandment, I hope you have a favorite one. What Bible verse do you hold on to that gives direction to your life?

**Read Deuteronomy 6:4-5**

1. Jesus answered the question by quoting this verse. Why is this the greatest commandment?
2. What are some things in your life you might be tempted to love more than God?
3. “Hear” meant more than listening. It meant to obey or to allow these words to shape your thinking. Do you struggle moving from just reading or hearing the Bible to really listening and embracing the truth it shares? Talk among your group and come up with strategies that can help you grow from just reading the Bible to being shaped by God’s Word.

**Invite someone to read Luke 6:45**

1. What are you regularly pouring into your heart and mind? Think about the regular conversations you have, the entertainment you consume, and even the interactions that you catch yourself thinking about. What are some of the largest influences in your life on your attitude, morals, and actions toward others?
2. What are some proactive steps you can take to saturate your heart with God’s Word and God’s presence? How might your interactions with your family or your coworkers look differently if that is what was overflowing from your heart?

**Read 1 Thessalonians 5:23**

1. The desire of God’s heart is to live in perfect harmony with yours. Have you surrendered control of your own heart that God can spiritually refresh and revive you, shaping you into everything He created you to be?
2. Take a few minutes and write out a plan. What are some thing you will start this week to surrender to God and saturate your heart in God’s Word and God’s presence? Below that, write down two or three ways you hope life will change as God spiritually reboots your life.

**Prayer (2 minutes)**

Take the plans you just made and hold them before the Lord like an offering as you pray.

“Spirit of the Living God, fall fresh on me. Speak life into the weariness and hope into the barren places of our souls. Help us to unplug from things that draw life away and tap into the living water offered to us through your son, Jesus. We surrender our lives to you. We surrender these plans to you and ask that you work through them to help us find new spiritual life in you. Fill us with your Spirit and transform our lives, Lord. We ask this in Jesus’ name. Amen.”

**Wrapping Up (2 minutes)**

See if anyone has lingering questions or insights to share from your time of study and prayer. Summarize the group discussion as a reminder of what you learned together.

**Scripture Challenge (4 minutes)**

This week try to memorizing Deuteronomy 6:5. Use any of the following tools to help you: write it out, repeat it a few times as a group, set it to music, or draw an image that incorporates the words.

**Bonus Challenge**

As mentioned in this sermon series, you can go to the You Version Bible App and download the Bible Project New Testament in a Year reading plan. This is a great way to download God’s word into your heart and mind and be refreshed spiritually. Click the link below to find the reading plan:

<https://www.bible.com/reading-plans/13233-new-testament-in-one-year-with-the-bible-project>