**Table Talk**

**Sermon Series: Reboot Your Life Mentally**

**January 31, 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 Mentally**

When I was in college preparing for ministry, I took a course that focused on ministering to the homeless in urban areas of our country. This class was different than most in that we spent very little time in a classroom. Instead, we rented a hotel room in DC for a few days and spent the days working with local churches and rescue missions.

One of the hardest days in DC was when we were told to dress like we were homeless and try to fit in. We were expected to feel what it was like to be homeless. How would people treat us? Where would we go? What would we eat? The goal was to identify with the struggles homeless people face, especially how they are treated by others around them.

There was so much sadness and isolation in that one day that it’s hard to even describe. It changed the way we thought. It changed the way we trusted people. It made us skeptical of others’ intentions. At times it even made us angry.

Having been through a year of COVID, we can all identify a little bit with that. We were isolated. We were angry. We stopped trusting people. We started seeing people in public as the enemy – a biological weapon – rather than as a person to be loved. We have deeply lived isolation and loneliness. It’s changed our thinking.

Rebooting our lives mentally starts with identifying the sources of stress and anxiety so that we can tackle them head on. God wants to gloriously invade our thoughts and shine the light of Jesus into the darkest corners – ever corner – of our lives. Jesus desires for all of God’s children to find victory over the thoughts that discourage us and separate us. Focus on the joyful power of His presence and you’ll find a liberating, uniting peace that will begin to transform every thought and every relationship. It’s time for a reboot!

- Pastor Reggie Phillips

**Prayer (2 minutes)**

God of Peace, shape our thinking and renew our minds as we focus on you and your Word today. Speak life changing truth and encouragement as we discuss the questions and share our lives together in this time. Lead the way, Holy Spirit, until we reflect Christ in all we think. In Jesus’ name, amen.

**Starting the Discussion (3 minutes)**

1. How has the last year impacted your thoughts, specifically how you view God or the people around you? Do you think differently than you did a year ago and is that positive or negative change?

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

**Invite someone to read Luke 24:36-38, 44-45**

1. Even after three years with Jesus, the disciples still didn’t understand much of what Jesus taught them. Do you ever feel like you struggle to understand the Bible and the things God is trying to teach you?
2. They finally understood when God opened their understanding. Have you spent time lately in prayer asking God to open your understanding of his Word and his will for your life?
3. The more time we spend with Jesus in God’s Word, the more opportunities we have to have our understanding opened. Do you have a regular habit of reading and praying over God’s Word daily? Share your habits with your group, even if it isn’t what you want it to be yet, so you can help or encourage one another.

**Read Philippians 4:7**

1. Who does peace belong to and where does it come from? Is it something we are supposed to manufacture?
2. How might God’s peace guard our mind from destructive thinking? How is that different from trying to think peaceful thoughts?

**Invite someone to read Philippians 4:4-6**

1. How do these verses show us how to access the peace of God?
2. Are you actively using the resources God has given you to access His peace? If not, what can you change this week to experience his peace as a guard over your mind?

**Invite someone to read 1 Thessalonians 5:23-24**

1. God’s sanctifying work is for every part of your life. What would you hope to see God do through your mind to change your thinking in this sanctification process?
2. Take time as a group to pray for each other that you would experience God’s sanctifying work over your thoughts.

**Prayer (2 minutes)**

Holy God, we surrender our thoughts and imaginations to you and to your sanctifying work. Set us apart as holy in our thinking. Open up our minds to understand your Word and equip our minds for your special purpose. Set your peace as a guard over our minds that we might reflect Christ to the world in all we think, say, and do. 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 Philippians 4:7. 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 Challenges**

If you want to reboot your mind in how you think about finances, then please click the link bellow to join our new Financial Peace University class at Southside church. This great group experience will provide clear answers, new ways of thinking about money, and lots of helpful encouragement as you make God honoring changes in the area of your finances!

<https://southsidechurchva.org/groups/group-detail/3004/financial-peace-university-fpu-in-person/>

As mentioned in this sermon series, you can also 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>