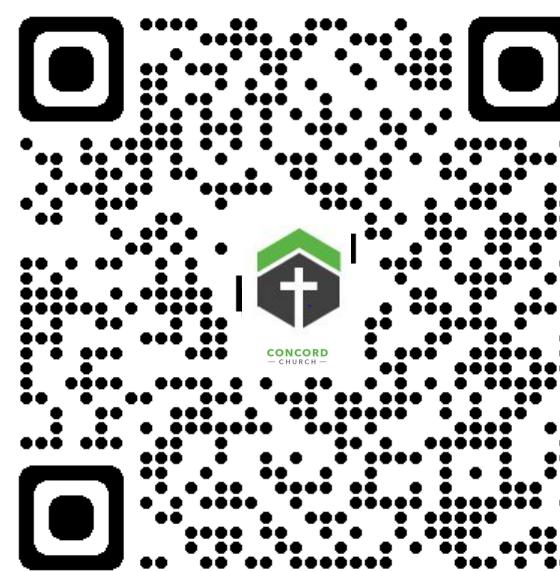


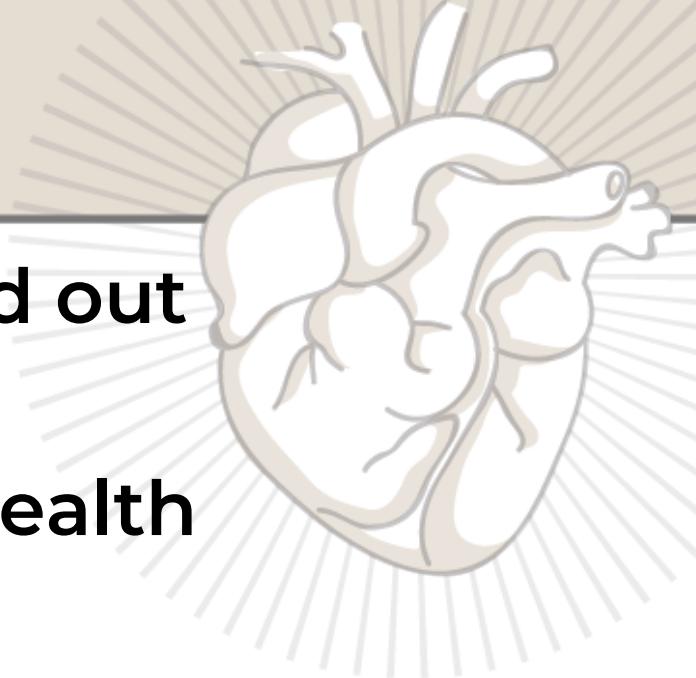
Welcome to

OKOOS

scan here

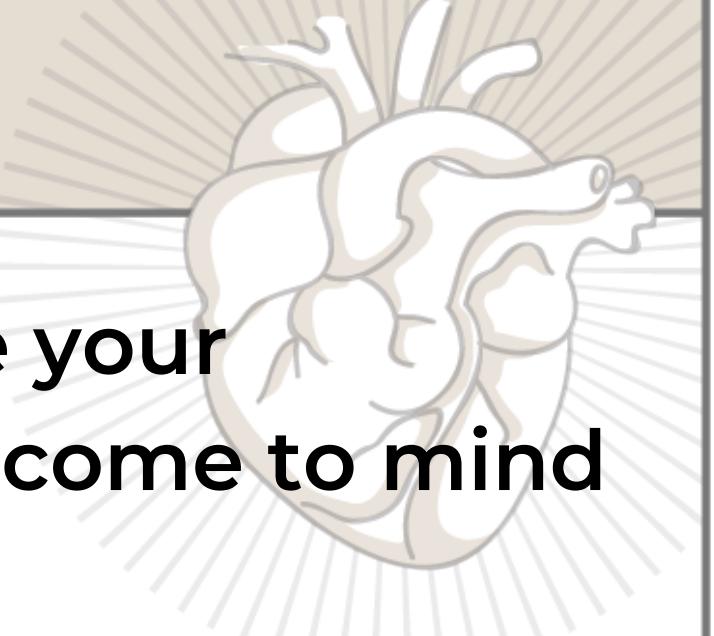


# Table Talk Card | Week 1: A Restful Heart



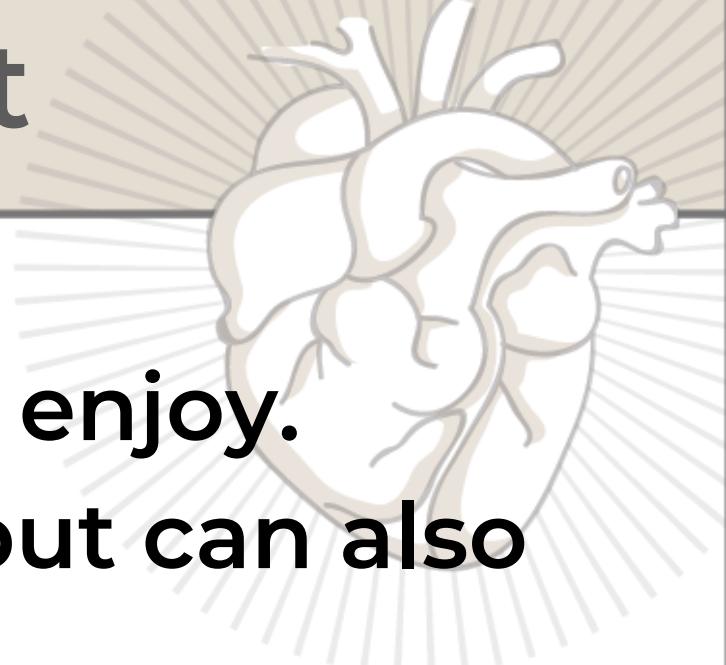
- On a scale of 1-10 (with 1 being totally relaxed and 10 being stressed out to the max) how stressed are you in this season of life?
- Give yourself a letter grade on these three areas of your physical health
  - Diet
  - Exercise
  - Sleep
- What is one decision you can make this week to improve in one of these three areas?
- In 1 Kings 18-19, we see the stressors that Elijah had. Do you possess any of the same ones?
  - You've done much work, but things don't seem to change (19:1)
  - You feel afraid when you hear of a verbal threat (19:1-3)
  - You lose the confidence you once had (18:15, 19:3)
  - You avoid your tasks (19:3a)
  - You check out of relationships (19:3b)
  - You desire to just quit it all (19:4a)
  - You don't want to live any longer (19:4b)
- Restful moments (not just sleep) must be scheduled. If you don't have it already, schedule yourself some time of rest and soul care.

# Table Talk Card | Week 2: A Prayerful Heart



- Jesus referred to God as his Father. How would you describe your relationship with your earthly father? What ideas or images come to mind when you think of God as a father?
- What are some wrong images or ideas that people can have about God?
- Looking back over the times' God or angels are connected with either the sky, clouds, or air
  - Exodus 13:21-22
  - Luke 2:8-13 (notice esp. v. 13- the angels went “into heaven” not up to heaven)
    - Acts 1:9 (notice- Jesus was hidden from their sight)
    - Acts 1:11 (again, “into heaven,” not up in heaven)
    - Acts 9:3-7
    - Acts 17:26-28
- How would it change your view of God if you knew that God was not in some faraway place but resides in the very air that you and I breathe?
- When we are tempted to sin, we turn to God. Why do you feel this is the last place we want to turn to when we feel tempted?

# Table Talk Card | Week 3: A Controlled Heart



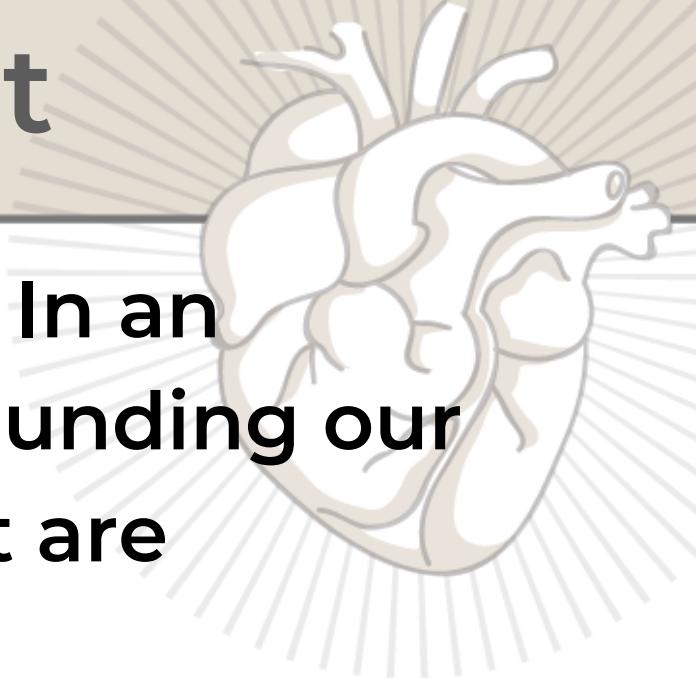
- List out some of the comforts that you and your family enjoy.
- Consider how your favorite digital device blesses you but can also steal joy away from you.
- Do you feel you need to do a better job limiting your screen time?
- Do you think your faith connection with God would increase if you were to limit your screen time?
- How can fasting help with this?
- In the Nehemiah story, how did Nehemiah respond to the crisis in his homeland?
- How did this critical decision to pray and fast change the trajectory of his life?
- What do you think could happen in your life if you took some time to fast?
- What pain do you see in the world? What could God be preparing you for?

# Table Talk Card | Week 4: A Studious Heart



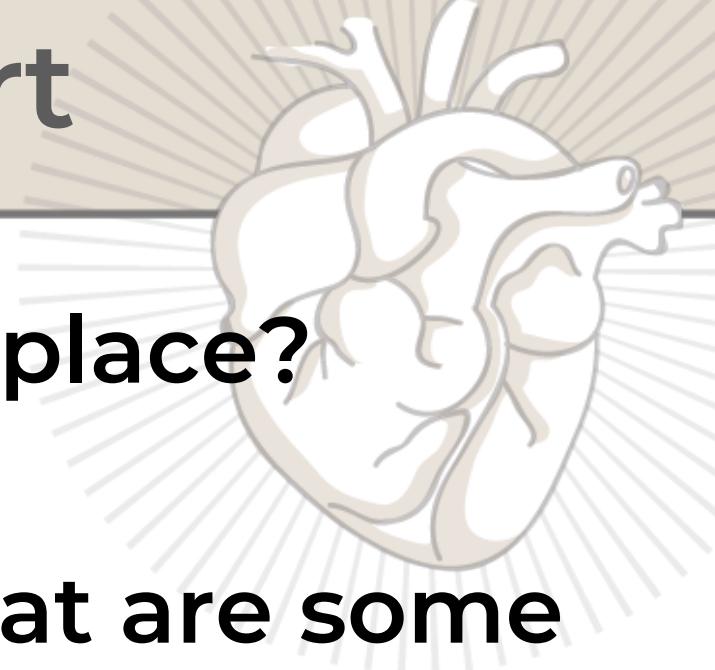
- Recall a time when you got into an argument/heated exchange with a family, friend, or loved one. Did your pride get the best of you in that situation? Was the exchange with family helpful?
- Read some of the following Proverbs 15:18, 20:3
- What does it say to you that Paul's final words he wrote before he died were to avoid unnecessary arguing? Do you think that Paul's closeness to his own death could be a factor in this emphasis?
- Paul cited that the purpose of the Scriptures was to teach, rebuke, correct, and train. Is this how you use the Scriptures in your own life?
- Read James' words about the Bible (James 1:22-25). Discuss how you think the Bible acts as a mirror.

# Table Talk Card | Week 5: A Meditating Heart



- A fish does not know that it's wet because it lives in the water. In an equivalent way, it's tricky for us to see the cultural forces surrounding our lives. But take a moment and discuss some cultural forces that are influencing you at work, school or in the marketplace.
- Who are the biggest voices influencing the following:
  - Politics
  - Fashion
  - Your self-worth
- Recall a time when you just went with the majority opinion (or just went with the flow) but later regretted it. How did you know you had made the wrong decision?
- What is one belief you hold to as a believer that is contrary to the secular/non-religious culture around you (other than attending church)?
- Discuss how meditating (pausing to ponder something) can protect you from making bad decisions.
- What is the difference between studying the Scriptures and meditating on them?
- How does meditating help you apply the Scriptures?

# Table Talk Card | Week 6: A Worshipful Heart



- Have you witnessed bullying at school or in the workplace?
  - What did that look like?
- Have you personally been the victim of bullying? What are some of the emotions that you felt then and now?
- What are some helpful and not-so-helpful ways of responding to a bully?
- In Psalm 142, David brought an honest complaint to God. Does complaining to God about your pain seem weird or irreverent? Does the fact that the Bible encourages this kind of honesty help with that strangeness?
- What complaint would you want to bring to God right now? Do you see this as an act of worship? How does complaining to someone communicate trust in that person?
- How does an honest complaint to God help you appreciate God's presence?