

# Main Street Church - Life Group Guide

**Series:** Table Talk: Life Changing Meals with Jesus

**Message:** Part 9 - Heartburn - [Luke 24:13-35](#)

**Speaker:** Brock Wright

**Date:** August 31, 2025



## Connect (25min)

### 1. HEARTBURN

- Have you ever experienced physical *heartburn*? Describe the cause and experience.
- Have you ever experienced spiritual/emotional *heartburn*? Describe the cause and experience.

### 2. SUMMER PSALM

- Read [Psalm 19](#).
  - > How have you experienced God in Creation this summer? Share an example or story.
  - > How have you experienced God in His Word this summer? Share an example or story.
- Take a few minutes to praise and thank the Lord together in response to this Psalm.

## Message Discussion (50min)

### 1. TABLE TALK

- Have you ever had a surprising experience at a meal - with a fellow guest, the location, or the food? Describe your experience.

### 2. HEART BURN HOPE

- Read [Luke 24:13-35](#). How would you describe the location and atmosphere of this “Table Talk”?
- What do you learn about Jesus? What do you learn about the guests?
- How does the conversation impact the participants and how does it initially impact you?

### 3. HONEST DOUBT


- Have you ever felt like following Jesus wasn’t “enough” or that He wasn’t who you expected Him to be? What did that season feel like?
- The two disciples on the road were *sad and disappointed* (v. 17, 21). What disappointments in your own walk with God have made you feel that way?
- Why do you think Jesus chose not to let them recognize Him at first? How does that speak to the way He meets us in our questions or doubts?

### 4. FRESH BREAD & PERSPECTIVE

- Jesus explained the Scriptures to them (v. 27). How have God’s Word and promises helped you gain perspective during difficult seasons?
- Jesus “acted as if He were going farther” until they invited Him in (v. 28–29). What does this teach us about inviting Jesus into our daily lives and struggles?
- Why do you think it was at the *meal*—the breaking of bread—that their eyes were finally opened? What does this reveal about the importance of shared meals and communion?

## Reflection & Prayer (15min)

### REFLECTION

-  Read [Mark 9:23-24](#), [Romans 10:9-13](#), [1 Peter 3:15](#).
- Where do you see people today (young & old) wrestling with the same kind of doubts and disappointments as the disciples on the road? How can Christians respond better?
- Author *Philip Yancey* says: ***“Faith means trusting in advance what will only make sense in reverse.”*** How does that challenge or encourage you right now?
- What’s one way you can “offer your doubts” to God this week instead of hiding them? How can we as a group support each other in this?

### PRAYER

\*Break into groups of 3-4, or men & women, to enhance sharing and prayer participation.

- In response to the message and discussion, how can we pray for you this week?  
Share & Pray for one another.
- Who is one person in your life that we can pray for together?  
Share & Pray.

## Life Groups this Fall

Our Life Groups will be launching mid-September. Visit [mainstreetchurch.ca/life-groups](http://mainstreetchurch.ca/life-groups) to get connected.