

Table Guide: *Why do we SHARE?*

Restore Church Gathering - July 27, 2025

Table Groups: Host + 3-5

Look Around: (5 mins)

1. Share about a time your faith was encouraged by someone else's sharing—confession, testimony, story, questions or insights.

Look it up: (15 mins):

Let's explore what Scripture says as we seek to answer the question— *why do we share?* *What happens when we come to the table and open up our Bibles and our lives to one another?*

2. Look up and read aloud the following Scriptures:
 - a. **Hebrews 10:23-25**
 - i. How can sharing around the table provoke love and good deeds?
 - b. **James 5:13-16**
 - i. How might sharing make space for confession?
 - c. **Matthew 18:19-20**
 - i. What does God promise when we are together?
 - d. **Revelation 12:11**
 - i. How is sharing a form of testifying?
 - ii. What does the Word of our testimony accomplish?

*"The kind of faith-building encouragement commanded in Hebrews, however, is personal, relationship, and reciprocal. It's not accomplished by passively sitting in a theatre seat watching a performance. This kind of encouragement requires us to be fully present and engaged. **It's the arm-around-a-shoulder, praying-together-with-tears, let-me-help-you-carry-that-burden kind of gathering. It's the kind where no one is invisible and everyone is seen.***

*In our rapidly changing and turbulent society, that kind of gathering is needed now more than ever, but it's also more difficult to find as we are more isolated than previous generations because of technology and social divisions. But Jesus also said that when even just two or three gather in His name, "there am I among them"(Matt. 18:20). He doesn't promise to be in front of us on a platform or watching us on a live feed. **He promises to be with us, just as we are with each other.** This means we may encounter Him just as easily, and maybe more so, in a small gathering than in a large one."*

(Skye Jethani, What if Jesus was serious about the church?)

Look Within: (5 mins):

3. Do you feel more comfortable or uncomfortable sitting around the table? What has contributed?

*"Brain research shows that when a person is comfortable the more analytical functions of the brain required for learning shut off. Simply put, **learning and transformation require discomfort**—the very thing many churches work hard to remove from their gatherings. Psychologists refer to the brain as having a "system one" and a "system two." System one is the more intuitive "autopilot" of the brain that is engaged when relaxed, like when sitting in front of the TV or when listening to an entertaining, simple sermon in a theater seat at church on Sunday morning. **The other level of brain function, system two, is the analytical capacity of the mind that is necessary to examine assumptions, challenge beliefs, and assemble new behaviors and ideas.** System two must be turned on, and the autopilot of system one turned off, in order to learn.*

*The brain shifts gears from system one to system two when it is forced to work—**when we are challenged, stretched, and made uncomfortable. Jesus understood this.** He expected His disciples to work in order to understand His teaching. He asked questions, wrapped His messages in opaque parables, and often taught in distracting settings.*

*And for most of history, comfort was not the driving value in church architecture or worship design. There was hidden wisdom behind the hard pews, elaborate rituals, unique music, and liturgies that required kneeling, standing, walking an aisle, or making the sign of the cross. Many find these movements and symbols unfamiliar or uncomfortable. They were not part of a Christian's normal, everyday routine. But that was precisely the point. **They shifted the brain into system two where engagement and formation occur.***

(Skye Jethani, What if Jesus was serious about the church?)

4. How does knowing that the table is a place where Jesus wants to challenge, stretch and form you shift your perspective towards it and willingness to participate at it?
5. Is there anything you feel led to share right now?

Wrap-up (5 mins):

6. How would you answer the question, **why do we SHARE?**
7. Pray and ask God to give you willingness to share and willingness to listen so you can encourage your brothers and sisters in Christ.