

# You, Party of Who?

*“What are you allowing to have a seat at the table of your heart?”*

## Key Scripture:

Proverbs 4:23 (NIV) — *“Above all else, guard your heart, for everything you do flows from it.”*

## Theme:

Just like a restaurant decides who gets a seat at the table, we must decide what thoughts, influences, attitudes, and people are allowed to sit at the table of our hearts.

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## Introduction

Imagine walking into a restaurant and hearing the host say:

**“Hello, how many are in your party?”**

Before you are seated, there’s a question about who came with you. Spiritually, God is asking us the same thing:

- What has a permanent seat in your heart?
- What voices are dining with you daily?
- What appetites are you feeding?

Some tables are overcrowded with:

- Fear
- Bitterness
- Pride
- Distractions
- Sin
- Toxic influences

But God desires to sit at the head of the table. (We will get to that in a minute)

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# Point 1 — Be Careful Who You Allow at your Table

## Scripture:

1 Corinthians 15:33-34 (NIV) — *“Bad company corrupts good character. Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.”*

*(TPT) So stop fooling yourselves! Evil companions will corrupt good morals and character. Come back to your right senses and awaken to what is right. Repent from your sinful ways. For some have no knowledge of God’s wonderful love. You should be ashamed that you make me write this to you.”*

## Main Idea:

Everyone and everything around you influences your spirit.

## Restaurant Connection:

A restaurant manager protects the atmosphere of the dining room.  
Likewise, you must protect the environment of your heart.

## Ask:

- Who has influence over your emotions?
- What media has a seat at your table?
- What conversations are feeding your spirit?

## Application:

Not everybody deserves permanent access to your heart. If they don’t help maintain good character within your spirit, you probably need to stop inviting them to dinner.

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## Point 2 — Stop Feeding the Wrong Appetites

### Scripture:

Galatians 5:16-17 (NIV) — *“Walk in the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”*

***(TPT) Let me emphasize this: As you yield to the dynamic life and power of the Holy Spirit, you will abandon the cravings of your self-life. When your self-life craves the things that offend the Holy Spirit you hinder him from living free within you! And the Holy Spirit’s intense cravings hinder your self-life from dominating you! So then, the two incompatible and conflicting forces within you are your self-life of the flesh and the new creation life of the Spirit.***

### Main Idea:

Whatever you feed grows stronger. Just like there are certain physical foods we can eat to help us grow stronger, there are spiritual foods that help our spirit grow stronger.

### Restaurant Connection:

At a restaurant, what you order determines what comes to your table. You don’t order a steak and they deliver shrimp to your table. You don’t order a sandwich and they bring you a hamburger.

If you constantly order:

- Negativity
- Gossip
- Lust
- Anger
- Jealousy
  
- Bitterness
  
- Resentment

...eventually your spirit becomes unhealthy.

**Ask:**

What have you been consuming lately? Why do we allow these things into our hearts in the first place? Probably because they stem from a situation where we lost or didn't have control and allowing these things to take a seat at our table is our way of controlling the thing that made us feel this way in the first place.

**Application:**

Feed your faith more than your fear. Hebrews 11:6 tells us that “without faith, it’s impossible to please God.”

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## **Point 3 — Make Room for Jesus at the Head of the Table**

**Scripture:**

Revelation 3:20 — *“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.”*

**Main Idea:**

Jesus does not force Himself into your life; He waits for an invitation.

**Restaurant Connection:**

The head seat at the table represents authority and leadership. In the old days, and in some cases it still takes place today, the person with the highest authority, typically a dad, grandfather or higher up like a king, the person with the highest authority sits at the head of the table.

Some of us have been living and acting in such a way that Jesus no longer sits at the head of our table. If he did, most or all of these evil things that have taken a seat at the table, wouldn't have been invited in the first place.

Too many people allow:

- Money

- Relationships
- Success
- Addiction
- Social status

...to sit where only Christ belongs.

**Ask:**

Who is sitting at the head of your table?

**Application:**

When Jesus leads your heart, everything else finds its proper place.

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## **Point 4 — Some Things Need to be Excused from the Table**

**Scripture:**

Hebrews 12:1 (NIV)— *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”*

*(TPT) As for us, we have all these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life’s marathon race with passion and determination, for the path has been already marked out before us.”*

**Main Idea:**

Some things cannot go where God is taking you.

**Restaurant Connection:**

Sometimes a restaurant must clear the table before serving the next course.

God cannot pour new blessings into a heart cluttered with old baggage.

### **Things That May Need Removed:**

- Unforgiveness
- Shame
- Toxic relationships
- Pride
- Doubt
- Secret sin

### **Application:**

You cannot fully feast on God's purpose while still entertaining what poisons your spirit.

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## **Conclusion**

Today, God is asking:

**“You, party of who?”**

Who came with you to the table of your heart?

Is your table occupied by:

- Fear?
- Distractions?
- Bitterness?
- Worldliness?

Or is Jesus seated at the head?

Before God serves your next season, some seats may need to be reassigned.

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## **Altar Call / Closing Challenge**

Ask the congregation:

- What has been sitting at your table too long?
- What do you need to evict from your heart?
- Have you truly given Jesus the head seat?

**Closing Statement:**

**Your heart only has so many seats. Be intentional about who — and what — you allow at the table.**