

Tithes and Offerings



In-person

Place in the blue offering bins in the lobby.



Online

tablelifechurch.org/giving

ways to
give



Mail

*617 16th Street
New Cumberland, PA 17070*



BANK

Auto pay.

Send directly from bank.

*or text **GIVE**
to 717-420-1600*

CHURCH STAFF

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tablelifechurch.org



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TABLELIFE
CHURCH

CHURCH OF  THE NAZARENE



Order of Worship
23 July 2023
Eighth Sunday of Ordinary Time

We Gather to Worship God

Welcome
Worship in Song
Call to Worship
Worship in Song

We Listen to the Word

Prayer
Sermon Series: Brain Games
Sermon: "Part 1 - The Myths of Mental Health"

We Come to the Table

Prayer of Confession and Consecration
The Lord's Prayer
We Eat and Drink Together
We Celebrate the Eucharist in Song
Prayer

We Go to Live in the Reign of God

Community Life
Gossiping the Good Stuff
Doxology
Blessing and Sending

*Words to music, responsive readings and
The Lord's Prayer will be on the screen*

Are you called to belong to Table Life Church? Do you desire to be intentional about growing in your relationship with Christ? Join us for a 3 week class on Sundays where we will explore who we are, what we believe, and what belonging looks like at

ALL IN
MEMBERSHIP CLASS

SUNDAYS
8/6, 8/20, & 8/27
6-7:30pm

Sign up today by emailing
office@tablelifechurch.org

TABLELIFE
CHURCH

The graphic has a white background with blue diagonal stripes on the left side. It contains text about a 3-week membership class on Sundays, including dates and times, and a sign-up email address. The Table Life Church logo is at the bottom.

COMMON MEAL
AUGUST 13TH

- Bring your favorite dish to share
- Whiffle ball home run derby!

AFTER WORSHIP IN THE GATHERING PLACE

The graphic has a teal background with a pattern of white whiffle balls. It features the text "COMMON MEAL AUGUST 13TH" in bold, followed by two bullet points about bringing a dish and a whiffle ball derby. Below that, it says "AFTER WORSHIP IN THE GATHERING PLACE".

SENATORS' GAME

\$13 PER PERSON **FRIDAY**
8/25 7PM

FIREWORKS AFTER GAME!
REGISTER BY 8/13 IN CHURCH LOBBY OR
EMAIL: OFFICE@TABLELIFECHURCH.ORG

The graphic has a dark blue background with red and white vertical stripes at the top and bottom. It features the text "SENATORS' GAME" in large white letters, followed by "\$13 PER PERSON" and "FRIDAY 8/25 7PM". A red and white whiffle ball icon is between the price and the date. Below that, it says "FIREWORKS AFTER GAME!" and "REGISTER BY 8/13 IN CHURCH LOBBY OR EMAIL: OFFICE@TABLELIFECHURCH.ORG".

For a complete list of ongoing ministries and upcoming events,
please visit tablelifechurch.org.

Doggy Bag- Some questions to chew on:



1. What part of this message was most impactful for you and why?
2. What role does God play in our mental health? Why is it important to be honest with ourselves and with God about what we are feeling and thinking?
3. How does knowing that people in the Bible struggled with mental health but were still used by God encourage you?
4. Do you tend to see getting help as a sign of weakness or strength?
5. Share about a time when you experienced God's peace in the midst of problems or hardships. What were you doing then that you could start doing again? Who helped you?
6. Have you been ignoring something going on emotionally, psychologically, or socially? With whom (spouse, friend, pastor, doctor, counselor) could you begin a conversation?

If you'd like to talk personally and confidentially w/ Pastor Kris about your relationship with Christ, please email pastorkris@tablelifechurch.org or call 717-774-6444 to set up an appointment.

NEW HERE? NEED PRAYER?



Please fill out a connection card located in the seats in front of you. Or you can fill one out online.



SCAN ME



Brain Games

“Part 1 - The Myths of Mental Health”

Pastor Kris Beckert

What do you think about when you hear the words “mental health?”

1 Thessalonians 5:23-24 May God himself, the God of **peace**, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.
²⁴ The one who calls you is faithful, and he will do it.

I. Three Parts of Mental Health:

1. _____
2. _____
3. _____

II. Two Mental Health Myths:

1. Christians shouldn't _____ with mental health
2. God doesn't _____ about your mental health

III. Three Truths about Mental Health

1. God isn't afraid of our _____
 - Example: Heman, writer of Psalm 88
 - Great wisdom (1 Kings 4:31)

- Musical ability (1 Chronicles 6:33, 16:41-42)
- Committed parent (1 Chronicles 25:5-6)
- Service to king (1 Chronicles 25:6)

Psalm 88:3-5, 13-14, 18 I am overwhelmed with troubles and my life draws near to death. ⁴ I am counted among those who go down to the pit; I am like one without strength. ⁵ I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care... ¹³ But I cry to you for help, LORD; in the morning my prayer comes before you. ¹⁴ Why, LORD, do you reject me and hide your face from me? ... ¹⁸ You have taken from me friend and neighbor—darkness is my closest friend.

2. Getting help isn't a sign of _____ but of _____

Matthew 22:37 Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."

3. It's ok for _____

Isaiah 26:3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.

- Get help to receive _____
- "peace," *shalom shalom* –

- "fixed," *samak* --
- Get help to change the _____ of your thoughts

Big Idea: _____
