

Tithes and Offerings



In-person
Place in the blue offering
bins in the lobby.



Online
tablelifechurch.org/giving



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



Mail
617 16th Street
New Cumberland, PA 17070



Auto pay
Send directly from bank.

CHURCH STAFF

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 tablelifechurch.org

 facebook.com/tablelifechurch

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 [table_life_church](https://tiktok.com/table_life_church)



TABLELIFE
CHURCH

CHURCH OF  THE NAZARENE



Order of Worship
20 August 2023
Twelfth 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 5 - Negative Thoughts"

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*

INTERESTED IN BAPTISM?

Baptism is an outward declaration of an inward decision to follow Jesus.

Contact pastorkris@tablelifechurch.org if you desire to be baptized, to re-dedicate your life to Christ, or pursue baptism for your child.

FAMILY DAY AT KNOEBELS

SATURDAY, SEPTEMBER 9TH

All ages are welcome!
Pack a lunch and meet the Table Life crew at 11:30am to eat together!
The amusement park opens at 12pm and closes at 8pm.
RSVP by August 20th
Sign up in Lobby

TABLE GROUPS

6 week Bible study & discussion

Starting week of Sept 11- Oct 20

Sign up 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? Why?
2. What is your self-talk usually like? How does this inner dialogue influence your view of life?
3. Which of the four categories of negativity is your biggest struggle? Re-read Romans 8:5-6. What would it look like to have your mind set more often on the desires of the Spirit?
4. What stories or verses of Scripture encourage and uplift you that you could begin ruminating on?
5. What things/interactions are having a negative impact on your outlook that you might need to fast from for a while to focus more on God?

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.

Brain Games “Part 5 - Negative Thoughts” Pastor Kris Beckert

What do you say when you talk to yourself?

Proverbs 4:23 Be careful how you think; your life is shaped by your thoughts.

I. The Law of _____:

- What you _____ impacts what you believe, feel, and do
- “No one is more influential in your life than you are, because no one talks to you more than you do”

II. Two Foundational Thoughts:

1. Your thoughts have incredible _____
2. You have incredible power over _____

Romans 8:5-6 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

- v.5 “flesh” = Greek *sarka* =

NEW HERE? NEED PRAYER?

TABLELIFE CHURCH
Connection Card

I'm new here I'm a returning guest
 I have new contact information

Name: _____
Address: _____
Email: _____
Phone: _____

How did you hear about us?
 Drive past Online
 Social Media Invited by _____
 Other _____

I would like to know more about or help with:
 What it means to follow Jesus
 Connecting in a group
 Serving
 Kids & Youth Ministries

Prayer Request: _____

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



SCAN ME



III. Three Good Questions:

1. Why is negativity so _____?

- We have a _____ bias
- Negative events imprint on your brain quicker and linger longer than positive ones
- What you see, consume, are around the most creates inner scripts about life

2. Where are you most prone to _____?

- 1) **Relational** _____: general distrust of people and their motives
- 2) **Negative** _____: only see what's wrong or bad
- 3) **Absolute** _____: polarized, all-or-nothing thinking
- 4) _____: believe you're always the victim

3. Can you _____?

1 Samuel 30:3-6 When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ⁴ So David and his men wept aloud until they had no strength left to weep. ⁵ David's two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. ⁶ David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.

1 Samuel 30:6 in King James Version: ...but David encouraged himself in the LORD his God.

- What did David say?

Psalm 103:1-5 Praise the LORD, my soul; all my inmost being, praise his holy name. ² Praise the LORD, my soul, and forget not all his benefits—³ who forgives all your sins and heals all your diseases, ⁴ who redeems your life from the pit and crowns you with love and compassion, ⁵ who satisfies your desires with good things...

Psalm 103:8 The LORD is compassionate and gracious, slow to anger, abounding in love.

Psalm 86:15 But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Psalm 145:8 The LORD is gracious and compassionate, slow to anger and rich in love.

- Ruminates on _____
- _____ from negativity

Big Idea: _____
