

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.



TABLELIFE
CHURCH

CHURCH OF  THE NAZARENE

CHURCH STAFF

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Order of Worship
27 August 2023

Thirteenth 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 6 - Healing from Trauma"

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. “Getting over” something is different than truly healing. When have you experienced healing from a hurt or traumatic experience? How did you see God at work during that healing?
3. Is there someone God has connected you with to process their trauma? What do they need from you right now? What do they not need from you?
4. Have you ever felt like the Apostle Paul? Why or why not?
5. What unexpected “fertilizer” can God produce from trauma?
6. Is there trauma in your life that you have ignored or tried to handle on your own? Who is a trusted person, a therapist, or group of people with whom you could begin to process that trauma and seek healing?

If you'd like to talk personally and confidentially w/
Pastor Kris about your relationship with Christ, please
email pastorkris@tablelifechurch.org or call

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



Brain Games “Part 6 - Healing from Trauma” Pastor Kris Beckert

I. What is Trauma?

- APA definition: “An emotional _____ to a terrible event like an accident, crime, or natural disaster.”
- _____ to a deeply disturbing or distressing event.

II. Three Types of Trauma:

1. _____: **response from a one-time event**
2. _____: **long—term response from prolonged or repeated events**
3. _____: **response to multiple and/or ongoing events**

III. How Do We Heal From Trauma?

The story of the Apostle _____

- He was initially a persecutor of Christians
- Had a traumatic conversion experience
- Endured prolific abuse the rest of his life
- Places he experienced trauma:
 - Damascus (Acts 9:23-25)
 - Antioch in Pisidia (Acts 13:50-51)
 - Iconium (Acts 14:2, 5-6)

- Lystra (Acts 14:19)
- Thessalonica (Acts 17:5-9)
- Berea (Acts 17:13-14)
- Corinth (Acts 18:12-17)
- Jerusalem (Acts 21:27-36)

1. We _____ of our trauma

- Instead of seeking connection, we wind up prioritizing protection.
- We don't heal in isolation. We heal best in community

2 Corinthians 11:24-29 Five times I received from the Jews the forty lashes minus one. ²⁵ Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, ²⁶ I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. ²⁷ I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. ²⁸ Besides everything else, I face daily the pressure of my concern for all the churches. ²⁹ Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?

2 Corinthians 1:8 ...We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

2. We prayerfully _____ with the story of our trauma

2 Corinthians 12:8-10 Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Psalms 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

3. We let God turn trauma into _____

2 Corinthians 1:3-4 Praise be to the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Big Idea: _____
