

# Tithes and Offerings



## In-person

Place in the blue offering bins in the lobby.



ACH

## Online

[tablelifechurch.org/giving](http://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

### **Kris Beckert, Lead Pastor**

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### **Olivia Edmunds, Director of Family Ministries**

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717-774-6444



[tablelifechurch.org](http://tablelifechurch.org)



[facebook.com/tablelifechurch](https://facebook.com/tablelifechurch)



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[table\\_life\\_church](https://tiktok.com/@table_life_church)





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](mailto:pastorkris@tablelifechurch.org) if you desire to be baptized, to  
re-dedicate your life to Christ, or pursue baptism for your child.

The graphic has a light blue background with a faint image of a person's torso. A dark blue banner at the bottom contains the contact information.

## *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

Two Polaroid-style photos are shown: one of a roller coaster and one of a carousel.

The background is a solid blue color.

## TABLE GROUPS

6 week Bible study  
& discussion

Starting week of  
Sept 11- Oct 20

Sign up in church lobby or email [office@tablelifechurch.org](mailto:office@tablelifechurch.org)

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For a complete list of ongoing ministries and upcoming events,  
please visit [tablelifechurch.org](http://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](mailto: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.



## 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. <sup>25</sup> 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, <sup>26</sup> 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. <sup>27</sup> 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. <sup>28</sup> Besides everything else, I face daily the pressure of my concern for all the churches. <sup>29</sup> 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. <sup>9</sup> 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. <sup>10</sup> 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, <sup>4</sup> 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:** \_\_\_\_\_

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