

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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 tablelifechurch.org

 facebook.com/tablelifechurch

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



Order of Worship
3 September 2023

Fourteenth 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 7 - Beating Burnout"

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*

Join us for a special
Thank You
Reception
for our Church Administrator,
Bekah Kratzsch and family
Sunday, September 3rd
following worship

The Church will provide drinks and snacks. Bring a card or something to say "thank you" to Bekah as she moves on to new adventures

The graphic features a rustic wooden background with a small bouquet of white flowers tied with a string on the right side.

MIND ↔ BODY ↔ SOLE

WALKING & RUNNING GROUP
MONDAY & THURSDAY EVENINGS @6PM
6 WEEKS → STARTING SEPT 7
PLEASE SIGN UP AT OFFICE@TABLELIFECHURCH.ORG

The graphic includes a colorful illustration of a running shoe with blue, orange, and pink accents.

TABLE GROUPS

6 week Bible study & discussion

Starting week of Sept 11- Oct 20

Sign up in church lobby or email office@tablelifechurch.org

The graphic has a dark blue background with a white house icon above the text "TABLE GROUPS".

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? What message was most impactful from this sermon series?
2. When you're stressed or close to burnout, are you most likely to run yourself into the ground, try to do it all on your own, or dwell on the negative? How could you change the way you respond to stress?
3. Why is rest important for us both physically and spiritually? What is your biggest barrier to rest?
4. Where do you find God's presence and peace? What does it look like to see and hear him in the ordinary moments and not just "earth, wind and fire?"
5. Is there an area of life where you feel close to burnout? How may Jesus be drawing you out? What changes could you begin to make to rest and refill this week and in this next season?

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 7 - Beating Burnout" Pastor Kris Beckert

Have you ever felt on the edge of burnout?

I. The difference between _____ &
_____:

- _____ is generally short-lived and related to a temporary project or event
- _____ is chronic, compounding stress that feels never-ending

II. The Story of Elijah and _____:

- Had an amazing track record: confronted King _____, prophesied drought, raised widow's son, stood down 850 false prophets
- Turning point: _____ threatens him

1 Kings 19:3-5 Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵ Then he lay down under the bush and fell asleep.

NEW HERE? NEED PRAYER?

TABLELIFE CHURCH
Connection Card

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

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

How did you hear about us?
 Online post Card
 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

TABLELIFE CHURCH

III. The Body's Response to _____

1. _____: easily fatigued, low energy
2. _____: constant alarm, indecisive
3. _____: loss of motivation

IV. Common Contributors to _____:

1. We _____ ourselves to the ground

1 Kings 19:3 Elijah was afraid and ran for his life...

2. We _____ do it all on our own

1 Kings 19:3 ...When he came to Beersheba in Judah, he left his servant there.

3. We _____ on the negative

1 Kings 19:4 "Take my life; I am no better than my ancestors."

V. In his _____, God comes to Elijah

1 Kings 19:5-6 All at once an angel touched him and the angel said "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

- Sometimes you just need to _____
- True rest also requires _____
- True rest allows you to be perceptive and receptive to the voice and lead of _____

1 Kings 19:11-12 The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. ¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

Jesus said it like this:

Matthew 11:28-30 (The Message) "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Big Idea: _____
