



Life Group Study Notes

“At the Table: Part 2”

Sr. Ps. James Lowe - July 21, 2019

Warm Up (10-15 minutes)

Choose a question to answer, or ask another. No right or wrong answers.

- What is your favorite holiday meal from any time of the year?
- How often did your family eat meals together as you grew up?
- Did your parents talk with you about life as you grew up? How did they help you?

Word (10-15 minutes)

Sermons can be heard online at www.bethelworld.org

Several of the women who were close to Jesus had come from his tomb and reported his resurrection to the disciples. “[B]ut these words seemed to them an idle tale, and they did not believe them” (Lk 24:11, ESV).

Luke 24:13-35 (ESV) tells us how Jesus helped them overcome their doubts.

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning, and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?" And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

So they drew near to the village to which they were going. He acted as if he were going farther, but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. When he was at table with them, he took the bread and blessed and broke it and gave it to them. And their eyes were opened, and they recognized him. And he vanished from their sight. They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?" And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, saying, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

Jesus reached out and communicated with the disciples when they were confused and doubting. He will reach out to us as well when we are confused and doubting. He may do this directly as we read the Bible and pray. Or he may do this as we listen to preaching and engage in worship at church. Often he does this as we engage in conversation with other believers.

We should endeavor to be the kind of Christian friends that others can come and talk to honestly about challenges, confusion, and doubts.

Notice that Jesus asked the disciples questions and listened to them. This is so important when we are trying to empathize with someone and help them.

The S.A.L.T. method is just as relevant for helping struggling believers as it is for sharing the Gospel. (S) Start a conversation. (A) Ask good questions. (L) Listen well. (T) Tell the story.

The more we study our Bibles and the longer we walk with Jesus, the better we will know what to say to help people. The Scriptures are rich with wisdom for navigating this life and for setting our hope on the age to come. Although our lives can be greatly blessed in this age as we pray, seek God, and endeavor to obey him, we will still experience disappointment, pain, and loss because we live in a fallen world. The Scriptures point to a perfect age which is yet to come.

If we have been disobedient, we can receive forgiveness and change. If we have suffered, we can be comforted and be reminded of our hope for the future. Either way, the Bible has wisdom and guidance for us. Sometimes we can hear it best when it comes to us through a friend around a meal in a conversation. If you need help, reach out to your friends. If you know someone who needs help, reach out to them and be a friend.

Discussion (10-15 minutes)

Choose one of the points below, and discuss how the lesson applies to our lives.

- Are there any doubts, challenges, or matters of confusion that are troubling you?
- What steps could you take to proactively address any doubts, challenges, or confusion?
- Is there someone you should reach out to who is dealing with doubts, challenges, or confusion?

Prayer (10-15 minutes)

Pray any of the following, as well as any other requests you may have.

- Thank God for his mercy, grace, and patience with us.
- Ask God for his help to get through any doubts, challenges, or confusion.
- Ask God to help you help someone else who is struggling.