

Cultivate Reflection Guide

The Power of Us: The Power of the Table May 21/22, 2022

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Each generation thinks they're the best, with an almost refusal to listen to or learn from generations before or after us. Through the wisdom of God's word, our new series will help us learn from the past so that we can keep learning from and leading future generations.

Our weekly Reflection Guide equips you to start a REAL conversation in your community group, as well as cultivate God's word into your life through personal bible study. Choose the questions that challenge you to reflect and respond to what we're learning. *It's not about getting through the content, but getting the content through you!*

Kindly Note With many Sandals Church Women participating in our Spring Cultivate bible study, we'll be offering an abridged version of our Weekly Reflection Guide. You can continue to engage with the weekend message while participating in our study or simply return to the Reflection Guide once our season is over.

Read: [Luke 22:14-23 NIV](#)

Reflect: In a busy and hurried world, it's too easy to forget the depth of what Jesus has accomplished for us through His body and His blood. As you reflect on the power of the communion table, what do you need to remember about what God has done and/or is doing in your life?

Respond:

1. The table is where our **joys and pains** meet the **life, death and resurrection** of Jesus. Because of Jesus we have hope that our current circumstances are not the end of our story.
 - What does the "table" mean to you? Are you someone who finds strength and encouragement through gathering or do you struggle to connect in community? Do you prefer to gather and serve or attend and consume?
 - As you reflect on your perspective, how has it impacted your spiritual growth [you and God]? What about your relational health [you and others]?
 - Given what you've learned about the power of the table, how can you use your life – your table – to help others taste and see that God is good? Identify a practical next step you want to take. This may be a stretch for you, but be mindful that it's also realistic so that you will do it!
2. We come to the table with nothing, and by grace, **Jesus gives us everything**. Through Jesus, we are invited to a table – a relationship – that nourishes and satisfies us in a way nothing else can.
 - Where do you find yourself tempted to look for satisfaction and contentment apart from Jesus? This could be in other people, pursuits, priorities, possessions or practices.
 - How are you challenged to refocus and remember that you have everything you need in Jesus?

Prayer: *"Jesus, thank you for helping me to remember there is power when we gather together at the table. I need to be reminded that the daily struggles, the ups and downs of this life, are not the end of my story. Communion points me to your glorious return and the victory you promise me. Community reminds me that I am not alone; that there is strength when I do life alongside your people. Lord, help me to refocus and remember that you have given me everything I need so that I can use my life – my table – to help others see that you are good. Amen."*