

# RESTORE THE TABLE



Discovering  
the **Powerful**  
Connections  
of **Meaningful**  
Mealtimes

 Grace  
Fellowship

**PRAYING**

**FOR**

**OTHERS**

- Pray silently for the prayer request printed in your worship guide.
- Our College Students
- Our small group led by Don Coontz
- The Great Southwest Prayer Center
- Neighboring church service this morning at Church of the Holy Apostles Episcopal
- Our mission team serving in Caucasus Mountains led by Nate
- The Makas\*ar of Indonesia

*We ask all this for the glory of Your name.*

*“For My House Shall Be Called A House Of Prayer For All Nations.” Isaiah 56:7*

**Daily Prayer Meeting:** Monday-Friday from 11AM–NOON live and Online at [thegreatsouthwestprayercenter.org](http://thegreatsouthwestprayercenter.org). Special prayer for our nation every Tuesday at this time.

**Prophetic Prayer:** Every 2nd Sunday from 10:45AM-12:30PM

**Healing Prayer:** Every 4th Sunday from 10:45AM-12:30PM

# **Restore the Table**

## **“The Lord’s Table” – Matthew 26:17-30**

### **April 21, 2024**

### **Spring Sermon Series**

## **Restore the Table**

*Discovering the Powerful Connections of Meaningful Mealtimes*

<b>Date</b>	<b>Message Title</b>	<b>Bible</b>
March 30/31	Jesus Restores the Table	John 21:1-25
April 7	The Church Restores the Table	Acts 2:42-47
April 14	Multiplying the Table	Matthew 14:13-21
April 21	The Lord’s Table	Matthew 26:17-30
April 28	The Table in Heaven	Isaiah 25:6

### **The 40-Day Restore the Table Challenge**

#### **THE 40-DAY RESTORE THE TABLE CHALLENGE**

With God’s help, we will have 5 meaningful mealtimes together per week with those we love for 40 days (total of thirty meals), and we will invite someone outside our circle to join us for three of those meals.

x \_\_\_\_\_

**Why Restore the Table?** – Conclusions of a 251-page study of the importance of eating together (“Restore the Table” by Ryan Rush):

- “Healthy families eat together. Specifically, they have at least 5 meaningful mealtimes together per week.”
- In homes where families have five or more meaningful mealtimes together per week, children are 35% less likely to engage in eating disorders, 24% more likely to eat healthier foods, 12% less likely to be overweight, 34% less likely to smoke, 50% less likely to drink, 50% less likely to be sexually active, 50% less likely to attempt suicide.
- Anne Fishel: “Only 30% of families in America eat together regularly.”

### **Meaningful Extras**

- Let’s share our journey with each other using #RestoreTheTable
- Commit to tech-free meals with everyone at the table on time.
- All of our applications are “Table Talk” discussions.

### **My Favorite Cup**

- Jim’s favorite cup
- Table Talk #1 – What is your favorite cup and why? Any stories that you can tell us about your favorite cup?

**Jesus Introduces The Lord’s Supper** (Matthew 26:17-30)

# 1. The context of Jesus introducing The Lord's Supper is Jesus' celebrating \_\_\_\_\_ with His disciples (vv.17-21a)

- One of Jesus' final acts with His disciples is to eat a meal with them.
- The sequence of events on Jesus' final night with His disciples:
  - They eat the Passover meal together (Matthew 26:19-20)
  - Jesus washes His disciples' feet (John 13:1-20)
  - Jesus identifies Judas as His betrayer (Matthew 26:21-25)
  - Judas leaves (John 13:30)
  - Jesus institutes The Lord's Supper (Matthew 26:26-29)
  - Jesus gives the Upper Room Discourse (John 14:1-17)
  - Jesus prays in Gethsemane (Matthew 26:36-46)
  - Jesus is betrayed and arrested (Matthew 26:47-56)
- The Passover ceremony was a commanded remembrance and celebration of God setting the Jewish people free from slavery in Egypt in 1446 BC. The Passover meal consisted of a series of questions and answers and prayers and Scripture readings and eating specific foods that have significant meaning. All of this helped the Jewish people remember how God sent 10 plagues of judgment upon the Egyptians which led the Egyptians to set the Israelites free.
- The Passover meal included 4 cups:

<i>Cup</i>	<i>Cup Name</i>	<i>Exodus 6:6-7</i>	<i>Ritual</i>
Cup 1	Cup of Sanctification	I will bring you out of Egypt.	Blessed are You, O Lord our God...
Cup 2	Cup of Plagues	I will deliver you from Egyptian slavery.	Why is this night different from other nights?
Cup 3	Cup of Redemption Cup of Blessing	I will redeem you with My power.	Blessed are You, Lord God...
Cup 4	Cup of Praise Cup of Acceptance	I will take you as My people.	I shall lift up the cup of salvation....

# 2. Jesus institutes the Lord's Supper during \_\_\_\_\_ (vv.26-28)

- One of the reasons we know this is because Paul uses the term "cup of blessing" in 1 Corinthians 10:16 when talking about The Lord's Supper.
- Jesus is giving a whole new meaning to the Cup of Blessing and the Cup of Redemption (Cup #3).
- He is announcing a new covenant!
- **Luke 22:20** – *This cup that is poured out for you is the new covenant in My blood.*
- **Jeremiah 31:31-34** – *Behold, the days are coming, declares the Lord, when I will make a new covenant with the house of Israel and the house of Judah, not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke, though I was*

*their husband, declares the Lord. But this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put My law within them, and I will write it on their hearts. And I will be their God, and they shall be My people. And no longer shall each one teach his neighbor and each his brother, saying "Know the Lord," for they shall all know Me, from the least of them to the greatest, declares the Lord. For I will forgive their iniquity, and I will remember their sin no more.*

- **Ezekiel 36:25-27** – *I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put My Spirit in you and move you to follow My decrees and be careful to keep My laws.*
- Major characteristics of the new covenant:
  - (1) Forgiveness of all sin
  - (2) Knowing God personally
  - (3) A new heart
  - (4) Filling by God's Spirit (and thus empowerment to follow God)
- All of these benefits of the new covenant come to us for free as we place our trust in God's Son Jesus Christ (rather than trusting in ourselves). We are bestowed with the cup of blessing as Jesus drinks the cup of plagues in our place.
- **Ephesians 2:8-9** – *For it is by grace you have been saved, through faith — and this not from yourselves, it is the gift of God — not by works, so that no one can boast.*
- A Prayer to Receive This New Covenant – Jesus, I choose to receive Your new covenant by faith. I receive Your full forgiveness of all my sins! I receive the knowing of You personally! I receive a new heart, a clean heart, a heart that loves God. I receive the infilling of God's Spirit who will empower me to follow Your will.
- Table Talk #2 – Read Jeremiah 31:31-34 and Ezekiel 36:25-27 at your table. Discuss what it means. Have you received this new covenant? Of all the promises made in this new covenant, which one excites you the most?

### 3. Jesus leaves the Passover ceremony unfinished promising the 4<sup>th</sup> Cup at His \_\_\_\_\_ (v.29)

- I will not drink of the 4<sup>th</sup> Cup until I return and establish My Kingdom.
- **1 Corinthians 11:26** – *For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes.*
- **Titus 2:13-14** – *We wait for the blessed hope — the glorious appearing of our great God and Savior, Jesus Christ, who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good.*
- **John 14:1-3** – *Do not let your hearts be troubled. Trust in God; trust also in Me. In My Father's house are many rooms; if it were*

*not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.*

- **Revelation 22:7,12,20** – *Behold, I am coming soon.*
- When we drink of the 4<sup>th</sup> Cup with Jesus in His Kingdom, we will be free from all of our earthly pain and suffering and grief, and there will be a great celebration of praise to God.
- Table Talk #3 – What is a pain on earth that you are looking forward to being rid of in heaven? What do you think will be your three favorite things about Heaven?
- Table Talk #4 – Who is a person whom you really, really want to go to heaven with you? (whom you think doesn't know Jesus yet) If appropriate, have a short time of prayer together praying for these people.

## **The Story of Another Cup**

- The story of Joseph (Genesis 37-50)
- A story about Joseph's cup (Genesis 44-45)

<b>BENJAMIN</b>	<b>THE 10 BROTHERS</b>
Like Jesus	Like Us
"sinless" – Benjamin did not sell his brother Joseph into slavery	"sinful" – The 10 brothers sold their brother Joseph into slavery
Although Benjamin was innocent, the cup caused him to be sentenced to death. (cup of judgment)	The 10 brothers were guilty, but they were spared the cup of judgment. The cup of judgment on the innocent one brought them to discover the true identity of the prince of Egypt leading them to forgiveness and salvation (from famine).
<b>JESUS</b>	<b>ME AND YOU</b>
Although He was without sin, Jesus took the cup of judgment in our place condemning Him to death.	We were guilty but we were spared the cup of judgment. The cup of judgment on the Innocent One (Jesus) brought us to discover the true identity of the Son of God leading to our forgiveness and salvation.

- Table Talk #5 – Read Genesis 50:20 at the table. Discuss its meaning. Does anyone have a 50:20 vision story where you saw God take something bad and use it for good?

# FRIENDSPEAK MINISTRY

YOU ARE INVITED to join us as we celebrate a great year of FriendSpeak Ministry at Grace Fellowship that has been blessing our international friends with English and friendship since September 2020!



FriendSpeak Picnic on the Porch!  
Saturday, April 27, 2024, 11:00 am - 1:00 pm. To get more information or register, scan the QR code:



## Parenting with Grace

You are invited to attend  
Parenting With Grace's next session on  
Love and Logic lead by Kelly Boisvert.  
Monday, April 22 7pm - 8:15pm.  
Meet upstairs in the Student Building.  
\*No childcare provided.

Questions? Email Nicki McDonald at [NMcdonald@WhatIsGrace.org](mailto:NMcdonald@WhatIsGrace.org)  
OR call at 281-603-0892

Learn more about Care Ministries at [WhatIsGrace.org/Care](https://www.WhatIsGrace.org/Care)



# JUST JESUS.

50HRS  
HOUSTON  
NDOP || FOTA 2024

## NATIONAL DAY OF PRAYER // FIRE ON THE ALTER MAY 2, 3, 4

**Thursday, May 2 at 7PM • The Fellowship Cinco Ranch**

**NATIONAL DAY OF PRAYER** This is a time for the city to gather in worship and prayer, together with the nation, which will then launch us into **FIRE ON THE ALTAR— NONSTOP PRAYER + WORSHIP + UNITY** May 3rd and 4th.

**Friday May 3 - Saturday May 4 • Grace Fellowship Student Building**

**FIRE ON THE ALTAR** is our annual community-wide worship and prayer event that takes place with National Day of Prayer. We will gather to seek the face of Jesus and give Him **GLORY, HONOR, and PRAISE.**

**Saturday May 4 • GEN Z FOR JESUS • Grace Fellowship**

Invite your friends, parent's with teens and young adults; Let's intercede for the next generation and experience **JUST JESUS,** together.

Learn more by scanning the QR Code or visiting  
[TheGreatSouthwestPrayerCenter.org/fota](https://TheGreatSouthwestPrayerCenter.org/fota)

