

# Your Table Today

## PUMP THE BRAKES!

Read this verse aloud at your table tonight

Matthew 6:34

*So do not worry about tomorrow for tomorrow will bring worries of its own.*

*Today's trouble is enough for today.*



**WORRY-O-METER**

**Discuss:**

Where are you on the Worry-O-Meter today?  
What are the things that worry you right now?

*Pumping the breaks is a sign of calm & assurance.*

*What do you know about what God has already done that gives you the calm to carry on?*

As a group around your table discuss and list 10 "pleasing" things that happened today. Include them all in a thanksgiving prayer to God.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



### CLIP & SAVE

**Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.**  
**Philippians 4:8-9**

**Redeemable: Food for Your Soul!**

*Post this verse on your refrigerator door.  
Read it every time you reach for comfort food.*