

Table Group

Week of August 3, 2020

Matthew 14:22-25 (NRSV)

22 Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. **23** And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, **24** but by this time the boat, battered by the waves, was far from the land, for the wind was against them. **25** And early in the morning he came walking towards them on the lake.

Bell hooks in her book Sisters of the Yam states that self-care is a political act of resistance for black women. Self-care may be a political act of resistance for anyone overwhelmed by challenges caused by the superman or superwoman syndrome and/or by the perennial onslaught of sexism, racism, classism, heterosexism, disability, or other forms of oppression (and being the oppressor is destructive as well)¹.

What is this “superwoman/man syndrome”? Does it manifest itself in your life? How? What spiritual discipline(s) can help create life-giving habits that will grow your connection with God?

Ponder these questions and share as you are comfortable:

How is your relationship with God today?

What spiritual disciplines are you struggling with this week? What life-giving habits are helping to grow your connection with God?

Is there anything in your life (fear, anger, forgiveness, property, possessions, etc.) that is getting in the way of your relationship with God and others?

Is there anything you are trying to keep hidden?

How might the Holy Spirit be working for renewal in your life?

¹ https://www.workingpreacher.org/preaching.aspx?commentary_id=4541