

# GOAT

GREATEST OF ALL TIME

A 6-WEEK STUDY GUIDE

**5**

**A TABLE  
BEFORE MY  
ENEMIES**



*Each session will begin with an opportunity to help you connect with and get to know one another.*

What is one of the most memorable parties or celebrations you've attended?  
What made the event so memorable?

Play the **"Session Five: A Table Before My Enemies"** video lesson.

What stood out to you from the video?



YOU PREPARE  
A TABLE

*before me* **in the**

PRESENCE

OF  
MY

ENEMIES

*you*

ANointed  
HEAD WITH

OIL:

PSALM 23:5

*my cup overflows*



*In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.*

**Read Psalm 23:5**

1. If you could change places with any person in the world, which person would you pick? How do you believe your life would improve if you switched with them? On the other hand, how do you think your life might get worse if you switched with them?

2. In this session, we discovered that many people try to “prepare a feast in the presence of their enemies” by making themselves look great or impressive. Why do we do this? Why do we seek to impress others or to make ourselves look successful?



3. What are some reasons people may feel small or insignificant in comparison to others? If you are willing, share about an insecurity you have felt either in the past or in the present. How did the Lord help you through that insecurity and encourage you?

**Read Romans 12:14-21**

4. Why should we bless the people who persecute or mistreat us? Why might it be better to treat our enemies with kindness and forgiveness instead of retaliation? Why does kindness have the power to change our world in a way that vengeance cannot?



5. How does seeking peace and reconciliation with our enemies lead us to a good life?

6. If time allows, share a moment from your life when you found peace with an adversary of yours. How did you reconcile your differences? What is your relationship like today? How does a relationship of peace bring more blessing than a relationship of conflict?



## DEEPER STUDY QUESTIONS

*Read Luke 6:27-36*

7. In Luke 6:28, Jesus teaches us to pray for those who mistreat us. Why should we do this? How does praying for our enemies help us change the way we see them? Why does prayer have such a powerful ability to change the way we see the world and the people in our lives?

8. Why should those who only love the people who already love them receive no credit for their compassion? Why do those who love their enemies and give without expecting anything in return find a blessing from the Lord? What kind of blessing do they receive?



## A MEDITATION FROM PSALM 23

*Each week during this series, we will provide a simple prayer and meditation exercise that you can use either in a group or on your own. Prayer and meditation are excellent resources for developing a relationship of trust with the Father, as well as ensuring we keep our focus on discovering a good life following Him.*

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, feel free to begin.

1

Read the words of Psalm 23:5, “You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.” Repeat those words slowly in your mind. Spend a few moments meditating on the meaning of those words.

2

Imagine you are sitting down at a table before a feast, and a group of your enemies stand away from you and watch in anger. But then, imagine you invite those enemies to sit down with you and eat. Pay attention to how their faces and their attitudes change at your invitation. Visualize this picture for a few minutes and consider what it shows us about choosing an attitude of love.

3

As you return from that picture, consider this simple prayer to the Father: “You make my enemy a friend.” Speak this line to the Father over and over, and reflect upon its meaning for you.

4

In order to end this prayer meditation, thank the Lord for the time you spent together and for choosing to love us, even while we were still sinners. Thank the Lord for His compassion and His mercy. Thank Him for filling us with love, so that we might love others.



# JOURNAL

*During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.*

Please spend at least 15 minutes writing about the question below:

What can I learn from my enemies and adversaries? What can they teach me about the character of God?



# PRAYER AND PRAISE

*This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.*

## **Prayer Requests**

## **Praise Reports**