

The Turquoise Table Podcast

with Kristin Schell 

Discussion Guide S2E5 More Than Mindful with Kat Cannon October 23, 2019

Quote highlights from Kat Cannon:

“Emotionally, naming is a powerful thing.”

“The relationship things that we learn around the table, they apply to God. Knowing his name makes him feel loved and remembered and he wants us to love and remember him. That’s what we were designed for.”

“We’re all in this together. This is the way God designed us. Community is the way we’ll know God best.”

Journal Prompts:

What does your name mean? Go to www.behindthename.com and look up the origins of your name. Do any of the meanings fit who you are today?

Kat says, to her, community means carrying each other’s burdens. She shares a story of an encounter in the airport and how she was blessed to serve and love a total stranger. Write about a time you have been able to carry a burden for someone else. Write about a time someone carried a burden for you.

Discussion

Kristin and Kat talk about the distinction between knowing about God and having a relationship with him. Do you ever get stuck between knowledge of God and knowing him?

Have you considered studying God’s word in community? Together we know God better through our stories and His word. What would it look like to invite a few friends or neighbors to The Turquoise Table for a Bible study?

