



UNCHAINED

LEARNING TO LIVE FREE

JOURNAL

Dear The Table Church Family,

As we read God's Word, we discover amazing themes that repeat again and again. They are themes of deliverance, rescue, healing, provision, freedom, promise, and victory. Jesus left His place in heaven and came into the world to break the chains in our lives that keep us powerless and enslaved.

Lent is a 40-day period on the church calendar leading up to Easter based on Jesus' time in the wilderness. This season of testing and preparation parallels the forty years God's people spent in the desert while journeying to the Promised Land. God's people were set free from slavery and rescued for something better. This was a journey that could have taken about two weeks. Instead, the people had to learn to cooperate with God and His plan to truly live "unchained."

You can grow in your spiritual life over the next six weeks by engaging in three ways:

- Spend time with God daily using this resource.
- Join a Table Group or start a Table Group for six weeks—we go further faster with others! Details: table.org/tables
- Celebrate God in worship each Sunday for the next six weeks.

I pray that God would reveal to you the chains He wants to break in your life during this Lenten season. We will look at Scripture together and see how God invites His people to confront what enslaves them and take bold steps to trust His plan.

Join us and discover what it means to live "Unchained!"

Until All Confess Jesus is Lord,

A handwritten signature in black ink, appearing to read 'Christy Gibas', with a stylized, flowing script.

Christy Gibas
Lead Pastor
The Table Church

ABOUT THE BIBLE READING PLAN

An important part of making the most of this series is connecting with God daily through Scripture and prayer. For this series, we are walking through Scripture that consists of the wilderness period: Exodus, Leviticus, and Numbers. Doing so poses many challenges for readers with modern sensibilities and assumptions. If you've ever tried to read the Bible in a year, this section has places where many struggle or get stuck!

Our goal in this guide is to provide resources and training so that you can hear from God through this essential part of our story as those who belong to Jesus.

Each day will consist of:

1. A suggested passage to read with space to journal in the Discovery Bible Study format.
2. A Psalm reading to be prayed mid-day, or a time other than your Bible reading that helps you to recenter your heart on God.
3. Video resources that help us understand the context, themes, and significance of our passage. Bible Project videos help us understand the overall design and themes of Scripture. The Bible Recap provides commentary specific to help us understand the significance of things in our passage that are often significant for the cultural context in which the Bible was written.

Use *The Table Church app* and table.org/unchained to keep track of your reading and find direct links to resources. You can also find the *Youtube playlist* with these videos.



TABLE DISCUSSION GUIDELINES:

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying, not on other passages.
3. Share from your perspective - we won't argue or give advice.
4. Give everyone time to respond. Silence is OK.
5. The facilitator will facilitate discussion, not teach.

TABLE FACILITATOR TIPS:

1. Ask questions, don't teach (let Scriptures teach, not you).
2. Complete all sections, not necessarily all questions. Leave enough time for the "Go" section.
3. Pass off leadership (don't let it be dependent on you).
4. Respond to questions by asking, "What in the passage helps us answer that?" or invite everyone to weigh in.
5. Respond to distracting comments by asking, "Where is that found in this passage?" or "Let's talk about that later."

What do I do if I don't understand what I've read?

The resources we have given will help, but it is vital to ask God in prayer to help you understand. You can also ask a fellow believer for their view. Try someone in your Table, or reach out to one of our pastors. While you may not understand everything, it is important to focus on what you do understand rather than what you don't.

What happens if I miss some days?

What happens if you miss a meal? Catch the next one! Remember, the point of reading isn't completing a plan- it's building a regular rhythm of meeting with God through Scripture and prayer.

What version of the Bible should I read?

One that you can understand. We use the New International Version (NIV) and New Living Translation (NLT) at Sunday worship, but there are many good versions. Note: Some versions are "translations" (like NIV, ESV, NASB) and some are "paraphrases" (like The Message [MSG], The Passion [TPT]). Basically, translations are "word for word" from the original languages. They are particularly good to use for study. Paraphrases are "idea for idea." They are particularly good for devotional reading.

How much time will it take?

With the reading plan, video resource(s), and journaling, you can expect it to take 30 minutes per day on average. If you are just starting Bible reading, do what feels manageable for you. One way to do this would be to read one chapter of Exodus every day through Lent, which means you will complete it at the end of the 40 days.

What if I'm not good at reading or dislike it?

Listen to the audio versions of the Bible on the YouVersion Bible app.

DISCOVERY BIBLE STUDY

Discovery Bible Study (DBS) method is one model for reading Scripture and applying it to our daily lives.

God is speaking to us through His Word, so this is one way to “hear from God.” This is how it works:

1. **PRAY** Before you read Scripture, ask the Holy Spirit to open your heart so that you can hear what God is saying. Reading Scripture is not just an intellectual exercise- we want the Holy Spirit to be our teacher.
2. **TEXT SAYS** Start by writing down whatever stood out to you the most as you were reading, which can be a word, phrase, or verse. Then, sum up the passage in your own words- there’s no wrong way to do it! This process can help internalize the Scripture.
3. **TEXT MEANS** Here you answer a few basic questions about what is speaking to you. What feels significant for you? What does this passage teach you about God and people?
4. **I WILL + PRAYER** If God is speaking to you, then what will you do about it? Make an actionable statement starting with the words “I will...” Then, write out a prayer in response to what you have read. We can’t live out what God is calling us to do apart from His power!
5. **SHARE** With whom can you share what you have learned? It can be for a spiritually curious friend or a fellow follower of Jesus who is helping keep you accountable for your spiritual habits.

EXAMPLE: MARK 2:1-8

PRAY

TEXT SAYS (Sum up the passage in my own words + What part stands out?)

"Why are you thinking these things?"

Jesus is teaching in a crowded house when four guys bring their paralyzed friend down through the roof since they couldn't get in. When Jesus told the man his sins were forgiven, the religious teachers accused Him of blasphemy. Jesus called them out on what they were thinking and told the man to get up with his mat and go home. The man leaves healed.

TEXT MEANS (What does this passage teach me about God and people?)

The blindness of the teachers of the law stands out to me. They have studied the Scriptures and know about the coming Messiah, but totally miss it when He is right in front of them. The fact that He knows what they are thinking seems to go right over their heads. Jesus prioritized the forgiveness of sins over the physical healing of the paralyzed man. The four friends had blind faith, and the teachers of the law were blind to the Messiah.

I WILL + PRAYER (How will I apply this? + Respond in prayer.)

I will check my "vision" often with God and ask Him to open my spiritual eyes in any area where I am blind.

God, I don't want to miss where You are at work because of being stuck in my own perception. Help me to see where I need Your perspective and respond with humility.

SHARE (Who can I share this with?)

I am going to share this with my friend at work.

PREVIEW WEEK - FACING PHARAOH
EXODUS 5:1-6:8
MESSAGE NOTES

PREVIEW WEEK - FACING PHARAOH
EXODUS 5:1-6:8
TABLE GROUP GUIDE

Big Idea: Freedom involves confrontation with whatever enslaves us. It may seem immovable, but God will deliver.

Table Talk *(1/3 of meeting)*

- What's a weird food combination you like OR a food that everyone likes but you don't?
- Briefly share a high and/or low from your week.
- Spend time praying as you are led, completing the sentence, "Thank you God for _____. " Then, have one person close by asking God to open our hearts to Scripture.

Share Discussion Guidelines *(Page 3)*

Discover what God is saying to you. *(1/3 of meeting)*

Read Exodus 5:1-6:8

- Have someone recap this in their own words.
- What do you like about this Scripture? What do you find challenging?
- What do we learn about God from this passage? About people?
- What area of life feels like your taskmaster?
- This passage shows it can get worse before it gets better when we confront what enslaves us. Share a time when this was true of your life.
- Sometimes hardship follows obedience to God. How can this perspective inform your current circumstance?

Go do it. *(1/3 of meeting)*

- Pharaoh casts God's truth as a lie. (5:9) Identify one lie beneath whatever enslaves you.
- What's your takeaway for this week?
- Who do you want to invite to our Table for this series? Create a guest list and pray for it.

PREVIEW WEEK - FACING PHARAOH
EXODUS 5:1-6:8

Big Idea: Freedom involves confrontation with whatever enslaves us. It may seem immovable, but God will deliver.

I prayed for freedom for twenty years, but received no answer until I prayed with my legs. - Frederick Douglass

Not many of us like confrontation. Whether it's about the dishes at home, a disagreement at the office, or an awkward interaction with a relative at Thanksgiving dinner, conflict is rarely a pleasant experience. Unfortunately, conflict is also a necessary part of life and a reality for most of us. Unless you are living as a monk in the desert, you will have to face conflict.

In Exodus 5, Moses and Aaron come into direct conflict with one of the most powerful people on earth at the time: Pharaoh, king of Egypt. Pharaoh has enslaved the Hebrew people and forced them into back-breaking labor building monuments and cities for the Egyptians. This is all these people have known for over 400 years and has become their very identity and source of worth. But God has a different identity for them. They are His people whom He loves deeply. But experiencing the freedom in this new identity would require conflict; not just between Moses and Pharaoh but between the Lord and the spirit of oppression and fear that has enslaved the Hebrews.

This same spirit operates today, convincing us that our identity and value are found in how much we produce, how fast we go, and how much money is in our bank account. If we aren't careful, we can become trapped by this lie. The good news is we have a Savior, Jesus Christ, who stands for us, declaring that we are free. Our spiritual enemy can't change that, but he tries to convince us that we aren't free. He can try to demand a heavier burden or distract us with busyness so that we don't believe who Jesus says we already are. But you can stand with your Savior and confront the lies of sin, guilt, stress, and fear with the truth of what Jesus has accomplished for you and who you are as a child of God.

-Pastor Troy

PRAY

UP: Take some time to ask God to show you a lie that you've believed about your value and identity, and remind you of the truth of who you really are as His child. Then, pray for the confidence to confront this lie.

IN: Remember that the enemy of our souls and the values of this world don't just come after you personally. They try to enslave God's people. Pray that the Lord would empower the people who call The Table Church home with greater freedom, unity, and peace.

OUT: Be still in God's presence and ask Him to bring someone to mind who needs to experience the freedom and peace of Jesus. Pray for an opportunity and the boldness to share this hope with them.

ASH WEDNESDAY, MARCH 5, 2025
EXODUS CHAPTERS 1-3

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 105

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, MARCH 6, 2025
EXODUS CHAPTERS 4-6

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 94

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, MARCH 7, 2025
EXODUS CHAPTERS 7-9

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalms 78:1-39*

RESOURCES: *Visit table.org/unchained for extra resources*

SATURDAY, MARCH 8, 2025

EXODUS CHAPTERS 10-12

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalms 78:40-72*

RESOURCES: *Visit table.org/unchained for extra resources*

WEEK 1 - MEETING AT THE MOUNTAIN
EXODUS 19
MESSAGE NOTES

WEEK 1 - MEETING AT THE MOUNTAIN
EXODUS 19
TABLE GROUP GUIDE

Big Idea: God always makes a way for us to meet with Him, but we need to prepare in order to experience all that He has for us.

Table Talk *(1/3 of meeting)*

- What song do you have memorized by heart?
- What are you thankful for? What's a challenge you are facing?
- How do you hope to grow through this series?
- Have someone pray, asking for us to be open to what God is speaking through Scripture.

Share Discussion Guidelines *(Page 3)*

Discover what God is saying to you. *(1/3 of meeting)*

Read Exodus 19

- Have someone reshare this in their own words.
- What do you like about this passage? What is difficult for you?
- This Scripture reveals how God's glorious presence is dangerous for imperfect people like us, even as He wants to be with us! Why would that be?
- What barrier is keeping you from experiencing freedom in God's presence?
- When has God delivered you from a stronghold in the past?
- What might it look like for you to prepare to seek God's presence?

Go do it. *(1/3 of meeting)*

- Reread verses 4-6. God's presence brings freedom and empowers us to impact others.
 1. Pause and reflect for a minute, asking God to reveal an area of your life He wants to renew through this series. (Ex: marriage, habits, pride, greed, etc.)
 2. Share what came to mind. Make sure to write it down.
 3. Who do you want to invite to our Table for this series?
- Have someone close in prayer, praying over our invitations and asking God to renew and refresh us.

WEEK 1 - MEETING AT THE MOUNTAIN
EXODUS 19

Big Idea: God always makes a way for us to meet with Him, but we need to prepare in order to experience all that He has for us.

We never know how God will answer our prayers, but we can expect that He will get us involved in His plan for the answer.
- Corrie Ten Boom

One thing that brings me great joy in life is hosting people at my home. My favorite part of people being at my house is sitting together, enjoying good food, laughter, and stories. But, to be frank, sometimes getting ready is a challenge. In the busyness of life, it's hard to keep the house just right. But I want the best experience possible when folks come, so I put forth the effort to get things in order. Getting things in order helps me focus on the essential stuff: my company!

As we read Exodus 19, we can see that God makes a way for the people to meet with Him. God gave some specific instructions to the people, asking them to consecrate themselves. He instructed the people to prepare their hearts and physically prepare themselves to meet with the One Most High. They do so, anticipating what God might do among them.

God has more in store for us than we can imagine. He invites us to go on an adventure with Him. But to experience all of God, we must prepare ourselves and live "at the ready" for Him. When we open ourselves to possibility and surrender ourselves to Him, we get to participate in amazing adventures with God leading the way.

-Pastor Christy Gibas

PRAY

UP: Father, show me things I need to lay at Your feet to experience You more.

IN: Pray over our weekend worship and Table Groups that we may experience His presence when we gather.

OUT: Lord, show me how to take Your presence into the world. Live through me that others might know who You are and come to follow You. Holy Spirit, help me to take bold risks and rely on You daily.

MONDAY, MARCH 10, 2025

EXODUS CHAPTERS 13-15

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 46

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, MARCH 11, 2025

EXODUS CHAPTERS 16-18

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 68*

RESOURCES: *Visit table.org/unchained for extra resources*

WEDNESDAY, MARCH 12, 2025
EXODUS CHAPTERS 19-21

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 81

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, MARCH 13, 2025
EXODUS CHAPTERS 22-24

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 18

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, MARCH 14, 2025
EXODUS CHAPTERS 25-27

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 80

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, MARCH 15, 2025
EXODUS CHAPTERS 28-29

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 133
RESOURCES: Visit table.org/unchained for extra resources

WEEK 2 - THE FASHION SHOW IS OVER
EXODUS 32-33:6
MESSAGE NOTES

WEEK 2 - THE FASHION SHOW IS OVER
EXODUS 32-33:6
TABLE GROUP GUIDE

Big Idea: We love a God we can control rather than dealing with the challenge of waiting on a God that we can't.

Table Talk *(1/3 of meeting)*

- Are you always late or always early?
- Briefly share a high and/or low from your week.
- Last week, we prayed for God to renew one area of our lives. Share how that's going OR share any highlights from your time in Scripture and prayer.
- Spend time in worship and/or choose a local area to pray over together.

Recommended song: Kingdom Come (Lift Up Your Heads) with Bridgetown Music.

Share Discussion Guidelines *(Page 3)*

Discover what God is saying to you. *(1/3 of meeting)*

Read Exodus 32:1-24

- Have someone recount the story in their own words.
- What did God highlight to you through this passage of Scripture?
- Aaron and the Israelites fall into idolatry in different ways. How do you identify with them?
- While we wait on God, we are more vulnerable to sin.
 - What temptations have you struggled against while waiting on God?
 - Brainstorm strategies or Scriptures you can use to stand firm.
- What things do we turn into idols and pretend it has God's stamp of approval?
- Death is a natural consequence of sin and God wants to prevent its growth. Why is it important for us to sit with the ugliness of sin?

Go do it. *(1/3 of meeting)*

Read Exodus 33:1-6

- God wants the Israelites to remove whatever tempts them to do the same thing again. What practical changes do you need to make to resist being pulled into temptation?
- Make an "I will" statement.
- Who do you want to share what you have learned?
- Pray for each other for strength and faith to stand firm against temptations.

WEEK 2 - THE FASHION SHOW IS OVER
EXODUS 32-33:6

Big Idea: We love a God we can control rather than dealing with the challenge of waiting on a God that we can't.

The tragedy of life...is not that men do not know God; the tragedy is that knowing Him they still insist on going their own way. – William Barclay

As a father of five, impatience is a daily occurrence. My kids often struggle to understand that what I'm doing for them isn't just for the here and now but for their future. Whether it's teaching them to bake, working on the car, or playing board games, they just want quick results. Many times, instead of waiting, they choose what's easier or more immediate—even if it's not best for them. I can't help but see the same pattern in my own walk with God.

While the Israelites waited at the base of Mount Sinai, Moses was on the mountain receiving not only the Ten Commandments, but also instructions for building the tabernacle. This was more than just a dwelling place; it was God's way of being with His people—of living among them. This was no small task. Moses was being prepared to mediate a covenant that would shape Israel's relationship with God for generations. The Israelites, however, saw God's "delay" as neglect, when in reality, it was preparation for something far greater than they could see.

Unfortunately, in their impatience, the Israelites abandoned their trust in God, creating a golden calf to worship. They could not see the larger plan unfolding on the mountain—that God wasn't just giving them laws; He was making a way to dwell with them and walk closely with His people. Instead of trusting the unseen, they settled for something they could control.

How often do we, like the Israelites, interpret God's waiting as absence? We need to realize that the waiting isn't wasted time, but rather God preparing us for something bigger—teaching us dependence, refining our hearts, or revealing His glory in ways we can't yet comprehend? God doesn't delay without purpose. The seasons of waiting are often where God does His deepest work in us, shaping us for what's ahead.

-Pastor David Dickenson

PRAY

UP: Heavenly Father, in times of waiting, remind me that You are at work even when I don't see it. Help me to trust Your plans and shape me to be who You want me to be.

IN: Heavenly Father, would You help Your Church to trust in Your wisdom and Your timing. Prepare us for Kingdom purpose and deepen our faith as we follow You together.

OUT: Heavenly Father, we pray for those who might feel abandoned or lost in a season of waiting on You. We pray that they experience Your peace and trust in the work You are doing in their lives.

MONDAY, MARCH 17, 2025
EXODUS CHAPTERS 30-32

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 106

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, MARCH 18, 2025

EXODUS CHAPTERS 33-35

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalms 103*

RESOURCES: *Visit table.org/unchained for extra resources*

WEDNESDAY, MARCH 19, 2025
EXODUS CHAPTERS 36-38

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 25

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, MARCH 20, 2025
EXODUS CHAPTERS 39-40

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 114

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, MARCH 21, 2025
LEVITICUS CHAPTERS 1-4

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 32

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, MARCH 22, 2025

LEVITICUS CHAPTERS 5-7

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 50

RESOURCES: Visit table.org/unchained for extra resources

WEEK 3 - FIRST NAME BASIS
EXODUS 33:7-23
MESSAGE NOTES

WEEK 3 - FIRST NAME BASIS
EXODUS 33:7-23
TABLE GROUP GUIDE

Big Idea: *The only thing that makes us different is God's presence.*

Table Talk *(1/3 of meeting)*

- Which exotic animal would you choose as a pet?
- What's been the best or worst part of your week?
- Share how it is going with what we talked about last week in making changes to areas of temptation, or any other steps of faith you are living out.
- Spend time in prayer through the P.R.A.Y. format:
 - Pause**- Rest in God's presence for 2-3 minutes in silence.
 - Rejoice**- Take turns thanking God for whatever way you see Him at work.
 - Ask**- What needs are there in our group and community? Ask God to meet those needs.
 - Yield**- Have someone invite God to speak to us through Scripture so we can live it out.

Discover what God is saying to you. *(1/3 of meeting)*

Read Exodus 33:7-23

- What stands out to you?
- Despite how the Israelites disappointed Moses (think Golden Calf), his time with God reflects his concern for them. What does this teach us about prayer?
- How would you define what it means to be in God's presence? What does that look like?
- How is it challenging for you to wait on God rather than allowing Him to lead?
- To see God from behind means to see where God has passed. Share a time when you were able to look back to see how God worked in your life.

Go do it. *(1/3 of meeting)*

- Moses' friendship with God was out of reach for the other Hebrews, but not for us today because Jesus makes it possible. How will you respond to God's invitation to openly communicate with Him? "I will _____."
- Take turns praying for one another to be filled with the Holy Spirit using this prayer based on 2 Corinthians 3:17-18:
"[Name], the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. [Name], we pray that you would be filled with God's Spirit. May His glory transform you into His image with ever-increasing glory."

Note: Ask permission to lay on hands. Read the prayer slowly and with meaning.

WEEK 3 - FIRST NAME BASIS
EXODUS 33:7-23

Big Idea: The only thing that makes us different is God's presence.

Forgive me for being so ordinary while claiming to know so extraordinary a God. – Jim Elliot

We all feel stuck at times in life. Whether that is because of issues in our lives or from worrying we are out of control to do anything about bad news happening in the world. Sometimes even our best plans and efforts fall short. We can face situations and seasons where it feels hopeless to imagine anything could change.

If we're honest, we can't measure up or do enough to make a difference for the major issues in life. As we think about the shocking amount of people in our region, country, and world who do not follow Jesus, it certainly seems impossible to think we could ever do enough to make a dent in changing that reality. So what can we do? Where does God play into this?

In Exodus 33, God has sent the Israelites away from His mountain and towards the promised land, but there's a problem. The people have broken their covenant with God and in His anger, He doesn't want to go with them. They are stubborn and rebellious people, unwilling to remain faithful to God and to focus on the mission He's calling them to. Moses uses this reality to remind God that they are His people and He is the one whose reputation is shown through them. God is moved by Moses and promises to show His glory, mercy, and grace to these people.

As we think about what it means to follow Him in our daily lives with all the massive personal and external challenges we face, truly what can we do outside of God's spirit? None of our personal or even collective efforts can overcome the effects of sin. *God, what can we do unless Your spirit goes with us? We are a messed up people in need of You to help us live differently, be empowered, and make a difference through us as only Your divine power can. Without You, we are powerless, just like anyone else.*

-Anthony Jarrell

PRAY

UP: God, help me today to seek after and surrender to Your presence. Lead me.

IN: Who is at my Table that I can pray to trust God's presence more than their own striving?

OUT: God help me to live differently from those in my place of mission, so that it's distinguishable that You are at work in me and not my own effort. Show me how You can be uniquely glorified through me.

MONDAY, MARCH 24, 2025
LEVITICUS CHAPTERS 8-10

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

+ PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 51

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, MARCH 25, 2025
LEVITICUS CHAPTERS 11-13

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 40

RESOURCES: Visit table.org/unchained for extra resources

WEDNESDAY, MARCH 26, 2025
LEVITICUS CHAPTERS 14-15

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 15

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, MARCH 27, 2025
LEVITICUS CHAPTERS 16-18

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 66

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, MARCH 28, 2025
LEVITICUS CHAPTERS 19-21

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 103

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, MARCH 29, 2025
LEVITICUS CHAPTERS 22-23

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 28*

RESOURCES: *Visit table.org/unchained for extra resources*

WEEK 4 - HURRY UP AND WAIT
EXODUS 40:34-38
MESSAGE NOTES

WEEK 4 - HURRY UP AND WAIT
EXODUS 40:34-38
TABLE GROUP GUIDE

Big Idea: God is a guide, not a map.

Table Talk *(1/3 of meeting)*

- What's a word you always mispronounce or misspell?
- What are you thankful for? What's a challenge you're facing?
- How has it been going with fishing and following?
Following= taking steps of faith.
Fishing= sharing the love of Jesus with others.
- Worship God together. Recommended song: I Speak Jesus by Charity Gayle.

Context for the Passage

The Tabernacle where the Israelites are able to meet with God is finally complete. However, at the grand opening, Moses can't enter because of God's glory. They will need to wait yet again. This is why Leviticus is written as a guide for the priests to learn how to meet with a holy God.

Discover what God is saying to you. *(1/3 of meeting)*

Read Exodus 40:34-38

- What do you learn about following God from this passage?
- God doesn't give the Israelites a map to the Promised Land, but guides them. Why?
- What ways has God guided you in the past, even if things didn't turn out as expected?
- It would be understandable if Moses was disappointed that he couldn't enter the Tabernacle to meet with God as expected. How do you respond to disappointment?
- What lessons have you learned when you had to wait on God?

Go do it. *(1/3 of meeting)*

- Take some time to ask God for guidance in a specific area of your life.
- Make an "I will" statement and share it with everyone.
- Pair up and pray for each other to experience victory over that area.

WEEK 4 - HURRY UP AND WAIT
EXODUS 40:34-38

Big Idea: God is a guide, not a map.

You can allow God's presence to tell you how to interpret the wilderness instead of allowing the wilderness to tell you how to interpret God. -Faith Eury Cho

I like being in charge of things. If my family is watching TV, I prefer to have the remote. If we are driving somewhere, I'd prefer to be the driver. If we are making dinner, I prefer my process and spice levels. The Israelites felt the same way in leaving Egypt. If it were up to them, they would be in charge of their trip to the Promised Land, but God leads them from slavery as a guide rather than giving them a map.

There's the saying, "it's about the journey, not the destination." We serve a God who loves a good journey. Rather than letting the Israelites walk a straight line into the Promised Land, He led them to new challenges and trials that tested their ability to trust in Him. After all, what's the point of getting to the Promised Land if you're going to live like you're still a slave?

I'm not sure about you, but when I'm traveling on a road trip or an airplane, I don't really tend to value my journey. I'd like for everyone to clear a path for me so I can arrive at my destination in the quickest time possible. But hidden beneath these moments are opportunities to find undiscovered beauty and receive vital lessons in trusting God.

-Pastor Jonathan Cordle

PRAY

UP: God, where am I rushing to be done rather than resting in Your presence and making the most of where You've placed me?

IN: Pray over the Table Leaders in our church as they guide others on their spiritual journey.

OUT: Pray for a friend you know who is looking for direction in life, and ask God how you can be an encouragement to them.

MONDAY, MARCH 31, 2025
LEVITICUS CHAPTERS 24-25

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 39

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, APRIL 1, 2025
LEVITICUS CHAPTERS 26-27

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 29

RESOURCES: Visit table.org/unchained for extra resources

WEDNESDAY, APRIL 2, 2025
NUMBERS CHAPTERS 1-2

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 91

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, APRIL 3, 2025

NUMBERS CHAPTERS 3-4

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 43

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, APRIL 4, 2025
NUMBERS CHAPTERS 5-6

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 109

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, APRIL 5, 2025

NUMBERS CHAPTER 7

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 99*

RESOURCES: *Visit table.org/unchained for extra resources*

**WEEK 5 - HONEYMOON IS OVER
NUMBERS 12
MESSAGE NOTES**

WEEK 5 - HONEYMOON IS OVER
NUMBERS 12
TABLE GROUP GUIDE

Big Idea: What you do impacts the whole community. God's presence reveals the severity of our prideful intentions and words, even when we mask them in spirituality.

Table Talk *(1/3 of meeting)*

- What's your favorite thing to do on a day off?
- Briefly share a high and/or low from your week.
- How has God been speaking to you (through Scripture, prayer, a conversation, etc.)?
- Have an open time of prayer for:
 - Any needs within our group members.
 - Our church family (students, parents, singles, marriages, leaders, the elderly, etc.)
 - Areas in our community (schools, first responders, businesses, neighbors, etc.)

Discover what God is saying to you. *(1/3 of meeting)*

Read Numbers 12

- Have someone retell the story in their own words.
- What do you like about this passage? What do you find challenging? (Note: don't feel like you need to have a perfect answer for the challenges.)
- Who do you identify with the most in this story?
- How did God respond to Miriam and Aaron's slanderous complaints?
- What impact do unchecked words have on relationships and community?
- On a scale of 1-10, how well do you question your motives before you offer criticism?
- How open are you to interceding for those who oppose you?

Go do it. *(1/3 of meeting)*

- Take a few moments privately to pray and ask the Holy Spirit to speak to you.
 - Is there a relationship in your life where you need to resolve an issue? Talk it out? Forgive or ask forgiveness? Let go of anger?
 - What does it look like to make amends in this relationship? (Note: it is not always the healthiest option to talk with that person.)
 - Share whatever is appropriate with the group.
- Pray for each other for humble hearts and courageous spirits to obey the promptings of God.

WEEK 5 - HONEYMOON IS OVER
NUMBERS 12

Big Idea: What we do impacts the whole community. God's presence reveals the ugliness of our prideful motivations, even when we mask them in spirituality.

*It is the duty of every Christian to be Christ to his neighbor. -
Martin Luther*

There's a modern piece of wisdom that I often ignore: don't read the comments.

This advice is in reference to the comment section on a social media platform. The way this normally works is that someone will give their opinion or a hot take on a topic. Click on the comment section and you'll find ample amounts of mudslinging, belittling, and bickering in reaction to the post. In the comments, we can often see the worst of our human tendencies as we clobber one another with our words and witty takedowns- the fitting term for this is "trolling." An unfortunate side effect of our digital landscape as we speak to each other from behind a screen is that we can forget the humanity of the person on the other side. It is now normal to lash out at each other and cheer when someone entertains us by tearing down someone whose opinion we dislike.

Numbers 12 reveals the ugly truth of letting jealousy, bitterness, and gossip fester. Growing up, many of us are taught that "sticks and stones may break my bones but words will never hurt me." This is not a claim supported by Scripture. Words matter. They shape our reality, and God is concerned with how His people talk to and about each other.

Words have the potential to tear down or bring out the best in someone else. While the rest of the world can continue to troll, this behavior is unbecoming of people who are made children of God through faith in Jesus. Rather than tearing down, God calls us to be salt and light by reclaiming the dignity of every person we encounter, whether in person or virtually.

-Pastor Jonathan Cordle

PRAY

UP: Ask the Holy Spirit to help you to do a “word audit” of your past week, allowing Him to bring to mind where we have fallen short. Ask God’s forgiveness and for the ability to repair what is broken.

IN: Who is someone within our church family that God wants to encourage? Ask God to speak to you on their behalf, writing down any pictures, words, or Scriptures that God brings to mind so that you can share this with them.

OUT: Pray for the kids and youth in your local school to be surrounded by encouragers that bring out the best in them. Pray against damaging words that have been spoken over them or internalized within them, speaking the hope of Jesus over their life.

MONDAY, APRIL 7, 2025
NUMBERS CHAPTERS 8-10

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 68

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, APRIL 8, 2025
NUMBERS CHAPTERS 11-13

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 90*

RESOURCES: *Visit table.org/unchained for extra resources*

WEDNESDAY, APRIL 9, 2025
NUMBERS CHAPTERS 14-15

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 95

RESOURCES: Visit table.org/unchained for extra resources

THURSDAY, APRIL 10, 2025
NUMBERS CHAPTERS 16-17

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 17

RESOURCES: Visit table.org/unchained for extra resources

FRIDAY, APRIL 11, 2025
NUMBERS CHAPTERS 18-20

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 106

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, APRIL 12, 2025
NUMBERS CHAPTERS 21-22

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 135*

RESOURCES: *Visit table.org/unchained for extra resources*

WEEK 6 - CONFLICTING REPORTS
NUMBERS 13:1-2, 25-33
MESSAGE NOTES

WEEK 6 - CONFLICTING REPORTS
MAUNDY THURSDAY
TABLE GROUP GUIDE

Maundy Thursday is observed as the night before Jesus was crucified, where Jesus shared the Last Supper with the disciples. Plan a special meal to conclude with your Table to commemorate Maundy Thursday (it doesn't have to be on a Thursday).

Share a Meal Together

Table Talk

- On average, how long does it take you to text someone back?
- Share how you've seen God at work through this series OR share something you're thankful for.

Worship and Prayer

- Spend time praying in gratitude, completing the sentence "thank you God for ____."
- Worship God through singing together. Recommended worship songs:

Maundy Thursday Reading

Choose different readers for each part, then go through the guide. Read unhurriedly with expression.

Reader 1: Today we observe Maundy Thursday, which was the night before Jesus was crucified. Maundy Thursday was two days before the Jewish Passover.

Reader 2: Passover was instituted in the Old Testament. The people of Israel had been held captive for 400 years in Egypt, where they were slaves. Through Moses, God had sent 9 plagues to Egypt, in order to persuade the Egyptians to let the Israelites go free, but the Egyptians refused.

Reader 3: So God told Moses to prepare the Israelites for one last plague: God would kill all of the firstborn in Egypt, both people and livestock. But God would not harm the people and livestock of Israel. After that, Egypt would let the Israelites go free, as God had promised centuries before that time.

Reader 4: Let's read about the Passover in Exodus 12:14-30.
(Read the Bible passage aloud.)

Reader 5: After these events happened, Egypt freed the Israelites. This event is called the Exodus. "Exodus" means "a going out."

Reader 6: Today the Exodus and Passover have profound meaning for both Jews and Christians. As Christians, we see Jesus as the sacrificial Passover lamb, who died on the cross for us, and rescued us from the eternal devastation of sin.

How has God rescued you? (Leave space for everyone to answer.)

Reader 7: Two days before Passover, Jesus instituted Holy Communion. He thereby became the Passover Lamb who would take away the sins of the world.

Reader 8: Read Luke 22:7-23.

Communion

- Serve one another the bread and juice, with the leader serving first.
- When giving the bread and juice, say "the body and blood of Christ, broken for you."

Closing Prayer

Have someone read this prayer aloud:

Jesus, You stepped into history to serve others and love the lost. As You washed Your disciples' feet, You were present with them yet thinking of us. As we reflect on the last supper before You were betrayed, we are reminded of the ultimate sacrifice that You made for us, and we are filled with gratitude and humility. We anticipate with joy the feast in heaven where we will see You face to face. We pray that we might point others toward the hope we have in You. Amen.

WEEK 6 - CONFLICTING REPORTS
NUMBERS 13:1-2, 25-33

Big Idea: God isn't asking us to trust our abilities. He's asking us to focus on the place of freedom to which He is leading us.

We are all faced with a series of great opportunities brilliantly disguised as impossible situations. – Charles Swindoll

In Numbers 13, God instructs Moses to send scouts to explore the Promised Land—a place God had already promised to lead them. But when the scouts return, they verify that the land is exactly what God promised, but their report is filled with fear. They fixate on the strength of the enemy rather than the faithfulness of God. Their fear and anxiety blinds them to God's promise and power.

How often do we do the same? We sense God calling us to something greater, yet we hesitate because the obstacles seem so overwhelming. Our focus shifts from the God who leads us to the struggles before us. But God never asked the Israelites to conquer the land in their own strength. He simply wanted them to trust in Him.

For followers of Jesus, the Promised Land is not a physical place, but the Kingdom of God. The Kingdom of God is life when God is in charge—a life full of freedom, peace, and purpose under His rule. God wants to give us His Kingdom, and we are called to focus on trust and obedience rather than whatever challenges we face. Often, the obstacles in the way are great opportunities for God to show off His power.

In the famous hymn, “Tis So Sweet to Trust in Jesus,” there is a great line to pray: “Oh, for grace to trust You more.”

-Jordan Grogan

PRAY

UP: Thank God for His faithfulness in your life. Ask Him to help you focus on where He is leading you rather than the obstacles in your way. Pray: “Give me grace to trust You more.”

IN: Pray that God would strengthen The Table Church to live in the reality of God’s Kingdom. Pray that He would encourage each one of us to trust Him rather than be ruled by fear.

OUT: Pray for someone you know who is stuck in fear and hopelessness to find God’s faithfulness and freedom of His Kingdom.

MONDAY, APRIL 14, 2025
NUMBERS CHAPTERS 23-25

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 10

RESOURCES: Visit table.org/unchained for extra resources

TUESDAY, APRIL 15, 2025
NUMBERS CHAPTERS 26-27

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 60*

RESOURCES: *Visit table.org/unchained for extra resources*

WEDNESDAY, APRIL 16, 2025
NUMBERS CHAPTERS 28-30

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 56

RESOURCES: Visit table.org/unchained for extra resources

HOLY THURSDAY, APRIL 17, 2025
NUMBERS CHAPTERS 31-32

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 49*

RESOURCES: *Visit table.org/unchained for extra resources*

GOOD FRIDAY, APRIL 18, 2025
NUMBERS CHAPTERS 33-34

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: Psalm 119:1- 104

RESOURCES: Visit table.org/unchained for extra resources

SATURDAY, APRIL 19, 2025
NUMBERS CHAPTERS 35-36

PRAY

TEXT SAYS *(Sum up the passage in my own words + What part stands out?)*

TEXT MEANS *(What does this passage teach me about God and people?)*

I WILL + PRAYER *(How will I apply this? + Respond in prayer.)*

SHARE *(Who can I share this with?)*

DAILY PSALM: *Psalm 119:105-176*

RESOURCES: *Visit table.org/unchained for extra resources*



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