

Table Manners: Deborah

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Reflection & Discussion Questions

‘Almost all problems in the spiritual life stem from a lack of self-knowledge’ – Saint Teresa of Avila

*What are your thoughts on this quote?

*How has knowing yourself, or the lack thereof, had an impact on your spiritual journey?

Deborah and others like her are commanding, fighters for justice, assertive, protective and charismatic

She didn't like to be controlled and could sometimes be intense, confrontational and could have a hard time admitting weakness.

*Do you see yourself or someone you know in Deborah?

*What positive and negative characteristics do you resonate with?

Deborah and others like her could greatly benefit from the spiritual practice of accountability and leaning into this verse

2 Corinthians 12:7-10 (ESV)

⁷ So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸ Three times I pleaded with the Lord about this, that it should leave me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. ¹⁰ For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

*What does this verse say to you? How could it be helpful to someone like Deborah?

*Who are the people that you allow to speak into your life? How do these relationships promote accountability?

People like Deborah need us to tell them that they do not have to be strong to be loved.

*What is great and helpful about having someone like Deborah at the table?

*What can be frustrating about sitting with her?

Peter – focused on freedom and adventure

Paul – focused on doing good and being good

Joseph – focused on the desire to be unique

Rebekah – focused on loyalty and security

Jacob – focused on success and accomplishments

Deborah – focused on power and justice

*What conflicts could arise between a Deborah type and some of these others?

*How could this type benefit one of the other personalities we've talked about?