

Sermon Notes



“From Liberty to License”
October 28th, 2018

While we deeply value our time on Sunday mornings, we recognize that unless we are spending intentional time with God and others throughout the week, we are not living out our full potential as disciples. This sheet aims to provide you with enough content connected to the central themes of the sermon to be engaged beyond Sundays. We believe a disciple of Jesus is one who is individually, communally, sacrificially, and missionally engaged in his or her faith. If you need assistance in getting plugged into a group or have further questions about the discipleship process, please reach out to our Discipleship Pastor, Mike Barnes or Pastor Pete.

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. Is there any habit or rhythm in your life that might be “permissible,” but is not beneficial, constructive, or healthy for your community?
2. Ask God to reveal to you if any exercise of freedom in your life is actually an “opportunity” for the flesh to pull you away from the Spirit.
3. What kinds of things are “leading” your life? By what power(s) are you “walking?” How are you inviting the Holy Spirit to lead you?

Additional Questions:

4. Are there areas in your life where you might be “biting” at others? Is this leading to division in your family, friends, or church body? Do you often deflect blame onto others when “biting” occurs?
5. Have you ever loved a “freedom” so much that it has caused you to be unloving towards someone else? A good test on a freedom is if it is in step with the Spirit of love? How might scaling back on this freedom bring more love into your life?

Devotional Reading & Inward Reflection

- **Galatians 5:13-18** | What are some tangible ways you can love and be kind to those around you this week? Remember, love is not earned, it is simply given.
- **1 Corinthians 10:23-33** | Have you ever been in a situation where you felt awkward because of someone else’s beliefs? Have you ever made someone else feel awkward for the same reason? How does the freedom Jesus offers allow us to show humility and be hospitable, even if it makes us a little uncomfortable?
- **Romans 7:7-8:1** | Have you ever felt the struggle to live by all the rules and standards that have been “imposed” on you? Do you feel like there is a lot to live up to, like Paul did? How does the freedom Jesus offers temper these anxieties?
- **John 5:1-15** | Jesus always tends to find those on the margins who need healing. He asks here, “do you want to be made well?” Imagine your reaction if Jesus asked you, “do you want to be made free?”

Self-Care Disciplines *Excerpts from Mary Kate Morse’s *A Guidebook to Prayer** October Discipline: Prayer | Contemplative [Rest] Prayer (p.52-55)

Contemplative prayer, a prayer of rest, is a way to “sleep” in God for his provision of perspective, direction or simple connection. Contemplative prayer is the absence of conversation and control. Contemplative prayer releases us from the constant stress and self-judgment. Contemplative prayer is a prayer without words or activity. Instead of asking for things or saying things or doing things, we are simply silent. We believe God is present and God invites us to rest in him. It’s as if we are sitting on the porch after a busy day just to be with God. Usually a specific amount of time is set so that we are not always wondering if we are done. We still out thoughts to be more aware of God with us. We put God at the center and we rest on the side.

1. Find a time when you are most alert and relaxed.
2. Begin with a small amount of time, even five minutes. Slowly increase your time each time you practice this prayer until you get to a set time that works for you (usually no more than 20 minutes - it’s different for every person).
3. Set a timer for how long you will sit and eliminate all other distractions (especially your phone). Keep a pad and pen next to you so that if something comes up that you need to do, you can write it down and return to prayer.
4. During this time there is no “goal” it is simply a time to sit and rest in God. Imagine God affirming you, loving you, and treating you as his child.