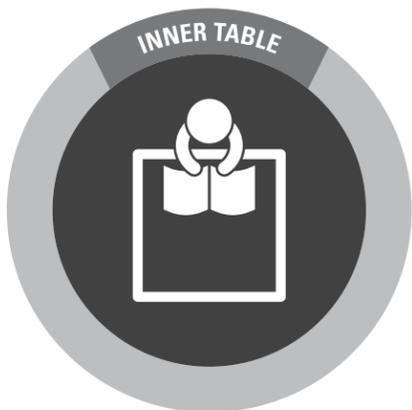


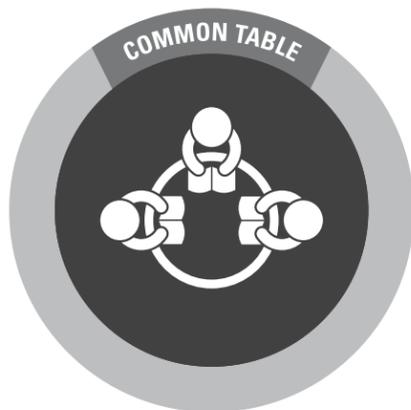
Sermon Notes



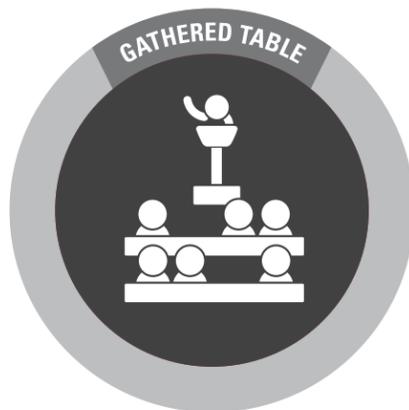
“You, Me, Us”
November 11th, 2018



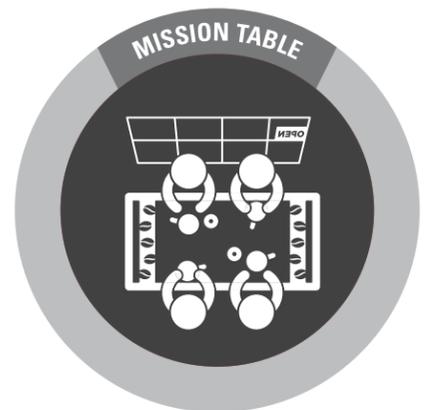
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. Think of a time when you, or someone you know well, was held accountable for being "caught" in sin. Was it done gently? Did you/they feel "restored?" Is there someone in your life who needs to feel this restoration?
2. What is one of the most important things you've learned through Scripture and Spirit in the last six months? Have you shared it with anyone?
3. Ask God to reveal any "planks" you might have in your eyes.
4. Be intentional this week about avoiding comparisons to others. Ask the Holy Spirit to help you see these things clearly.

Additional Question(s):

5. In referencing the story of Jesus and the woman caught in adultery, what do you notice about how Jesus responds to the situation? How can we be more like Jesus when we walk with them through a struggle with sin?

Devotional Reading & Inward Reflection

- **Galatians 6:1-6** | What are some of the things you need to protect yourself from when helping others? Remember, we cannot help someone else if it means we fall into the same traps and snares. Sometimes it's okay to be protective of yourself.
- **Matthew 7:1-6** | When we help others it takes an act of humility. We don't want to approach it as if we are better than the other person. What might be the best (Jesus) approach to sitting with someone and helping them through a struggle? In this process, ask God that you would also be transformed.
- **Romans 12:1-8** | Paul urges us to be transformed by the "renewing of our minds." This is an act of repentance. We actively change the way we think and see so that we can be conformed to a kingdom mindset. What ways do you need to be transformed?
- **John 1:19-23** | Just like John, we are not the "savior." Sometimes, we are tempted to have a savior complex when trying to help someone else. However, people often ignore "help" when given from a posture of "holier than thou." How might you diffuse this mindset the next time you offer help to someone?

Self-Care Disciplines

October Discipline: Fasting | Food/Drink Fast

Fasting is an excellent spiritual practice to determine the areas in our lives where we have too much excess. In our current cultural climate, we have been conditioned to become consumers. If you think about it, consider everything you "consume" in a week. It's a lot! We have also been trained to live without "margins" in our lives. Margins are those spaces where we have nothing planned and have time in between stuff or at the beginning and ending of each day. It's no wonder we are so stressed when we consistently go right from one thing to the next. We have created a false good that busyness = success. But consider all the times Jesus retreated to spend time in rest and prayer.

This week, we are going to focus on fasting from food or drink. It is no secret that within our country we are exposed to not only unhealthy foods/drinks, but an excess of them. The narrative that the more we can consume, or the more we get something "supersized" is championed. Try to identify one thing in your life (food or drink) that you know you probably consume too much of that is not healthy for you. Consider fasting from that thing, or cut back, this week. Remember, our physical, spiritual, and emotional health all tie together and when one is suffering, they all suffer. Maybe going without this one thing can help you regain a sense of wholeness.