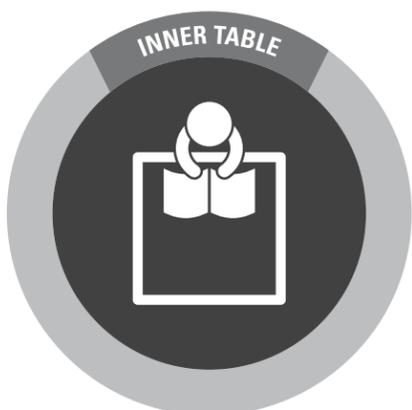


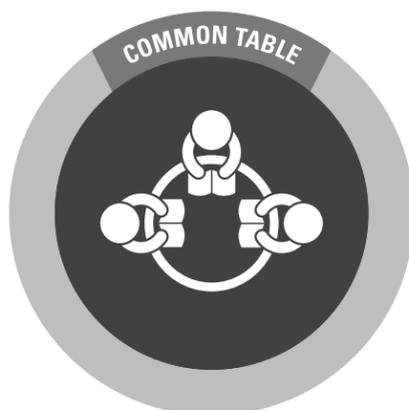
Sermon Notes



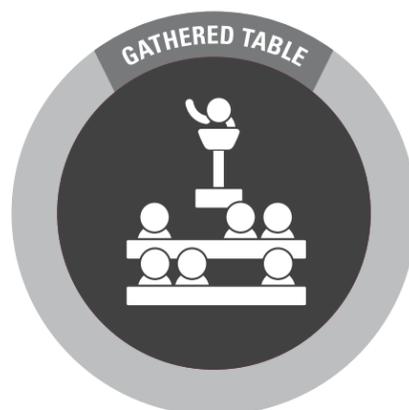
“Sow Into Jesus”
November 18th, 2018



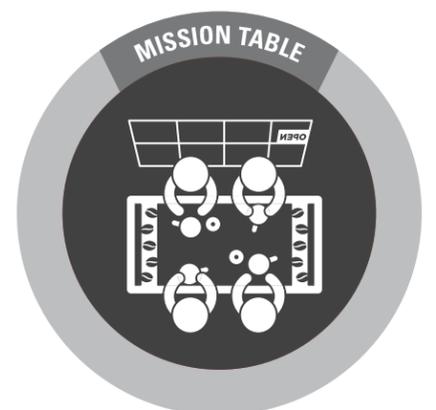
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. What kinds of chaos have you created for yourself in your life? How might you go about eliminating these sorts of things?
2. How are you using those around you to be built up and to build others up? If you aren't part of an ongoing small group community, this is a good place to start.
3. Who "out there" do you need to empathize with? And who "in here" do you need to get along with better?
4. Consider that God's disposition towards you never changes, it's always love. This love has the power to release you from the burdens of chaos.

Additional Question(s):

5. Just like the Galatian church tried to rely on the laws of circumcision over the promise of Jesus, what are some of the things the church today tries to rely on? How can we begin to dismantle these idols?

Devotional Reading & Inward Reflection

- **Galatians 6:7-10** | In what areas are you currently sowing in the flesh? In what areas are you currently sowing in Jesus?
- **John 5:1-15** | One of the biggest obstacles in our way to being made well is saying yes to Jesus' question, "Do you want to get well?" If we find we are sowing in the flesh more than Jesus, maybe we have yet to say yes to this question.
- **John 13:34-35** | What does it look like to love your fellow disciples within the church? How might the world take notice if the church began to be known for love, compassion, acceptance, and kindness rather than hate, judgment and hypocrisy?
- **Luke 15:11-24** | What an excellent picture of who God is! We've all felt like the lost son at one time or another. Maybe not to this extreme, but the feeling of being "distant" from God is common. What does it mean to you that no matter what we do, God does not stop waiting for us to return home?

Self-Care Disciplines

November Discipline: Fasting | Busyness 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 busyness. In today's world, it is common to be overloaded by nearly everything. Work, school, extra curricular activities, etc. Sometimes by the end of the day we feel so exhausted that we have nothing left to give to our families or ourselves. With busyness also comes shortcuts. Eating unhealthy because it's quick, not getting enough sleep because of stress or no time, do a lot of things half-hearted instead of a couple full-hearted. This week take intentional time to rest. Take either a full day or a full evening and have no plan for what to do. Ask that God would bless that time and make it holy as you give yourself permission to take a break.