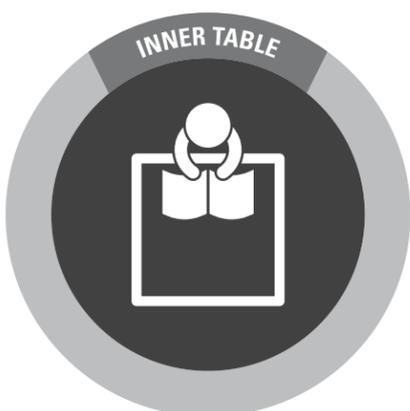


Sermon Notes

“Whatever is True”
January 13th, 2019



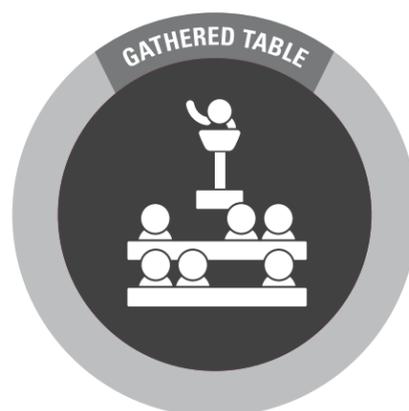
**First
Friends**
Church



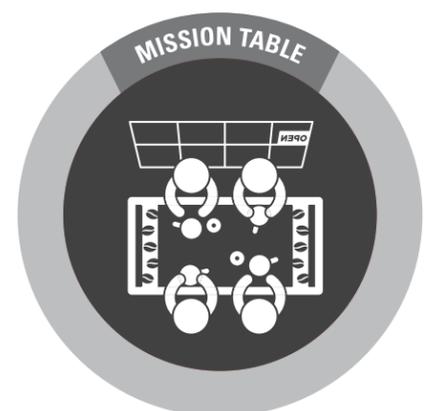
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

Reflection Questions *(please use these individually or in groups)*

Sermon Questions:

1. Are there any parts of you that you try to hide from those around you? From even those closest to you? Maybe even from yourself?
2. What kind of “appearance” do you try to project to the world that’s not genuinely who you are?
3. Do you have a friend with whom to think about “whatever is true,” even when it hurts? If not, pray about who might fill that important need in your life.
4. Thank God for revealing the fullness of Truth to us in the person of Jesus! Ask God for the wisdom to learn more of what the Spirit has to teach us about being people of the Truth.

Additional Questions:

5. Consider that truth, in its root form, means “non-concealment.” God chose to no longer “conceal” his full identity by revealing himself in Jesus. What does this say about who God is and what the incarnation means for us?
6. We are all searching for truth. What “truths” are you searching for that have not yet been answered? Who can search with you on this journey?

Devotional Reading & Inward Reflection

- **John 4:7-26** | As Jesus proclaims that true worshipers will worship in Spirit and truth, the kingdom of God is breaking loose from the boundaries of place. Do you see yourself as a worshiper outside the walls of the church?
- **John 14:5-14** | Do you hold onto any narratives about who God is that don’t seem compatible with the character of Jesus? God and Jesus are one. If you do, it’s okay to ask God to help you reshape those narratives you have.
- **James 1:2-8** | James is talking about doing the hard work of finding answers in faith. If you have doubts, that’s okay. Ask and believe God to help you work through them.
- **Psalms 25:1-7** | Use this Psalm as a prayer this week. Meditate on it and ask God to reveal his truth to you.

Self-Care Disciplines *(Excerpts from Celebration of Discipline by Richard Foster)*

January Discipline: Simplicity | Time (p.79-80)

The Christian discipline of simplicity is an *inward* reality that results in an *outward* lifestyle. Both the inward and the outward aspects of simplicity are essential. We deceive ourselves if we believe we can possess the inward reality without it having a profound effect on how we live. To attempt to arrange an outward life-style of simplicity without the inward reality leads to deadly legalism. Experiencing the inward reality liberates us outwardly. Speech becomes truthful and honest. The lust for status and position is gone because we no longer need status and position. We cease from showy extravagance not on the grounds of being unable to afford it, but on the grounds of principle. Our goods become available to others.

Each one of us has 24 hours in every day and we are tempted to fill every last one of them. In our culture, we are addicted to “doing” and afraid of “being.” But the truth is, we are not human doers, we are human beings. Consider that 1/3 of your day should be devoted to sleeping which leaves you with 16 hours remaining. What is one (or multiple) things you can eliminate from your life that simply take up too much time? How can you use that time in ways that are more restful and life giving?