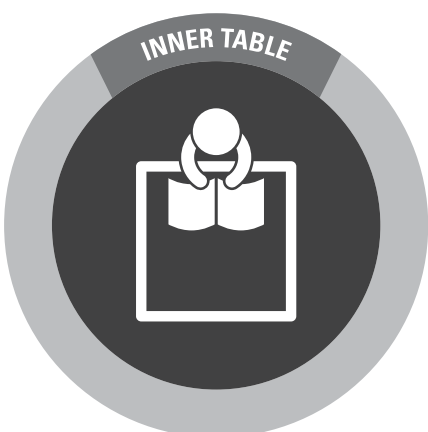


# Sermon Notes

“Whatever is Noble”  
January 20th, 2019

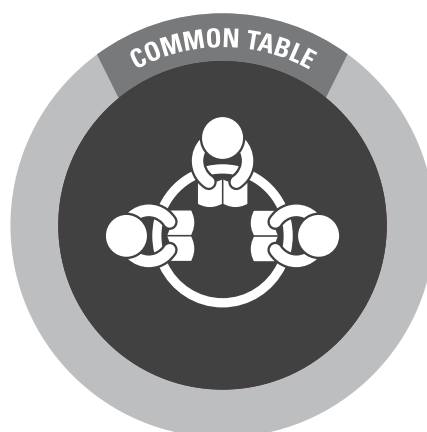


**First  
Friends**  
Church



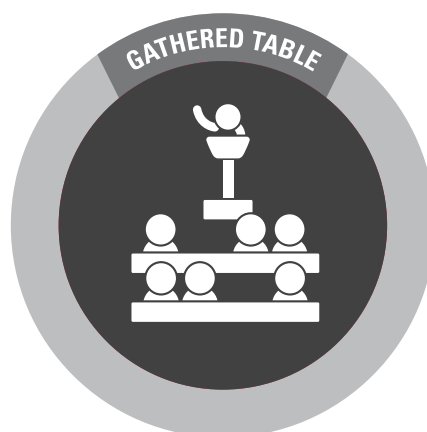
INNER TABLE

*Seeking God*  
in Solitude



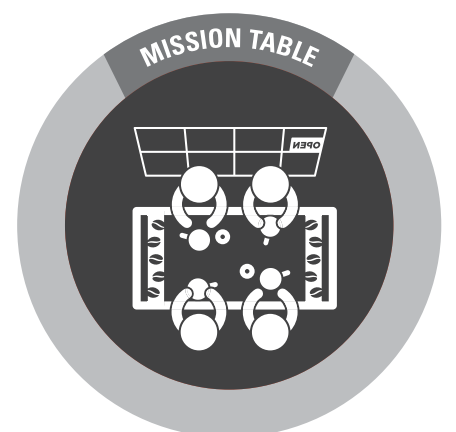
COMMON TABLE

*Finding God*  
in Friendship



GATHERED TABLE

*Celebrating God*  
in Community



MISSION TABLE

*Reflecting God*  
in Relationships

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

### Sermon Questions:

1. How “reactionary” are you when you find yourself in tense, shocking or threatening situations, or around troubling personalities?
2. Which of the three challenges from James 1:19 is most difficult for you: being quick to listen, slow to speak, or slow to get angry?
3. Is there an area of your life that fills you with passion and drive that might easily cross over into reactionary anger?
4. Think about the day-to-day schedule of your upcoming week. Under which circumstances, or with which people, will you likely have opportunities to exercise self-control in order to allow the Spirit to grow wisdom in your life?

### Additional Questions:

5. Do you feel the pressure to give your “take” on every issue out there? If so, why do you think that is? Why do we desire to hear “hot takes” from so many different sources? Could it be that we feel the pressure to take sides?
6. A good measurement for righteous anger is being angry at the things that anger God (Jesus flipping the tables). What might be some things today that God is angry with?

## Devotional Reading & Inward Reflection

- **James 1:19-27** | In what areas of your life do you need to listen more and speak less? What do you think you might learn if you put this into practice?
- **Galatians 5:13-26** | We do not simply become better in the fruit of the Spirit, but we have to put in the work to allow the Spirit to work on us. What “sowing” work do you need to do in order to “reap” more self-control in your life?
- **John 2:13-25** | Jesus was angered by the injustice of those taking advantage of poorer folks who simply wanted to worship. What injustices do you see in the world today and how should we respond to them?
- **Proverbs 4:1-27** | Where do you need to gain wisdom in your life? How will you pursue it?

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

### January Discipline: Simplicity | Money (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.

In our affluent culture, we serve the god of wealth. We treat the rich as celebrities and build false promises that more money = more happiness. However, more money usually leads to more stuff and more stuff steadily squeezes God out of the equation. Jesus even challenged the rich young ruler to give away all his possessions in order to follow Jesus. What areas in your life has money become an idol? Are you willing to be generous with the wealth you have obtained to help others?