

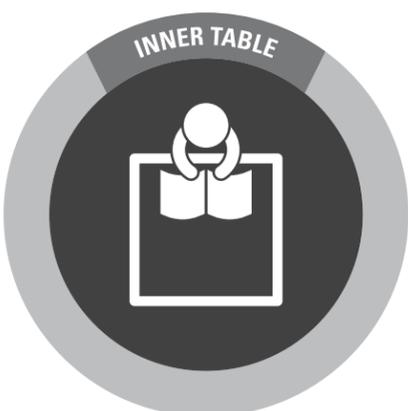
# Sermon Notes



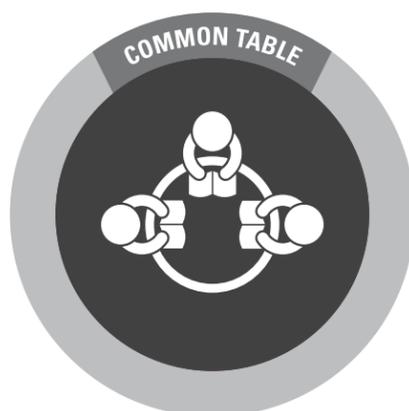
**First  
Friends  
Church**

**“Asleep in the Storm”**

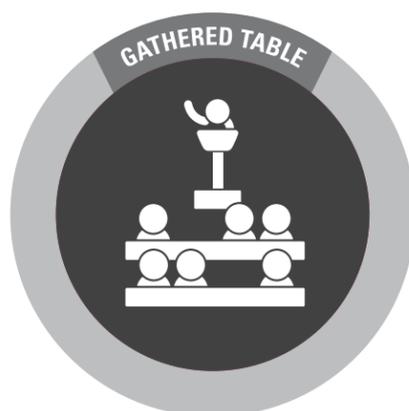
April 28th, 2019



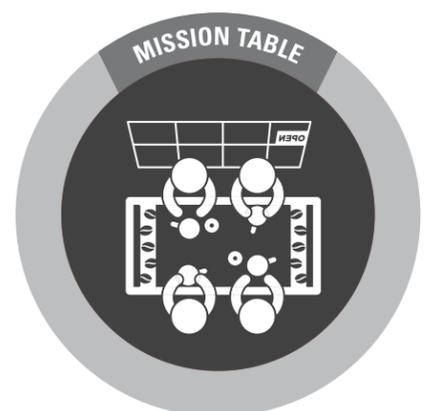
*Seeking God*  
in Solitude



*Finding God*  
in Friendship



*Celebrating God*  
in Community



*Reflecting God*  
in Relationships

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

### Sermon Questions:

1. Who is your/our Nineveh today? Who are the people or groups who least "deserve" an opportunity to repent, and who instead should only receive divine retribution? How might God be sending you to Nineveh?
2. Have you been ignoring or avoiding a leading from God?
3. Is someone you know going through particularly stormy waters of chaos? Pray for them, that they might sense the Spirit hovering over their lives.
4. Help the Church own her mess today. Intercede for the witness of the Body of Christ by naming--and repenting of--the ways in which the Church has contributed to chaos, whether actively or passively.

### Additional Questions:

5. Have you ever, or even perhaps recently, spent time "below the deck" while a storm is raging? What keeps you there instead of addressing the storm?
6. Is there something inside you that you need to "throw overboard?" If you reflected carefully on the manner in which you carry yourself, is there something that needs to be addressed with repentance?

## Devotional Reading & Inward Reflection

- **Jonah 1:1-16** | Is it possible that the sailors here are more "devout" than Jonah? Do you have an "us vs. them" attitude towards people of different faith backgrounds than you? How can you engage people of different faith backgrounds, especially those who are devout, in a healthy manner?
- **Exodus 2:11-3:22** | Do you see any similarities between Moses and Jonah? What kind of redemption does God offer to the fleeing Moses?
- **Philippians 4:4-7** | Why do you think we struggle so much in trusting in the peace that God has to offer? Is God there in the midst of our struggles with doubt?
- **Matthew 6:25-34** | Are you a worrier? Do you worry about what tomorrow will bring? Be encouraged that God will be with you through all your worries.

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

April Discipline: True Service | (p.129) "Sensitivity & Community"

If true service is to be understood and practiced, it must be distinguished clearly from "self-righteous service." This month, we will look at several of these differences. Pray that God would allow you to find opportunities for "true service" in your life.

Self-righteous service is insensitive. It insists on meeting the need even when to do so would be destructive. It demands the opportunity to help. True service can withhold the service as freely as perform it. It can listen with tenderness and patience before acting. It can serve by waiting in silence. "They also serve who only stand and wait."

Self-righteous service fractures community. In the final analysis, once all the religious trappings are removed, it centers in the glorification of the individual. Therefore it puts others into its debt and becomes one of the most subtle and destructive forms of manipulation known. True service builds community. It quietly and unpretentiously goes about caring for the needs of others. It draws, binds, heals, and builds.

**Note: Don't let these burden you each week. Please engage only if you feel it would be beneficial in caring for yourself. Sometimes self-care involves giving yourself a break, even from self care disciplines.**