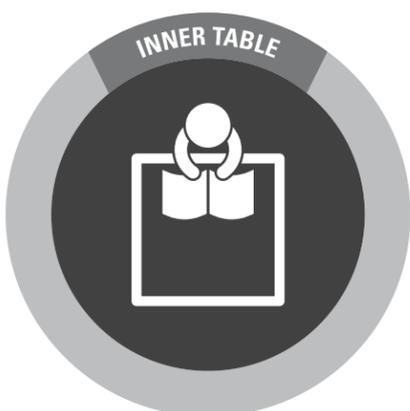


Sermon Notes

“The Sign of Jonah”
May 26th, 2019



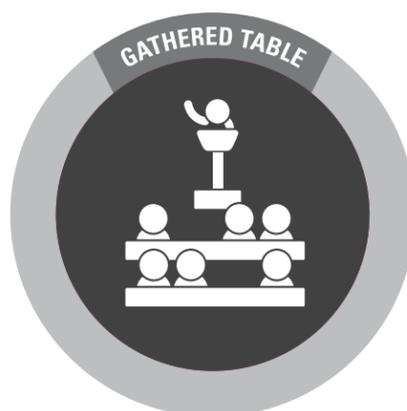
**First
Friends**
Church



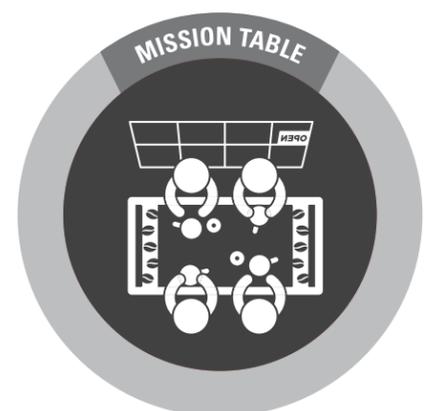
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

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

Sermon Questions:

1. Thank God today for the beautiful gift of resurrection! Because of Jesus, the grave is not the end! Death has been swallowed up in victory!
2. Pray for a particular missionary, or mission field, that God might lay on your heart today and this week.
3. Are you living in a way that is attracting curiosity from those who observe your words, actions and attitudes?
4. Where are you on the "boat story spectrum?" What do you need to hear the voice of God speak over your life today?

Additional Questions:

5. Is there anything within you that needs to be put to death so that you can live more fully as a resurrected member of the kingdom of God? This question is not intended to shame you, but to help you be honest with yourself.
6. How do you engage with people who you consider to be "far off?" Do you posture yourself in a seat of superiority and judgment or are you willing to listen and befriend?

Devotional Reading & Inward Reflection

- **Matthew 12:38-42** | Why do you think Jesus refused to show a sign? Do you think we're more interested in "signs" that further proof rather than signs that genuinely help others? What's the difference?
- **1 Kings 10:1-13** | People are naturally attracted to wisdom. Are you pursuing wisdom in a way that can be used to help others when they are in need?
- **Matthew 8:23-27** | What do you see in Jesus that you do not see in Jonah? Does Jesus succeed where Jonah fails?
- **1 Corinthians 15** | As you read this whole chapter, what stands out? Is there something you may have overlooked before? What does the mystery of the resurrection mean to you?

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

May Discipline: Essentials for Confession | "Ending Point" (p.145,153)

Confession is a difficult discipline for us because we all too often view the believing community as a fellowship of saints before we see it as a fellowship of sinners. We feel that everyone else has advanced so far into holiness that we are isolated and alone in our sin. We cannot bear to reveal our failures to others. We imagine that we are the only ones who have not stepped onto the high road to heaven. Therefore, we hide ourselves.

One final essential on the preparation of confession; there must be a definite termination point in the self-examination process. Otherwise, we can easily fall into a permanent habit of self-condemnation. Confession begins in sorrow, but it ends in joy. There is celebration in the forgiveness of sins because it results in a genuinely changed life.

As you have contemplated confession over the last several weeks, is there something you need to confess? How can you use these essentials as you work through it? If you missed any of the essentials, they can be found in the past sermon notes on our website from each of the past sermons.

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.