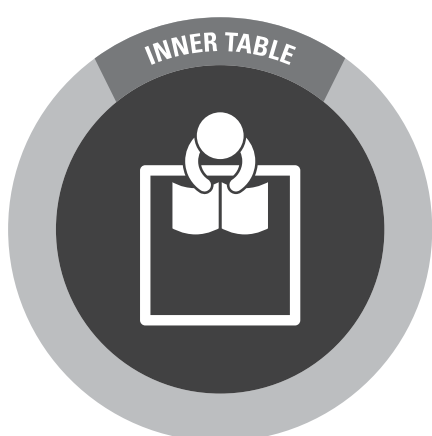


Sermon Notes

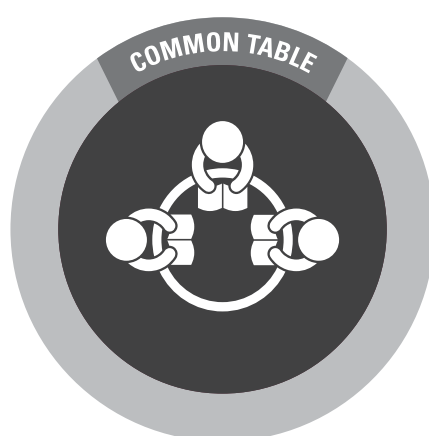
“Posture, Son. Posture.”
September 1st, 2019



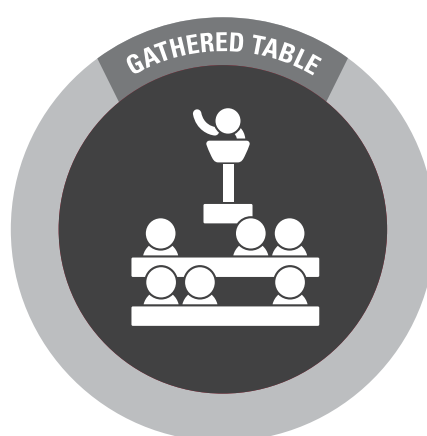
**First
Friends**
Church



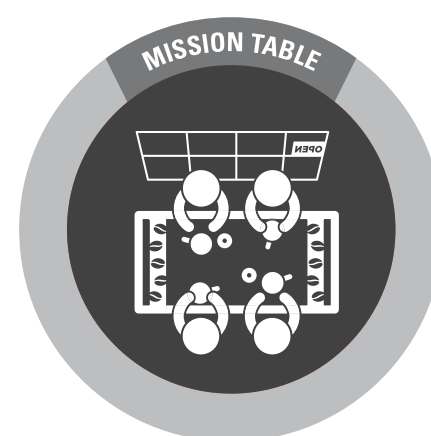
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

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

Sermon Questions:

1. If the guest speaker presents questions, feel free to write a couple down or take a picture of the screen with your phone.

Additional Questions:

2. Is it possible that your life has been centered around the accumulation of “things” rather than following Jesus? How does this pursuit of material items, money, status, etc. deter you from following Jesus?
3. Why do you think our culture is so obsessed with wealth and fame? Is it radical to live your life centered around something other than this?

Devotional Reading & Inward Reflection

- **Mark 10:17-31** | Why do you think this man “walked away sad?” What do you think you would have done if you were in his shoes? Do you have that same opportunity today to love your “things” less and to love people more?
- **Matthew 25:31-46** | Who are the “least of these” around you that you might be ignoring or neglecting? What resources (money, time, extra things you do not need, etc.) do you have to invest in these people?
- **Matthew 6:19-24** | Why does Jesus so often pit the kingdom of God and the wealth of the world against each other? Which master are you serving?
- **Proverbs 23:4-5** | Are you content with what you have or do you always need the next big thing? Consider “content-ness” as a spiritual practice.

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

September Discipline: Meditation | “*Meditatio Scripturarum*” (p. 29)

Meditatio Scripturarum, or meditation of Scripture, is the central reference point by which all other forms of meditation are kept in proper perspective. The meditation of Scripture centers on internalizing and personalizing the passage. The living Word becomes a living word addressed to you. This is not a time for technical studies, or analysis, or even the gathering of material to share with others. Set aside all tendencies toward arrogance and with a humble heart receive the word addressed to you. It is important to resist the temptation to pass over many passages superficially. Our rushing reflects our internal state and our internal state is what needs to be transformed. Spend time this week with Psalm 23. Read it slowly and deeply. Drink it in. Allow the words to penetrate your heart. What you may find is as little as one word is there to impact you. Read through it as many times or days as you desire this week. But each time you come back to the text, there may be something new for you that God is whispering.

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.