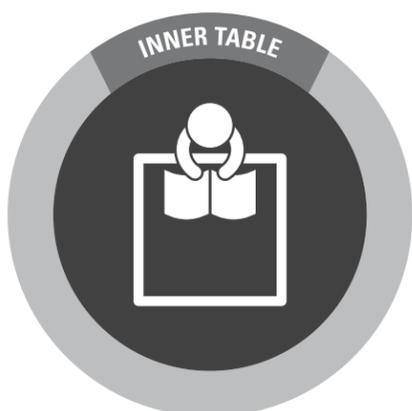


# Sermon Notes



**First  
Friends  
Church**

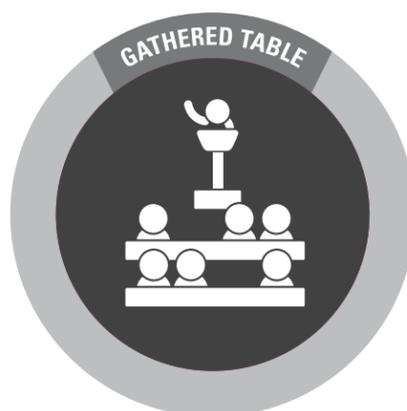
**“Stuck in Idle”**  
November 24th, 2019



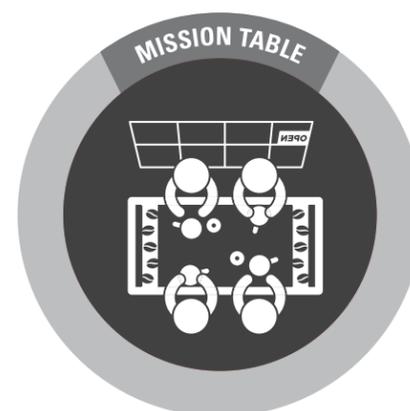
*Seeking God*  
in Solitude



*Finding God*  
in Friendship



*Celebrating God*  
in Community



*Reflecting God*  
in Relationships

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

### Discussion Questions:

1. Do you have a tendency to get stuck in idle? Are you using your God-given gifts and potential in ways that please him and/or help others?
2. How much time do you spend inserting yourself, as a participant or bystander, into the affairs and business of other people?
3. What sort of guideline or standard do you use when sharing things about yourself or others? What motivates you to share what you share?

### Additional Questions:

4. Do you ever catch yourself after a conversation and realize the words you spoke were damaging? What practices can you engage in to make sure your voice is uplifting for others?
5. Why do you think humans have such a natural tendency to care about the business of other people? Do you go out of your way to learn information about others that you do not need to know?

## Devotional Reading & Inward Reflection

- **1 Timothy 5:11-15** | Have you said something recently that you shouldn't have? Did it hurt someone? Did it cause division in a friendship? How might you pursue reconciliation?
- **2 Thessalonians 3:11-13** | What causes you to become "idle?" What causes you to become a "busybody?" How might you work against these tendencies?
- **Proverbs 16:16-21** | What is the connection between being a "busybody" and pride? Do you have friendships that help you stay humble?
- **Genesis 2:15** | What is a good balance between work and rest? Do you pursue both in your life?

## Self-Care Disciplines

### November Discipline: Fasting | Convenience

Fasting is an excellent spiritual practice to determine the areas in our lives where we have too much excess. In our current cultural climate, we have been conditioned to become consumers. If you think about it, consider everything you "consume" in a week. It's a lot! We have also been trained to live without "margins" in our lives. Margins are those spaces where we have nothing planned and have time in between stuff or at the beginning and ending of each day. It's no wonder we are so stressed when we consistently go right from one thing to the next. We have created a false good that busyness = success. But consider all the times Jesus retreated to spend time in rest and prayer.

This week, we are going to focus on fasting from convenience. Make an effort to do things in ways that require **more** time or effort instead of less. Avoid drive thru options. Skip the speedy check out. Send a note of encouragement instead of a text. Drive the "long way" to a destination. Use the sink instead of the dishwasher. Ask God to teach you about how you might need to grow in patience this week.

**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 discipline**