

Sermon Notes



“Inner Table”
September 16th, 2018

While we deeply value our time on Sunday mornings, we recognize that unless we are spending intentional time with God and others throughout the week, we are not living out our full potential as disciples. This sheet aims to provide you with enough content connected to the central themes of the sermon to be engaged beyond Sundays. We believe a disciple of Jesus is one who is individually, communally, sacrificially, and missionally engaged in his or her faith. If you need assistance in getting plugged into a group or have further questions about the discipleship process, please reach out to our Discipleship Pastor, Mike Barnes or Pastor Pete.

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. How often are you pausing to “open your heart” to the Presence of Christ?
2. What kinds of things most easily and most consistently distract you? What situations cause you the most worry?
3. Do you know of someone who might be overwhelmed with the struggle of doing things alone? Contact him/her this week and offer your help.
4. What does your list of “many things” look like? Choose at least one thing that you can stop doing.

Additional Questions:

5. Are there any “societal standards” that have made you feel unworthy of following Jesus to the extent he has called you? If so, reach out to someone about this.
6. In a culture of hurry and busyness, rest is undervalued. What are some restful things you can do each day and how might you be practicing Sabbath?
7. When you get overwhelmed, try taking a few minutes to pause, breathe, and give that concern over to God. How might pausing from time to time be beneficial for us?

Devotional Reading & Inward Reflection

- **Mark 6:30-56** | Jesus withdrew to rest before each of these miracles. He even invited his disciples to do the same the first time. Why do you think Jesus valued rest so much? Why does he not simply practice it, but invite us to practice it as well?
- **Mark 14:32-42** | Jesus, possibly in the most stressful moment of his life, withdrew to pray. What would it look like in our lives if this was our natural reaction to stress?
- **Exodus 24:1-15** | God calls each one of us “up on the mountain” as God did with Moses. What does it look like for you to be on the mountain with God.
- **1 Kings 19:1-18** | There is powerful imagery here of God being in the stillness. Do we sometimes expect that God will speak to us in our busyness and hurry that we don't take time to seek the still, quiet voice of God?

Self-Care Disciplines *Excerpts from Richard Foster's *Celebration of Discipline** September Discipline: Meditation | Re-collection or Centering Down

This contemplative practice from the Middle Ages is called “re-collection,” and what the Quakers have often called “centering down.” It is a time to become still, to enter into the recreating silence, to allow the fragmentation of our minds to become centered. The following is a brief exercise to aid you in “re-collection” that is simply called “palms up, palms down.” Begin by placing your palms down as a symbolic indication of your desire to turn over any concerns you may have to God. Inwardly you may pray, “Lord, I give to you my anger towards John. I release my fear of my dentist appointment this morning. I surrender my anxiety over not having enough money to pay the bills this month.” Whatever it is that weighs on your mind or is a concern to you, just say, “palms down.” Release it. You may even feel a certain sense of release in your hands. After several moments of surrender, turn your palms up as a symbol your desire to receive from the Lord. Perhaps you will pray silently: “Lord, I would like to receive your divine love for John, your peace about the dentist appointment, your patience, your joy.” Whatever you need, you say “palms up.” Having centered down, spend the remaining moments in complete silence. Do not ask for anything. Allow the Lord to commune with you, to love you. If impressions or directions come, fine; if not, fine.