

Sermon Notes

“Walnuts and Wheat”
June 16, 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. Are you grasping your life too tightly? How much attention, energy and/or worry do you spend on attaining or maintaining a certain "ordering" of life in the here and now?
2. What kind of legacy have you received? What kinds of "walnuts" came before you? What kind of legacy do you want to leave?
3. Is there anything about a "seed-like" life that you find troubling, frustrating and/or disheartening?
4. Ask God to give you the wisdom to be patient with your own spiritual growth. Repent of any desires for a hurried, quick-fix spirituality.

Additional Question:

1. What sorts of accomplishments or improvements in your own life are you willing to lay aside in order to see what God might grow?

Devotional Reading & Inward Reflection

- **Matt. 16:24-26** | What kinds of "gains" in the world are you seeking, and by doing so, are you harming your soul?
- **Rev. 21:1-5** | What parts of the "old order" are you most thankful are passing away as Jesus makes everything new?
- **Psalm 90:1-2, 4,11** | As you "number your days," how does the timelessness of God affect your sense of hurry and/or worry?
- **Philippians 1:3-6** | What "good work" is God doing in you now?

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

June Discipline: Steps into Worship | "Presence & Practice" (p. 171-172)

To worship is to experience Reality, to touch Life. It is to know, to feel, to experience the resurrected Christ in the midst of the gathered community. It is a breaking into the glory of God, or better yet, being invaded by the glory of God. The following are simple steps that can aide in the experience of worship.

You need to cultivate a holy dependency. Holy dependency means that you are utterly and completely dependent on God for anything significant to happen. There is inward travail that the evil will weaken and that the good will rise up. You look forward to God acting and moving and teaching and wooing and winning. The work is God's and not yours.

You should absorb distractions with gratitude. If there is noise or distraction, rather than fussing and fuming about it, learn to take it in and conquer it or even learn from it. Become willing to relax with distractions—they may be a message from the Lord. Learn simply to receive whatever happens in a gathered worship experience, rather than feeling that distractions somehow deter you from worshipping God.

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.