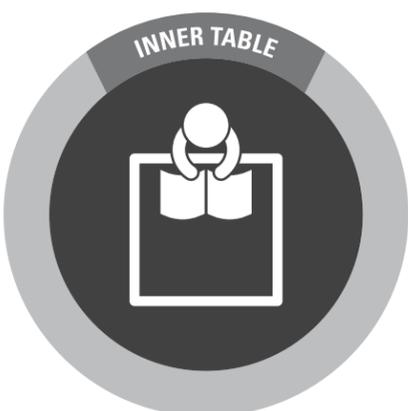


Sermon Notes

“Not Just Another Face”
August 11th, 2019



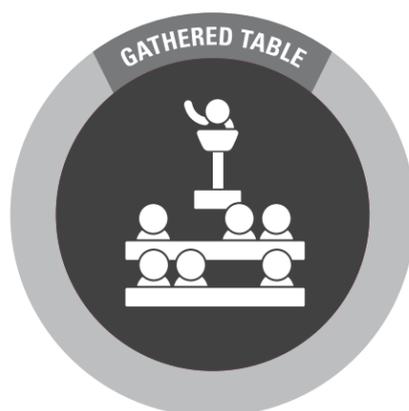
**First
Friends**
Church



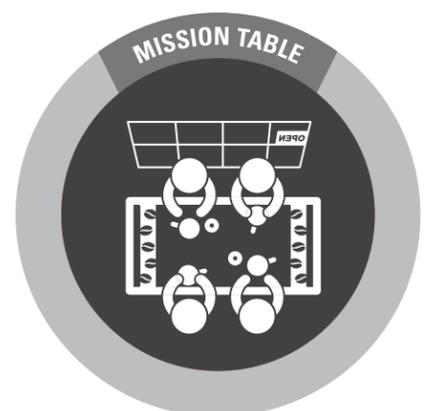
Seeking God
in Solitude



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. Jesus asks the man if he wants to get well. Are you the one holding yourself back from healing? Do you make excuses instead of seeking help?
3. When you deal with a condition for so long, do you tend to accept it as the status quo? Do you give up on finding restoration?
4. Is it possible that you sometimes walk right by people who need your help? Do we see the people that Jesus sees?

Devotional Reading & Inward Reflection

- **John 5:1-17** | Why were the Jewish leaders so offended that this man was healed? Was it because Jesus did it on the sabbath? Or was that a straw man for a deeper issue they had?
- **Isaiah 41:8-10** | What does it mean to you that God is always by your side? What sort of healing does this offer?
- **James 5:13-16** | Is it possible that part of our healing process is repentance? Who do you need to be open and honest with in order to discover healing and restoration?
- **Matthew 11:25-30** | Is it possible that healing has not come into your life because you are trying to do it alone? How might you yoke yourself to Jesus or even to someone else who can help you carry your burden?

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

August Discipline: Celebration | “Singing & Worship” (p.190 & 197)

Celebration is at the heart of the way of Christ. He entered the world on a high note of jubilation: “I bring you good news of a great joy,” cried the angel, “which shall come to all the people” (Luke 2:10). He left the world bequeathing his joy to the disciples: “These things I have spoken to you that my joy may be in you, and that your joy may be full” (John 15:11).

Another way to practice celebration is laughter. The old adage that laughter is the best medicine has a lot going for it. It’s good for the soul. So why not! Jesus had a sense of humor—some of his parables are even positively comical. So poke fun at yourself. Enjoy jokes and clever puns. Relish good comedy. Learn to laugh; it is a discipline to be mastered. Let go of the everlasting burden of always needing to sound profound. We can’t live life too seriously. Allow yourself to enjoy it. Jesus is not opposed to fun.

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.