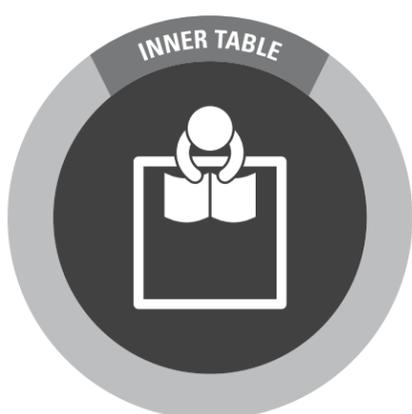


Sermon Notes

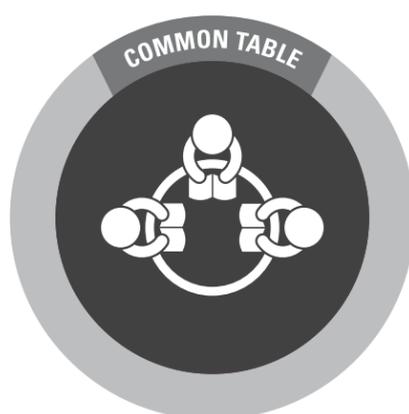
“Sabbath Rest-oration”
August 4th, 2019



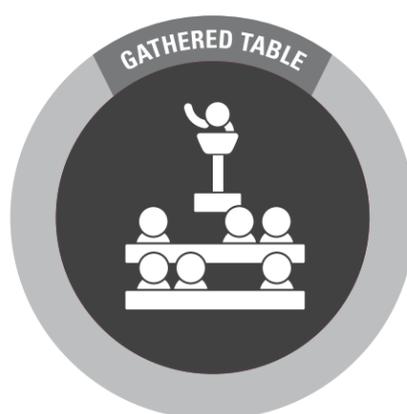
**First
Friends**
Church



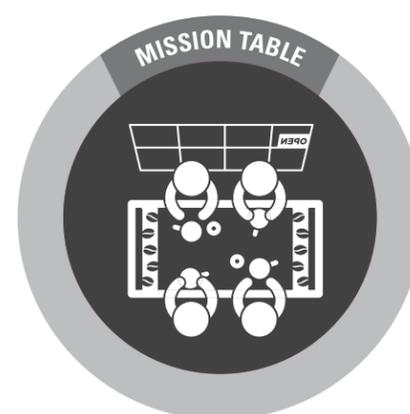
Seeking God
in Solitude



Finding God
in Friendship



Celebrating God
in Community



Reflecting God
in Relationships

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

Sermon Questions:

1. Does actively displaying and living out the love of God require us to sometimes break the “law” or societal norms?
2. Are you angry about the things that make Jesus angry? How does our anger look?
3. Do you have brokenness that you would rather hide than bring to Jesus?
4. Have you ever found yourself like the people in the crowd who “do nothing?” How can we, like Jesus, be a voice for the broken?

Additional Questions:

5. Why do you think Jesus is drawn to brokenness? Do we, as a church, do a good job of drawing near to those who are broken and disenfranchised? In what ways can we improve?
6. Does your discipleship to Jesus cost you something? Everything Jesus did was an obedient act of sacrifice. Are you willing to be a sacrificial person of your time, resources, status, etc. in order to be faithful to the mission of Jesus?

Devotional Reading & Inward Reflection

- **Mark 3:1-6** | Do you think God is more concerned about following the rules or love and healing? When might we have to approach our “rules” with nuance in order to share love and kindness with someone?
- **Mark 2:23-28** | Have you ever felt burnt out trying to “follow all the laws?” Do you think this is because we are just trying to “keep up” rather than allowing these spiritual practices to lead us into the presence of God?
- **Luke 19:45-48** | Where do you see God being “taken advantage of” today? Do some people use God as a means of personal gain?
- **Hosea 6:1-11** | Are you “sacrificing” for God, just so that you will be rewarded? Are you living a life of merciful sacrifice?

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).

One way to practice celebration is through singing, dancing, and shouting. Because the goodness of God, the heart breaks forth into psalms and hymns and spiritual songs. Worship, praise, adoration flow from the inner chambers. In Psalm 150 we see the celebration of the people of God with trumpet and lute and harp, with timbrel and dance, with strings and pipe and loud clashing cymbals.

The next time you enter a space of worship, take a moment beforehand to center yourself. Ask God to remind you of the joy that you have because you have received the good news of Jesus!

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.