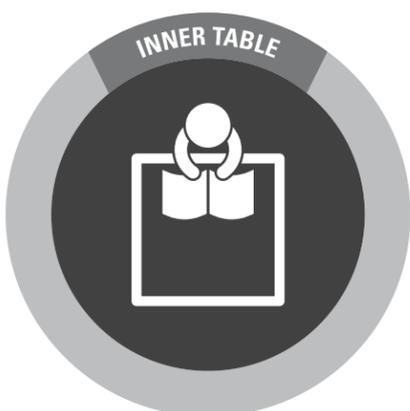


# Sermon Notes

“At Last I See the Light”  
October 6th, 2019



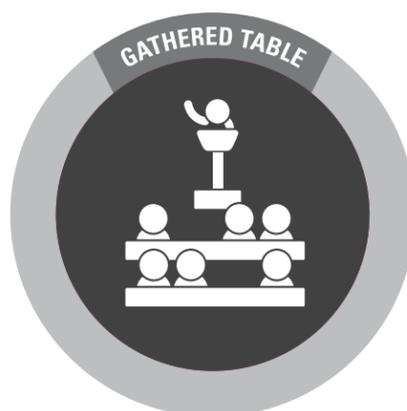
**First  
Friends**  
Church



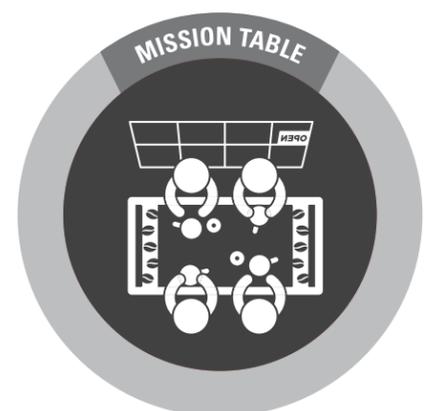
*Seeking God*  
in Solitude



*Finding God*  
in Friendship



*Celebrating God*  
in Community



*Reflecting God*  
in Relationships

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

### Discussion Questions:

1. In what ways has God called you, as an individual, out of darkness and into the light?
2. Picture one of your "special possessions" or "special people." What can you learn about God's feelings toward you from that picture?
3. What does it look like for the Church to be "a royal priesthood and a holy nation" in our culture today?
4. Ask God to lead you to someone this week who needs to know that He is not far off, and that he/she is surrounded by the light of God's love and grace.

### Additional Questions:

5. Why is it so unique that God looks at all of us as priests? Why might this idea be challenging for some?
6. Have you recognized that there are many "idols" in your midst? Are there things in your life that you are devoting too much time and energy towards, and as a result, it's beginning to consume your life away?

## Devotional Reading & Inward Reflection

- **1 Peter 2:4-10** | Do you feel like you are part of something that is being "built up" for a bigger purpose? What areas of your life invoke a sense of belonging?
- **Acts 17:16-31** | Do you think it is possible for Christians to get caught up in the "religiosity" of things that they forget their original purpose? How might this send a bad message that is quite the opposite of what Paul is communicating here?
- **1 John 1:5-9** | If we're honest with one another, walking in the light is no easy task. How does having other people in your life, who are pursuing the same task, help?
- **Matthew 5:13-16** | Jesus is not indicating, here, to "show-off" our actions or to do things to receive accolades. Instead he is encouraging each of us to live out our beliefs in love. Reflect on the ways in which you can be more loving in your actions.

## Self-Care Disciplines *(Excerpts from A Guidebook to Prayer by Mary Kate Morse)*

### October Discipline: Prayer | *Lectio Divina* (p. 131)

Scripture prayer, or *lectio divina*, is a form of prayer that guides us through a particular passage of scripture. It invites us to listen to the living Word for perspective and teaching as we reflect on the written word. It requires a rhythm of spoken word and silence for reflection. Below are some steps that should help guide you in this process. While any passage can work, we are going to focus on the parable of the Salt and Light this week (Matthew 5:13-16). *Note: parables work great for this exercise.*

1. *Reading God's Word (Lectio):* Read aloud the passage slowly two times. Try your best to focus on the hearing of the word rather than the reading. Listen for a word or phrase that is highlighted for you. Sit in silence for a couple of minutes.
2. *Reflecting on God's Word (Meditatio):* Read the passage again. During the silence reflect on how the passage speaks to your life today.
3. *Responding to God's Word (Oratio):* Read the passage again. During the few moments of silence, consider how God is calling you to respond. Pray and tell Jesus your intended response to what you've heard.
4. *Resting in God (Contemplatio):* Read the passage a final time. Rest in the words in silence for a few minutes. Close with your own prayer.

**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.**