

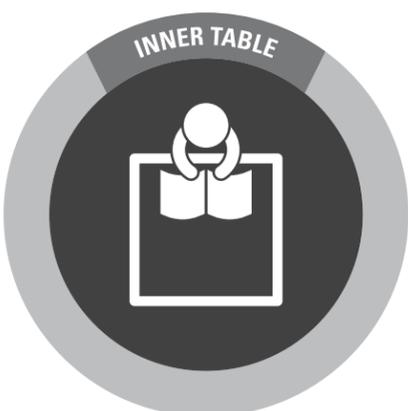
Sermon Notes



**First
Friends
Church**

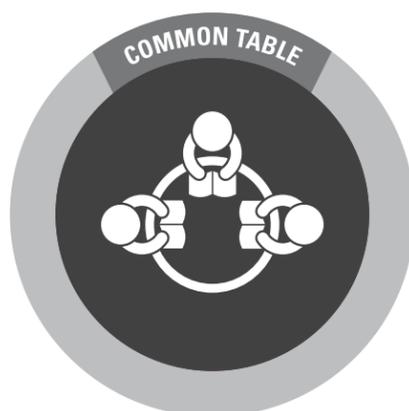
“Roadblocks”

November 17th, 2019



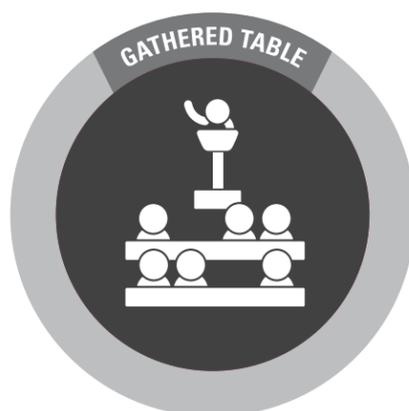
INNER TABLE

Seeking God
in Solitude



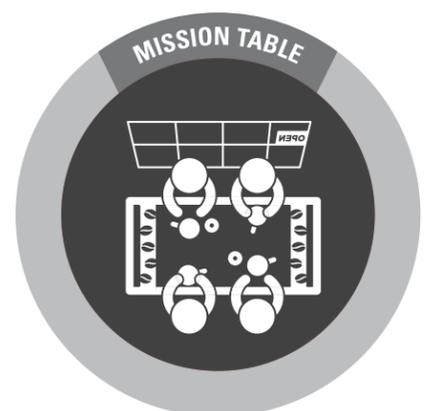
COMMON TABLE

Finding God
in Friendship



GATHERED TABLE

Celebrating God
in Community



MISSION TABLE

Reflecting God
in Relationships

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

Discussion Questions:

1. How deep is your knowledge of, and passion for, the Gospel? How does your knowledge of and passion for your brothers and sisters in Christ compare? Are you "sharing life" with your church family?
2. Do you have an allegiance to a leader or ideology that has resulted in division with other Christians?
3. Does pride cause you to look down on any person/group in order to justify a dividing line you desire to keep?
4. Have you been harboring a hurt or grievance against a fellow Christian? What is stopping you from seeking reconciliation?

Additional Questions:

5. Are there people in this church you would truly miss if you had to spend time away from them? If not, how might you get to know some of the people around you?
6. Are there certain things in life that are more likely to "toss you back and forth?" What sorts of boundaries might be helpful to guard yourself from these things?

Devotional Reading & Inward Reflection

- **1 Thessalonians 2:17-20** | How has (or how would) engaging in the discipleship tables in this church allow[ed] you to grow in your relationships with other people? How has (or how would) this help[ed] in times of distress? In times of joy?
- **1 Corinthians 13:1-13** | Is it possible that the church (global) has lost its true purpose, which is love? If so, how can we get back on track?
- **Hebrews 10:23-25** | Why do you think the author of Hebrews is so adamant about meeting together? What is the value gained by doing so?
- **Colossians 3:12-14** | Do you feel as if your life is clothed in compassion, kindness, humility, gentleness, and patience? Ask the Spirit to guide you in this.

Self-Care Disciplines

November Discipline: Fasting | Busyness

Fasting is an excellent spiritual practice to determine the areas in our lives where we have too much excess. In our current cultural climate, we have been conditioned to become consumers. If you think about it, consider everything you "consume" in a week. It's a lot! We have also been trained to live without "margins" in our lives. Margins are those spaces where we have nothing planned and have time in between stuff or at the beginning and ending of each day. It's no wonder we are so stressed when we consistently go right from one thing to the next. We have created a false good that busyness = success. But consider all the times Jesus retreated to spend time in rest and prayer.

This week, we are going to focus on fasting from busyness. In today's world, it's common to be overloaded by nearly everything. Work, school, extra curricular activities, etc. Sometimes by the end of the day we feel so exhausted that we have nothing left to give to our families or ourselves. With busyness also comes shortcuts. Eating unhealthy because it's quick. Not getting enough sleep because of stress or lack of time. Doing a lot of things half-heartedly instead of a couple things full-hearted. This week take intentional time to rest. Take either a full day or a full evening and have no plans for what to do. Ask that God would bless that time and make it holy as you give yourself permission to take a break.

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 discipline