

# Diving Deeper into Discipleship

October 24, 2021 | Pastor Pete Fowler

*Recovering the Rest of Sabbath: Becoming Whole*

## Sermon Reflection Questions:

- In your attempts to obey the "letter of the law" we find in Scripture, are you also paying attention to the "spirit of the law?"
- Ask God to help you clear away the clutter of ideas, opinions, and agendas – even ones that feel right – if they are blinding you to actual people who are suffering.
- In what ways do you need to be made whole today? Physical ways? Emotional ways? Spiritual ways?
- Is part of your identity tied to your busyness or sense of usefulness? Do you want to get well?

## Devotional Reading and Reflection

- **Psalm 71:19-21** | What reasons does this passage give for God being willing and able to restore us?
- **Joel 2:25** | What have “the locusts eaten” in your life? What do you feel you’ve lost, or what has been stolen from you?
- **Titus 3:1-9** | According to this passage, what are the benefits of being “renewed” by the Spirit? And, what are the expectations of those who have been renewed?

## Weekly Spiritual Practice

**Liturgies of Sabbath** | “Taking Stock of Spiritual Health” (from *The Rest of God* by Mark Buchanan, pg. 158-159)

- An individual with a terminal illness is a study in hope. A person who is handed a likely death sentence most often chooses to dig in, fight hard, and refuses to be satisfied with pat answers, red tape, and gloomy verdicts. That person might dismantle bureaucratic walls, finagle backdoor access to specialists, seek treatment in foreign lands, or try to lay hands on even untested and unconventional products. This doesn't surprise us. We might do the same things for ourselves, or someone we love, in that situation.
- What surprises me is how this impulse rarely carries over into the spiritual realm. When we are faced with chronic – perhaps terminal – sickness of the heart, our resolve to find help barely flickers. In the face of physical sickness, we're often defiant. In the face of soul sickness, we're often resigned. Why don't we want to get well with the same kind of desperation?
- A good practice is to take stock. Sit down and reckon where you are spiritually and calculate the gap between that and where you want to be, or at least where you know you ought to be. Do you want to get well? We don't have a cure for cancer, or even the common cold, but in Jesus there is a cure for our souls.