Diving Deeper into Discipleship

October 3, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Sanctifying Our Time

Sermon Reflection Questions:

- What daily, or weekly, "patterns of this world" are trying to conform you into pathways of busyness or distraction?
- When can you "sanctify" some time this week, even just 30-60 minutes?
- Do you tend to view time through a "chronos" lens or a "kairos" lens? Are you able to see the beauty in different moments and seasons?
- Ask God to allow you to feel the "weight" of yearning for eternity more deeply in your heart this week.

Devotional Reading and Reflection

- **Genesis 50:15-21** | The story of Joseph is one in which God allows a person to experience a wide variety of challenging circumstances. What do Joseph's words here reveal about the perspective he gained on that twisting journey?
- **Psalm 139:23-24** | How does the conclusion of this Psalm teach us about the purpose and benefits of examining our thoughts?
- **Proverbs 14:8** | How often do you give thought to your ways? (See the below spiritual practice for more on this.) Are you caught in the folly of self-deception?

Weekly Spiritual Practice

Liturgies of Sabbath | "Take Every Thought Captive" (from *The Rest of God* by Mark Buchanan, pg. 41)

- Wise people ask, "Does the path I'm walking lead to a place I want to go? If I keep heading this way, will I like where I arrive?" Fools don't ask that. They keep making excuses for themselves, justifying and blaming, all the way to nowhere. They never change their minds.
- Consider your ways. Consider your thoughts and attitudes, the pattern of them, their shape and drift. Are they leading you where you want to go? Plot their trajectory. Will they land you in a place you care to live? If not, change your mind. "Take captive every thought to make it obedient to Christ" (2 Corinthians 10:5).
- Invite the Spirit to search you and reveal one habitual thought, one attitude in your heart, that is misleading you. It may be shame, a sense that you must keep hiding. It may be pride, or a temptation to judge others, or an insecurity that drives you to envy or rivalry. Whatever it is, ask God to change your mind.

Notes