

Diving Deeper into Discipleship

November 7, 2021 | Pastor Pete Fowler

Recovering the Rest of Sabbath: Hungry

Sermon Reflection Questions:

- How often do you allow yourself to become hungry? Have you ever considered the feeling of physical hunger to be an opportunity to remember our need for spiritual nourishment from God?
- Is your life full of feasting? Is part of your Sabbath practice enjoying a larger meal? Does fasting play a regular role in your spiritual formation?
- Take a moment to consider your day-to-day work/activities. How are those things lining up with how you feel you are called to partner with God in the work He is doing?

Devotional Reading and Reflection

- **Psalm 34:8** | Why do you think the invitation to come near to God is communicated here within the metaphor of “tasting?”
- **Genesis 25:19-34** | What does the physical hunger of Esau reveal about his spiritual condition?
- **Luke 14:15-24** | Do you think people today are still making similar excuses for missing out on the invitation to God’s banquet table? Why or why not? What do we learn from how the master of the banquet responded when his table wasn’t yet full?

Weekly Spiritual Practice

Liturgies of Sabbath | “Hungry for the Right Things” (from *The Rest of God* by Mark Buchanan, pg. 173-175)

- Both Jesus’ parable of the great banquet (Luke 14:15-24) and the story of Esau’s birthright (Gen. 25:29-34) are about misplaced hunger. Both are about appetites gone awry. They are about failing to stay hungry for the right things, until the right moment.
- I have two suggestions for this Sabbath liturgy. The first is that you receive your very next meal—breakfast, lunch, dinner, whatever—as a gift from both heaven and earth. Partake of it with thankfulness and simplicity, eating just enough to fill you, then stopping. Nourish your spirit and your body together. Try to do this whenever you eat and drink.
- The other suggestion is that your next Sabbath meal be a feast: a time of enjoying the sheer bounty of God and His creation. Maybe, if you don’t do this already, invite others to join you. Overdo it a bit. Delight in the utter extravagance of God, who does exceedingly and abundantly more than all we ask or imagine.