

SERMON NOTES

08/19/2018

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1. Fasting

2. Sabbath Rest

3. Community

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DISCUSSION & REFLECTION QUESTIONS

1. Read Matthew 6:16-18 and Luke 4:1-4. Having read these, what would you say is the purpose of fasting?
2. In the sermon several suggestions were offered for how to make fasting a rhythm in our life. What were some of these? What other ways can you imagine making fasting a regular rhythm in your life?
3. Read Exodus 20:8-11 and Mark 2:23-3:6. From these verses what is the purpose of Sabbath Rest?
4. Did any of the suggestions related to rest in the sermon help you? What other ways can you imagine making Sabbath Rest a regular practice in your life?
5. Read Hebrews 10:19-25 and Galatians 6:2. From these verses what should our relationships with other believers look like?
6. What have been your negative experiences of the Christian community? What have been your positive ones? How can you better create a rhythm of community in your life?



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