

Freeway
January 13-14, 2018
Exodus 20:8-11
Awareness
Pastor Chad Garrison

SERMON / LIFENOTES

1. The gift of Sabbath. Exodus 20:8-11
2. The need for Sabbath.
 - rest
 - relationship
3. The path to discovery is a slow walk and hard questions.
 - what am I trying to avoid?
 - How am I struggling?
 - How does God want to change me?
4. Practical practices
 - Extended prayer
 - Celebrate Recovery or counseling
 - Lifegroup
 - Date night/family unplugged night

God desires to reveal Himself to you. Will you be still with Him.

GETTING STARTED

What notes or questions do you have from the message? What was said that made an impact on you?

What notes or questions do you have from the reading and exercises in Freeway? What made an impact on you?

Pastor Chad said "we need the Sabbath" to focus on rest and relationships. Which of those do you need more of in your life? Why? Which relationships need more focus in your life: relationship with God, with spouse, or with family?

Pastor Chad mentioned four practices that could help slow down and make time for health. Which one is most appealing to you at this point? Which is most necessary to pursue for your life?

MORE QUESTIONS

Open your books to page 55. Discuss your findings.

Open your books to pages 58-59. What was revealed to you in this exercise?

Explain your checked the box on page 50?

How do you feel about your findings on page 69?

What does it mean to you to be self aware? How would our lives be different if we were more self aware? Does God think it's important to be self aware?

TAKING IT HOME

Pick out a favorite spot that is quiet and undisturbed. Spend some time alone with God. Fifteen, thirty or sixty minutes. You choose. During this time, do whatever helps you listen to God.

Think about your typical routine with your phone, social media, email and any other piece of technology. Figure out some strategies to silence them or have them be less intrusive. When tempted to fill quietness with a digital distraction, try enjoying the stillness. See what happens.

Read and do the exercises in "Step 2" of Freeway.

FOLLOW UP / READINGS

Day 1 Exodus 20:8-11

Day 2 Psalm 139:23

Day 3 1 Timothy 4:16

Day 4 Romans 12:3

Day 5 2 Corinthians 13:5

Day 6 Proverbs 20:5

Day 7 Proverbs 21:2