

**Sermon Discussion Questions: Emotionally Healthy Discipleship | Doing vs. Being
Compelled Church, September 18-19, 2021**

For use to keep studying and growing as individuals or in a group.

Our identity must be found in Christ, not in what we do, accomplish, fix, avoid, build, attain, oversee, win, clean, maintain or manage.

1. Do you agree we are judged and our identity is in what we do more than who we are?
2. Pastor said when we rest in God's approval and our identity is in Christ we have freedom.
 - Freedom from being bound by what other think.
 - Freedom from the guilt of letting others down.
 - Freedom from taking your cues in life from other people, not the Lord.

Which one of these three do most people need freedom from? What do you need freedom from?

3. Read Galatians 2.20. What is our identity based on this first?
4. Read John 1.12-13. What is our identity according to these verses? What are the implications of this?
5. Pastor gave these 3 true statements:
 1. You cannot give what you do not possess.
 2. What you do for the Lord is important, but who you are is even more important.
 3. The state you are in is the state you give to others.
6. What is meant by the first statement?
7. Pastor shared many ways to keep Jesus before us or on our mind during the day. Which one of these are you encouraged to do? Maybe try? Is this needed? Is there something you do you can add to this list?

Ways to set the Lord before you during the day, to get in a spiritual rhythm

- Go on a prayer walk.
- Read the Word of God
- Use a prayer book "Daily Office," Book of Common Prayer, Handbook to Prayer, Celtic Prayer Book, Day by Day
- Pray and listen driving to work.
- Practice Sabbath.
- Praying in your prayer language (tongues)
- Say the Lord's Prayer at lunch.
- Read a Psalm before Bed.
- Go online and look at prayer books.
- North Umbria Community
- St. Ignatius "Prayer of Examen"
- Lectio Divina Prayer.

Pray about these things, and being before doing

**NOTES: Emotionally Healthy Discipleship | Doing vs. Being
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Pastor Nate Elarton, Bedford Campus & Pastor Matt Reinhart, Holland Campus**

We want recognized for accomplishments. Why?

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Galatians 2.20

John 1.12-13

Romans 8.15

Four ways to be with God to be changed.

1. Commune with Jesus throughout the day

Psalm 16:8 "I have set the LORD continually before me; Because He is at my right hand, I will not be shaken."

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- Read your Bible
- Practice Sabbath.
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2. Feel your feelings

3. Integrate Silence and Contemplation Psalm 62:1-2 (NASB95)

4. Make a radical decision

- Make a clean and total break from present habit and rhythms
- Make a strong decision to follow Christ. Give him your life.
- Commit to being as aware of your inner life as your outer life.
- Starting some good habits of keeping the Lord before you during the day and resting in his presence.