

SERMON NOTES: MORE THAN SERMONS 2: WIN THE DAY (21/8/16)

SCRIPTURE

Psalm 1:1-3

Psalm 5:3

Psalm 59:16

QUOTES

“We can, through faith and grace, become like Christ by arranging our whole lives around the activities he himself practiced in order to remain constantly in fellowship with his father.”

- Dallas Willard

“It is not enough to be self-disciplined—you must be God-disciplined. In order to be God-disciplined you must discipline yourself to keep faithfully your quiet time tryst with God. More people fail at this place than any other. I find I am better or worse as I pray more... Keep the quiet time... Wash your thinking in it every day before you go out. Your brain cells will be cleaner for this daily bath.”

- E. Stanley Jones

KEY POINTS

- + A daily quiet time rhythm is like planting yourself beside the stream (Psalm 1:3). It allows God to set the agenda for you. Your morning is like a control desk that will run your day and therefore your life.
- + This spiritual discipline establishes Jesus as your primary counsellor, coach, mentor, friend, companion, spiritual director, confidant and pastor.
- + Simple “hacks”:
 - + Just do something. Don't let your life stage, schedule, interruptions be an excuse to do nothing.
 - + Make it regular
 - + Make it enjoyable

- + God time before phone time
- + Get a notebook and write down God-revealed thoughts, prayers, reflections
- + Elements to daily quiet time:
 - + **Word** (scripture): read and be read by.
 - + **Prayer and praise:** changes your posture to encounter God every day.
 - + **Proactivity:** develop some questions to ask yourself to walk with the Spirit (e.g. How can I be a loving husband/wife today? How can I live out of the Spirit, not the flesh? Am I praying about how I spend my money/speak to others/go about my work?)

REFLECTION QUESTIONS

- + Our salvation is won by Christ alone, and Christ has ultimate victory over sin and death (which we, his co-heirs share). How do we choose the victorious faith Mark spoke of without operating out of a ‘works mentality’? (Eph 2:1-10)
- + Read through the list of John Wesley’s questions for self-examination (listed at the end of the sermon notes). Discuss which ones stand out to you and how they would be helpful for you in winning the day. Then, take some time to workshop and write down a list of questions that are helpful for you to incorporate into your own quiet time.
- + Accountability is a powerful element to incorporating a sustained quiet time rhythm. Your small group is a unique and valuable avenue for accountability. Discuss as a group what this could look like and if possible make some firm decisions about how your group will incorporate accountability into your meetings and relationships together.

- + **What stuck out to you from the teaching?** Did God remind you of something, or reveal something new? Did the Spirit minister to you?
- + **Were any questions raised for you?** Did you get stuck on any scriptures or points? Anything you need clarity on?
- + **Where do we see Jesus Christ in this teaching?** Jesus is at the centre of everything in the Scriptures. It follows that he is at the centre of everything we understand about church, faith and the Kingdom. What in the teaching has helped you see more of Jesus and the cross, or moved you to love him more?
- + **How can you personally apply this teaching?** Identify and commit to something you sense the Spirit is leading you to do in obedient response. Make it actionable and personal. What is in place to help you stay accountable to this?
- + **What/with whom can you share from here?** Who in your life needs to know the truth you've discovered? How can you share it with them?

John Wesley's questions for self-examination:

1. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to others what has been said to me in confidence?
4. Can I be trusted?
5. Am I a slave to dress, friends, work or habits?
6. Am I self-conscious, self-pitying, or self-justifying?
7. Did the Bible live in me today?
8. Do I give the Bible time to speak to me every day?
9. Am I enjoying prayer?
10. When did I last speak to someone else of my faith?
11. Do I pray about the money I spend?
12. Do I get to bed on time and get up on time?
13. Do I disobey God in anything?

14. Do I insist upon doing something about which my conscience is uneasy?
15. Am I defeated in any part of my life?
16. Am I jealous, impure, critical, irritable, touchy or distrustful?
17. How do I spend my spare time?
18. Am I proud?
19. Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?
20. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
21. Do I grumble or complain constantly?
22. Is Christ real to me?