
CBC WEEKLY RESOURCES



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COMMUNITY BIBLE CHURCH
3645 Cashiers Rd, Highlands, NC 28741

I. SERMON RECAP

Drawing from Psalm 119:105, we explore how God's Word serves as a lamp to our feet and a light to our path. Pastor Gary challenges us to examine where we are in our spiritual walk: Are we standing in our own independence and self-righteousness, trying to earn God's favor through our own good works? Or have we moved to that first chair of rest, acknowledging Christ's finished work on the cross? The message doesn't stop there. It calls us deeper, to a lower chair where humility replaces pride, where we stop trying to prove ourselves and rest in who we are in Christ. But the ultimate destination is to sit at the feet of Jesus, as Mary did, choosing the one thing that matters most. This isn't about religious duty or checking boxes; it's about breathing in His presence, hearing His voice in Scripture, and allowing His Word to transform us from the inside out. The concept of sanctification is presented not as sophisticated theology but as becoming childlike: joyful, spontaneous, trusting, and free. For those of us in the crystallized intelligence phase of life, where we've accumulated knowledge and experience, this message offers a profound invitation to discover true spiritual depth and purpose that transcends all our worldly accomplishments.

II. STUDY GUIDE

Key Points:

- Sanctification is a progressive process affecting spirit, soul, and body, moving believers from fluid intelligence (striving and learning) to crystallized intelligence (wisdom and mentoring)
- Four metaphors represent spiritual positions: standing (outside Christ in self-righteousness), sitting in a tall chair (resting in Christ's finished work but vulnerable), sitting in a lower chair (deeper rest and maturity), and sitting at Jesus' feet (intimate relationship and transformation)
- Standing on one's own merits leads to judgment; no amount of good works can pay the sin debt we owe
- The transition from independence to dependence on Christ requires only mustard seed faith, but leads to profound transformation
- Sitting at the feet of Christ is the ultimate destination where intimacy, purpose, and freedom are found
- True spiritual maturity means becoming more childlike: joyful, spontaneous, loving, accepting, and trusting
- The fifth metaphor represents the ultimate lowering, where Jesus became "a worm" to bear our sin
- God desires fellowship with us despite knowing all our faults, offering a relationship unavailable anywhere else

Scripture References:

Psalm 119:105 - "Thy Word is a lamp unto my feet and a light unto my path"

Psalm 119:11 - "I have hidden your word in my heart that I might not sin against you"

1 Thessalonians 5:23 - Sanctification of spirit, soul, and body

Luke 10:38-42 - Martha and Mary; Mary choosing to sit at Jesus' feet

John 20 - Jesus breathing on the disciples, "Receive the Holy Spirit"

Psalm 22 - Jesus quoting "My God, my God, why have you forsaken me?" and "I am a worm, and no man"

Philippians 2:6-11 - Christ humbling himself to death on a cross

Acts 22:3 - Paul sitting at the feet of Gamaliel

III. DEVOTIONAL MATERIAL

5-Day Devotional: From Standing to Sitting at His Feet

Day 1: The Posture of Independence

Reading: Proverbs 3:5-8

Devotional: Many of us have spent years standing on our own two feet, relying on our accomplishments, intelligence, and self-sufficiency. We've built careers, raised families, and accumulated wisdom all while maintaining our independence from God. But Proverbs reminds us that leaning on our own understanding is a dangerous posture. True wisdom begins when we acknowledge our need for God in every area of life. Today, examine where you're still standing in your own strength. What would it look like to stop striving and start trusting? The journey from independence to dependence on God isn't weakness; it's the beginning of true strength. Your crystallized intelligence and life experience become most valuable when surrendered to Him.

Day 2: Resting in Finished Work

Reading: Hebrews 4:9-11

Devotional: There remains a Sabbath rest for God's people, not a rest we earn, but one we enter through faith. Many believers sit in the "easy chair" of salvation but never fully rest in what Christ accomplished. They vacillate between trusting their own efforts and trusting His finished work. This instability keeps them from experiencing the deep peace God offers. Christ's sacrifice was complete; nothing needs to be added. Your good deeds, moral living, and religious activities cannot improve upon His perfect work. Today, practice resting. When anxiety about your spiritual standing creeps

in, remind yourself: "It is finished." Let go of performance-based faith and sink deeper into the security of His accomplished redemption.

Day 3: The Lower Chair of Humility

Reading: Philippians 2:3-11

Devotional: Jesus modeled the ultimate descent ultimately dying on a cross. This downward journey led to His exaltation. Similarly, our spiritual maturity isn't measured by how high we climb but by how low we're willing to go. In the lower chair of humility, we stop proving ourselves and start serving others. We remove our masks and acknowledge our weaknesses. Paradoxically, this lower position elevates us above worldly concerns and liberates us from the exhausting performance of self-righteousness. Where is pride keeping you in a higher chair? What would it look like to descend into greater humility today? Remember: low is go. The lower you position yourself before God, the more He can work through you.

Day 4: Sitting at His Feet

Reading: Luke 10:38-42

Devotional: Martha busied herself with many tasks while Mary chose "what is better," sitting at Jesus' feet. This posture represents the pinnacle of Christian living: intimate communion with Christ. At His feet, we're close enough to hear His whisper, feel His breath on His Word, and experience a transformative encounter. This isn't merely a devotional duty to check off; it's the relationship your soul has been longing for your entire life. Here, performance anxiety dissolves. Acceptance replaces striving. This is where the walking library of your life experience meets divine wisdom. Don't leave His presence until He breathes life into your day. This is your portion. Choose it daily.

Day 5: The Worm and the Cross

Reading: Psalm 22:1-6, 14-18

Devotional: "I am a worm and not a man." Jesus quoted these words as He hung suspended between heaven and earth, bearing the weight of all human sin. He descended lower than any metaphorical chair to the depths of alienation from His Father to the humiliation of crucifixion, to death itself. Why? So you would never have to stand alone again. His descent makes your ascent possible. His lowering lifts you. When you feel unworthy of God's love, remember: He saw you as worth this. The cross represents both the depth of your sin and the immeasurable height of His love. Today, kneel before this mystery. Let the reality of His sacrifice move you from whatever chair you're in, to complete surrender at His nail-pierced feet. This is where transformation happens—at the cross, where the God-man became a worm so you could become His child.

Memory Verses for the Week:

Psalm 119:11 - "I have hidden your word in my heart that I might not sin against you."

Psalm 119:105 - "Thy word is a lamp unto my feet and a light unto my path."

IV. SMALL GROUP RESOURCES

"The Lamplight: Finding Your Place in Christ"

Based on Psalm 119:105

Opening Prayer (2-3 minutes)

Begin by asking God to open hearts and minds to His Word and to create honest, vulnerable conversation within the group.

Ice Breaker (5-7 minutes)

Question: Share about a time when you were standing on your own, trying to solve a problem independently, only to realize you needed help. What did that feel like?

Key Scripture

Psalm 119:105 - "Thy Word is a lamp unto my feet and a light unto my path."

Psalm 119:11 - "I have hidden your word in my heart that I might not sin against you."

Main Concepts Review (5 minutes)

The sermon presented four metaphors representing our spiritual journey:

Standing - Outside of Christ, independent, self-reliant

Tall Chair - Resting in Christ's finished work (new believer, easily in/out)

Lower Chair - Deeper rest, harder to leave, mature faith

At His Feet - Intimate relationship, sitting with Jesus like Mary

(Fifth metaphor: Christ's feet nailed to the cross - the ultimate lowering)

Discussion Questions

Part 1: Self-Assessment (15-20 minutes)

1. Which metaphor best describes where you are spiritually right now?

Standing on your own?

In the tall chair (newer faith, vulnerable)?

In the lower chair (more established)?

At His feet (intimate daily relationship)?

2. The sermon mentioned "fluid intelligence" (striving, building, achieving) versus "crystallized intelligence" (wisdom to share, mentoring phase). Where are you in your life journey? How does this affect your spiritual hunger?

3. What distractions or responsibilities have kept you from deeper spiritual growth in the past? Are any of those changing in this season of life?

Part 2: The Chairs (15-20 minutes)

4. Pastor Gary said, "It's easy to get into the tall chair, but also easy to get out of it." What are the temptations or circumstances that can pull someone out of their faith commitment?

5. What does it look like practically to move from the tall chair to the lower chair? What changes in our daily lives?

6. The sermon stated: "In that chair, you don't see the value of a body of believers." How has community (or lack of it) affected your spiritual growth? Be specific.

Part 3: At His Feet (15-20 minutes)

7. What does "sitting at the feet of Jesus" look like in practical, everyday terms? What would need to change in your morning routine, your priorities, or your schedule?

8. Pastor Gary described the experience at Jesus' feet as intimate - "close enough that you can hear Him because you're right in front of Him and you're listening to Him speak." Have you experienced this kind of closeness with God? If so, what was that season like? If not, what do you think prevents it?

9. Read Luke 10:38-42 (Mary and Martha). Why do you think Jesus said Mary chose "what is better"? What are the "many things" that distract you from sitting at His feet?

Part 4: Personal Reflection (10-15 minutes)

10. The sermon challenged: "I'm not leaving here, Lord, till you speak to me." When was the last time you approached God with that expectation? What happened?

11. For those in the "crystallized intelligence" phase: What wisdom or experiences has God given you that could benefit younger believers? Are you sharing it? If not, what holds you back?

12. Pastor Gary said maturity is "becoming more like a child - joyful, spontaneous, loving, accepting, trusting." Which of these qualities do you most need to develop?

Key Takeaways

Sanctification is a process - We're all works in progress, moving from one stage to another

Lower is better - Humility and lowering ourselves positions us for God's grace and transformation

The destination is intimacy - Not just salvation, but daily friendship with Jesus at His feet

Your season matters - This may be the time in your life when spiritual depth becomes your greatest priority

The Word is essential - Hiding God's Word in our hearts protects us and guides us

Practical Applications

This Week's Challenge:

Choose ONE of the following to implement this week:

Option 1: Daily Devotion Commitment

Set aside 15-30 minutes each morning for Scripture reading and prayer

Use a journal to record what God speaks to you

Don't leave the time until you've truly listened for His voice

Option 2: Memorization

Memorize Psalm 119:11 and 119:105

Write them on note cards and place them where you'll see them daily

Share them with someone this week

Option 3: Mentoring Connection

If you're in the "crystallized intelligence" phase, reach out to someone younger in faith

Offer to meet for coffee and share your journey

If you're newer in faith, ask someone mature to mentor you

Option 4: Honest Assessment

Spend time in prayer asking God to show you which "chair" you're truly in

Identify one specific thing keeping you from going lower/deeper

Share this with one trusted friend and ask for accountability

Accountability Partners (5 minutes)

Pair up with someone in the group:

Share which chair you believe you're in

Share which practical application you're committing to

Exchange contact information and commit to checking in mid-week

Closing Discussion (5 minutes)

Final Question: If you truly believed this could be "the best summer of your life" spiritually, what would you do differently starting tomorrow?

Closing Prayer (3-5 minutes)

Go around the circle and have each person pray one sentence asking God for:

Honesty about where they are spiritually

Courage to go lower and deeper

Grace to sit at His feet consistently

Close with a leader praying for the group's commitment to growth.

For Next Week

Come prepared to share one thing God spoke to you during your devotional time

Be ready to recite Psalm 119:11 and 119:105 from memory

Bring your Bible and a journal

Leader Notes

Create a safe space for honest answers - some may be standing outside of Christ

Don't rush through questions; silence is okay as people reflect

Be prepared to share your own journey through the "chairs"

Have resources available for those wanting to start a daily devotional practice

Consider having the group commit to a summer-long journey of going deeper together