

# Sunday Centerpoint

## Key Takeaways:

1. Who you follow determines where you lead others
2. True rest requires freedom from fear, friction, pests, and hunger
3. We often settle for "cheap imitations" instead of the clean water of God's Word
4. Becoming a great leader begins with becoming a great follower
5. We must discern between God's commands and our own traditions

## Discussion Questions:

1. What does it mean practically for "the Lord" to be your shepherd versus other things (traditions, preferences, leaders, culture)?
2. Jason mentioned how the Pharisees created "fences" around God's commands that became more important than God's actual commands. Can you think of examples where we might do this today in our own lives or churches?
3. "When we constantly want more, we're really saying, 'Jesus, I don't trust that you are enough for me.'" How does this statement sit with you? Is it true in your experience?
4. The sermon outlined four things sheep need to lie down in rest. Discuss each one:
  - a. Free from Fear (Romans 8:31-39)
    - i. What fears are you currently carrying?
    - ii. How does knowing "the end of the story" (Christ's victory) help you handle fears?
  - b. Free from Social Friction (John 13:35)
    - i. Identify relationships in your life (especially in the church) where there is friction?
    - ii. How can you handle disagreements with love rather than "bulldoze" your way?
  - c. Free from Pests (Psalm 23:5 - "You anoint my head with oil")
    - i. What "pests" (sins, habits, temptations) are currently bothering you and preventing you from resting?
    - ii. Who in your life can help you address these (like a shepherd anointing with oil)?
  - d. Free from Hunger (Psalm 23:2 - "Still waters")
    - i. Jason mentioned "settling for cheap imitations" instead of clean water from Scripture. Identify the "dirty pools" you're tempted to drink from instead of God's Word?
    - ii. Be honest: How much time do you spend on your phone versus in Scripture?

## Practical Applications:

- MEMORIZE: Psalm 23 (aim to have it memorized by the end of this 4-week series)
- Track phone screen time this week, try to spend at least half that amount of time in Scripture
- Read and meditate on Psalm 23 and 1 Peter 5:1-4 daily
- Spend time this week praying about and fasting over the shepherd selection process
- Complete the elder study guide (available digitally and in print)
- Determine which of the four conditions for rest (fear, friction, pests, hunger) you most struggle with and focus on a specific action you can take this week to address it?
- Share one area where you're drinking from "dirty pools" instead of God's clean water

