



WELCOME!

WE'RE SO GLAD YOU'RE HERE!

Our mission is to help people **Come** to know Jesus as Savior, **Grow** in a relationship with Him, and **Live** their lives for Him. God loves you and we pray that during the worship service you will be able to connect with Him through song, scripture, and the message.

Sunday, November 5, 2023

Sermon Series: Let Go and Take Hold

Sermon Title: Slow Moving Christians Ahead

Scripture: Psalm 46:10, Mark 6:31

Speaker: Pastor Kendall Harger

ARE YOU NEW TO SGCC?

Please stop by our
Welcome Center
located by the front
doors for a free gift!

~OR~

Fill out our online
guest card by visiting
sgcommunitychurch.org

SUNDAY MORNING CHILDREN'S MINISTRIES

NURSERY

AGES: newborn-2 years

Please sign-in your child at the
nursery door and pick-up a pager.

CHILDREN'S CHURCH

AGES: 3 years-2nd grade

Please drop off your child at
Room 114 and sign them in.

SPRING GREEN COMMUNITY CHURCH

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Sermon Notes
November 5, 2023

Slow Moving Christians Ahead

Big Idea

Slowing down increases my capacity to be present with God and others.

Psalm 46:10, Mark 6:31

Psalm 46:10

New Living Translation: “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

Contemporary English Version: Our God says, “Calm down, and learn that I am God! All nations on earth will honor me.”

The Voice: “Be still, be calm, see, and understand I am the True God. I am honored among all the nations. I am honored over all the earth.”

“Hurry is the great enemy of spiritual life in our day. Hurry can destroy our souls. Hurry can keep us from living well.... Again and again, as we pursue spiritual life, we must do battle with hurry. For many of us the great danger is not that we renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will just skim our lives instead of actually living them.”

-John Ortberg

Calhoun offers these “Slowing” practices, ways to learn to slow down and pay more attention to God’s presence today:

1. Get enough rest
 2. Practice speaking more slowly
 3. Look people in the eyes as they are talking with you.
 4. Eat more slowly, paying attention to the taste and texture of the food you are eating.
 5. Sit longer at the table, or around the campfire.
 6. Plan buffer time between meetings with schedules.
 7. Take more pauses in the day, time to sit still, collect yourself, rest briefly, take a few long breaths, pray.
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Discussion Questions

Ice Breaker

Do you prefer a fast-paced lifestyle or one that's slow?
What do you like or dislike about the pace of your life?

Read Psalm 46:10

(read the whole chapter if you have time)

1. The words "be still" in verse 10 are translated from the Hebrew word raphah which means "to let down, let go, or cease." In some instances, the word carries the idea "to be weak." If you were in the midst of a chaotic season of life and someone told you to do this, how would you react?

2. Look up the following verses. How does each verse impact your understanding of "being still"?

-Exodus 14:13-14

-Psalm 37:7

-Psalm 62:5

-1 Kings 19:11-13

3. Read 1 Kings 19:11-13. What is the significance of how God appeared to Elijah: Wind, Earthquake, Fire, and Still Small Voice?

4. To hear a whisper, you must pause (slow) to create quiet/silence. What is it about slowing and silence that helps us hear God more clearly? Have you ever experienced a moment when you felt God speak to you with a gentle whisper?