

“Let’s Go There”: An Honest Journey Into Advent | Wk 1 | 11/15/2020

A Seattle Church: [@ASeattleChurch](#) | [Pastor Tyler Gorsline](#)

WARM-UP: “Together”

1. What is a favorite treat (snack, candy...)
2. What is a favorite thing or memory about fall/ autumn?

WORD: “Truth”

Leader: Questions below should allow for quick responses, evident by close reading of the text. Choose to use some or all of them (pending pace), as reading of the passage(s) will answer them as well.

- **Sermon Recap (if helpful):** Pastor Tyler explored how God is trying to create a wellspring of space for our souls to thrive. How in Genesis 26, Isaac faced disputes and opposition, yet God “makes room” (“Rehoboth”) for him in the middle of the struggles he faces. We looked at what it means for us to be people who let God “go there,” into the honest state of our lives and spiritual health (or lack thereof). Defining what our soul is and what fights against it, he called us to create space for sabbath practice in our lives. To see the darkness created by having no space to be close to God and the impacts that has on us living hurried, frenzied lives of constant disconnection from God. Jeremiah 6:16 was noted to showcase the divided state of our souls. The Hebrew word for soul is *Nephesh*, means “needy man or woman” (OT Scholar Hans Walter Wolff). This reality calls for our utter dependance on God as demonstrated by Psalm 40:17 (NLT). The remedy is to bring the weight of our burden to Jesus ala Matthew 11:28-30 (The Message), and have Jesus be our greatest rest. This will allow us to be good news to “all of creation (and our neighbors) waiting in eager expectation for the children of God to be revealed” (Romans 8:19). To see hope for others wondering if there is anywhere and any way they can find space for healing their weariness. To know why and how to practice sabbath, and its innumerable impacts on our spiritual health and thriving at a soul level.

Read Genesis 26:12-22 (In three chunks if helpful: vv 12-15, 16-18, 19-22)

Read vv 12-15

- a. What do we see Isaac doing?
- b. How does God bless him?
- c. What do the Philistines do and why?

Read vv 16-18

- d. Where does Isaac move?
- e. What does he do when he arrives there?

Read vv 19-22

- f. What is the progression of Isaac’s well project?
- g. What is the climax of this well digging?

SUPPLEMENTARY STUDY MATERIAL

1. Read Jeremiah: 31:25 (ESV), Exodus 33:14, Mark 6:31, Isaiah 30:15 and Psalms 37:7. Consider OT Theologian Walter Brueggemann's definition of the impact of sabbath: "Sabbath provides a visible testimony that God is at the center of life—that human production and consumption take place in a world ordered, blessed, and restrained by the God of all creation." Ask what this might mean for your soul as defined by the late great Jesus-loving philosopher Dallas Willard, "What is running your life at any given moment is your soul. Not external circumstances, not your thoughts, not your intentions, not even your feelings, but your soul. The soul is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. The soul is the life center of human beings." How is your soul centered or not on finding rest in God? Which of these scriptures deepen your understanding of your need for sabbath rest in Christ? Which part of your life from Willard's definition, do you give credit for "running your life" instead of taking inventory of your soul?

APPLICATION: "Life":

1. Spiritual Formation writer Ruth Haley Barton's described "hurry sickness" as a lack of rest/room for Christ that includes: 1) "irritability or hypersensitivity," 2) "restlessness," 3) "compulsive overworking," 4) "emotional numbness," 5) "escapist behaviors," 6) "disconnected from our identity and calling," 7) "not able to attend to human needs," 8) "hoarding energy," and 9) "slippage in our spiritual practices."
 - a. Which of these most fights against your unwillingness to take sabbath on a regular basis?

PRAYER "Way"

1. Can we pray for a particular area that has gotten in the way of sabbath in the past or a perceived roadblock for future attempts?
2. Do you have a specific prayer request?

COMMUNION "Together"

Lead your group in communion in a way that feels right.

- If needed, 1 Corinthians 11:23-27
 - **23** ...that the Lord Jesus on the night when he was betrayed took bread, **24** and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." **25** In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." **26** For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

ANNOUNCEMENTS at ASC:

1. Invite a Friend to watch our **New Series “Let’s Go There: An Honest Journey into Advent” Starts with you this Sunday (online or in person)**
2. Share testimony of how God is moving in your life/your group in this season? [HERE](#)
3. How can we come alongside you in more specific ways as a church? [Let us know.](#)
4. **All-Church Prayer Call on Wednesday’s from 1230-1pm each week.**
1-253-215-8782, 86546382360#
5. If you haven’t yet, sign up for ASC Newsletter Weekly Updates [HERE](#).
6. Have you been baptized? If that is your next step in repentance and faith, [let us know.](#)