

"A NEW NORMAL" | Wk 4 | 6/14/2020

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WARM-UP: Engage ("Together")

1. Tell us about a surprise gift you received that was super life-giving to you.
2. Tell us about a time you blessed someone else by giving them something they didn't expect.

WORD: Establish ("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.

- Read Isaiah 58:1-2:
 - a. What are God's accusations against Israel through Isaiah?
- Read Isaiah 58:3a:
 - a. How are they interpreting God's response to their discontentment?
- Read Isaiah 58:3b-5:
 - a. What does God reveal about the contrast of their expectations and actions?
- Read Isaiah 58:6-7:
 - a. In this passage, what are the elements of a fast that worship God in integrity?
- Read Isaiah 58:8-11:
 - a. What happens to the Israelites' relationship with God + others as a result of "true fast?"
- Read Isaiah 58:12:
 - a. What other scriptural images come to mind that reflect the 4 R's of fruit of a true fast?
- Read Isaiah 58:13-14:
 - a. How does the sabbath "rest" promise fruitful world impact, if God's people rest?
- **Sermon Recap (if helpful):** Tyler invited us to consider how we are living (or not living) a life that is integrated with holistic practice of following Jesus. Jesus himself lived a life that was in a constant cycle of receiving and giving. He knew that "apart from the Father, he could do nothing" (John 5:19), yet he didn't only stay in his "quiet, solitary place to pray" (Mark 1:35). He found a way to live a just and holy fast as Isaiah 58 calls us to. A life of holy intersection between having real authentic intimacy with God that rejected sin, and a life that battled brokenness for others' sake. Tyler asked us to consider if we are trending towards merely receiving from God but not giving life away, or if we are people who give life but need to make space to receive it from God as our "sufficient grace" (2 Corinthians 12:9). He showed how a true fast with God is one that gives and receives to the end of producing fruit that "repairs," "raises up," "rebuilds," and "restores." (Isaiah 58:12)

APPLICATION: Equip ("Way")

1. How is God inviting you to "receive" less or more?
2. How is God inviting you to "give" less or more?
3. How could you integrate "giving" and "receiving" in your life of practicing the way of Jesus?
4. What makes you afraid and unwilling to do so? What obstacles are in your way?
5. How is God asking you to fast or sabbath in ways that promote justice?

PRAYER Empower ("Life" in the Spirit)

1. How can we pray for you to better integrate your receiving and giving in Jesus? For neighbors?
2. Ask God to **Give** you activation to **fast justly** (Is 58:1-12) or **sabbath to Receive** rest (Is 58:13-14)