



Week 7: Rest in Chaos

Big Idea:

To be anchored in Chaos, you must abide.

1. What is your primary take away from the "Out of Chaos" series prior to this weeks' sermon?
2. How do you define sabbath? Did you practice sabbath growing up, do you practice a sabbath now? Read Gen. 2:2-3, Exod. 20:8-11, Deut. 5:12-15, and Mark 2:27-28 what do they tell you about sabbath?
3. Read John 15:1-8 out loud. What's one thing that you can do – intentionally, rhythmically – to "abide" in Jesus?
4. God prunes in 3 ways; He removes the DEAD STUFF, He removes the terminally DYSFUNCTIONAL STUFF, He removes the GOOD STUFF to empower the GREAT STUFF. Think about all the areas of your life; your relationships, your career, etc. What may God want to remove in those areas of your life that fit into these qualifiers. In prayer, ask God to lovingly prune you, so that you may "bear great fruit" for His glory?
5. Pastor Dan shared about the shadow rhythms we sometimes pursue; ANXIETY to ESCAPE, STRIVING to MEDICATING, SCROLLING to COMMENTING, PERFORMING to PROCRASTINATING. Do you relate to any of these? What are other negative rhythms this sermon brought to mind?
6. What is one way you can start to pursue a rhythm that anchors you (more sleep, keeping a sabbath, more time in prayer, scripture, more time in play, etc.) during the chaos.

Quote for the week:

The Disciplines allow us to place ourselves before God so that he can transform us."

- Richard Foster