

Worship Notes for September 13, 2020 - Orrville Trinity UMC

“Same Storm, Different Boats” Series

Here are some resources to help you engage the worship theme with your family or small group. Blessings in the name of the Father, Son, and Holy Spirit, Pastor David

Opening Prayer: Come, Lord Jesus, Come. Come, Holy Spirit, Come. Amen.

WEEK #3: “We Could All Use a NAP”

This Week’s Scripture Passage: Mark 4:35-41

Memory Verses for this Worship Series: Philippians 4:4-9

4 Be glad in the Lord always! Again I say, be glad! 5 Let your gentleness show in your treatment of all people. The Lord is near. 6 Don’t be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. 7 Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus. 8 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. 9 Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

SMALL GROUP QUESTIONS FOR CONVERSATION

- The disciples weren’t happy with Jesus when they found him sleeping in the boat while they panicked in the storm. How would it make you feel if you discovered your friend sleeping in the midst of the chaos? How do you feel about Jesus sleeping?
- A term Pastor David used in his sermon was **Non-Anxious Presence** (N.A.P.). Can you think of people who act as a non-anxious presence in your family, workplace, church, or community? What is it about them that gives them those qualities?
- How do you find yourself acting as a non-anxious presence? In other words, how have you been able to inject God’s peace into the midst of anxious situations?
- Part of being a non-anxious presence is committing to staying connected with someone else in relationship, even when it’s difficult to do so. What seems to help you stay in those kinds of relationships instead of walking away from them?
- Our spiritual practice for this week is **Sabbath**, which is the weekly practice of stopping from our work and, instead, placing things in God’s sovereign hands. On a scale of 1-10, how often have you integrated Sabbath-keeping into your weekly routine? If you’re not happy with where you are, what step could you take this week to observe a Sabbath (24 hours of stopping and resting). Commit to scheduling it.