

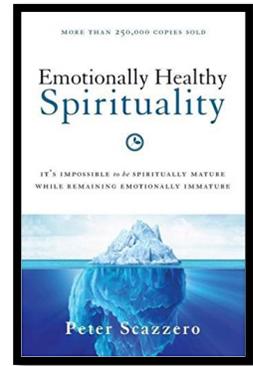


Emotionally Healthy Spirituality Series

Wednesday ReUp | April 25th, 2018

Pastor Tommy Kyllonen, Lead Pastor

Pastor Lucy Kyllonen, Facilitator



Tonight's Primary Scriptures:

Daniel 6:6-10; Exodus 16; Exodus 20:1-17

SERIES OVERVIEW

- ❖ **April 4, 2018 – Session 1** (The Problem of Emotionally Unhealthy Spirituality)
- ❖ **April 11, 2018 – Session 2** (Know Yourself That You May Know God) & (Going Back In Order To Go Forward)
- ❖ **April 18, 2018 – Session 3** (Journey Through The Wall) & (Enlarge Your Soul Through Grief and Loss)
- ❖ **April 25, 2018 – Session 4** (Discover The Rhythms of the Daily Office & Sabbath)
- ❖ **May 2, 2018 – Session 5** (Grow Into An Emotionally Mature Adult)
- ❖ **May 9, 2018 – Session 6** (Go To The Next Step To Develop A 'Rule of Life')

Review

The Struggle is Real

Current Statistics

This culture does not celebrate rest. It celebrates a fast-paced, non-stop zeal to get to the top by whatever means. Our culture has caused us to believe that busier is better and that busy is productive. That ladies and gentlemen is further from the truth.

“Some of us have made an idol of exhaustion. The only time we know we have done enough is when we’re running on empty and when the ones we love most are the ones we see the least.”

-Barbara Brown Taylor

1. _____ is a form of _____.
2. Resist the urge to _____.

“We have to know when we’ve worked enough, tried enough, gathered enough, purchased enough, said enough, stored enough, kept enough, created enough, produced enough, generated enough, consumed enough, labored enough, expended enough, spent enough. Somebody has got to say ENOUGH IS ENOUGH!- Priscilla Shirer

Treasure Key #1: The Daily Office

Do you have a spiritual rhythm? If so, what is yours? _____

The term “**Daily Office**”- is also called _____.

The word “*office*” comes from the Latin word, _____ or _____. The daily office in the early church was the work of God.

The Daily Office creates a _____ for spending time with God, several times a day.

- David - Psalm 119:164- I will praise you seven times a day because all your regulations are just.
- Daniel- Daniel 6:10- He prayed three times a day, just as he had always done, giving thanks to his God.
- In Jesus' time- devout Jews prayed 2-3x a day.

Four elements to be found in the Daily Office. These can be done together or alone:

1. _____
2. _____
3. _____
4. _____



Treasure Key 2: The Sabbath

The Hebrew word for Sabbath is _____ which means to come to an end, to cease, to stop, to pause. Make a decision to stop something in order to gain something else.

Israelites became accustomed to _____ as a _____. God knew for them to be truly free, He not only had to take them out of _____ but provide a way to take _____ out of them.

The Purpose of the Sabbath:

- **Exodus 9:1** Then the Lord said to Moses, "Go to Pharaoh and say to him, 'This is what the Lord, the God of the Hebrews, says: "Let my people go, so that they may worship me."'
- **Exodus 8:20** Then the Lord said to Moses, "Get up early in the morning and confront Pharaoh as he goes to the river and say to him, 'This is what the Lord says: Let my people go, so that they may worship me.'
- **Exodus 10:3** So Moses and Aaron went to Pharaoh and said to him, "This is what the Lord, the God of the Hebrews, says: 'How long will you refuse to humble yourself before me? Let my people go, so that they may worship me.'

Sabbath Declaration

- ❖ Exodus 20:8-11: _____
- ❖ Deut. 5:12-15: _____

The Sabbath- Principle of Multiplication

Exodus 16:11-29

Vs.17-18- the person who gathered a lot had no surplus, and the person who gathered a little had no shortage.

What happened on the Sabbath day? He provided a _____!!!

- Matthew 14:13-21- multiplication of the loaves and fish

- Leviticus 25:4-6-Sabbath rest for their land every 7 years. A double portion was received in the 6th year.

Distinguishing Between a Day off and a Biblical Sabbath

1. Stop- _____.
2. Rest- _____.
3. Delight- _____.
4. Contemplate-_____.

GROUP DISCUSSION QUESTIONS

1. How do you see evidence that things or people have too much control in your life?
2. Complete the sentence: I have a difficult time resisting the urge to continue.....
3. What is one practice of the Daily Office you do on a daily basis that helps you stay connected to God? Or, are there any you need to begin to implement?
4. What is your greatest fear in stopping for a twenty-four hour period each week?
5. Sabbath is like receiving the gift of a "snow day" every week. Everything is closed and you are forced to stay home and not go into work. God gives us over 7 weeks (fifty two days) of "snow days" every year! What difference would it make in your life if you celebrated a Sabbath every week?
6. Is there anyone from the group who can share a testimony of God's freedom in their lives? How has your perspective changed since then?

Homework:

1. **Next week - Add 10 minutes per day** to whatever time you currently "spend WITH" God. *(i.e. – if you are currently spending 10 minutes, now it should be 20 minutes or if its 30 minutes, it should not be 40 minutes.)*
2. Take a close look at the progression statements below. For each group of statements, circle the one that most describes a transition you are making in this stage of your journey. *Free people shouldn't act the same way slaves do.*

Slaves hoard.	Free people give.
Slaves live fearfully.	Free people live lovingly.
Slaves live with closed fists.	Free people live with open hands.
Slaves live from a posture of lack.	Free people live from a posture of abundance.
Slaves live from a stance of deficiency.	Free people live from a place of holy expectation.
Slaves never think they have enough.	Free people believe that whatever they don't have, God will graciously, miraculously and abundantly give in His timing.
Slaves keep going.	Free people can willingly discipline themselves to stop.

In regards to the ones you circled, list some specific, practical ways you can begin to transition from the patterns of slavery to that of a free person. What are some things you can begin implementing right away?