



TODAY'S SERMON OUTLINE

S.L.O.W. | WAY OF LIFE

May 19, 2024 | Ephesians 4:20-24

REVIEW

Ask yourself the following questions from the message and the scripture of **Ephesians 4:20-24**

- What do You want me to know?
- What do You want me to do?
- Go Together: Share with someone so you can explore what God is doing with each other. Then pray together and encourage each other to follow through.

REFLECT

1. What was your one take away from the message?
2. How are distractions keeping you from living an abundant life in Christ?
3. Do you feel you have the time and energy to serve and love others well? Why not?

RELATE

1. **Problem: Ephesians 4:20-24** – Do you have any structure around your spiritual life? Do you intentionally and consistently create space to meet with the Father? Who holds you accountable? Who is helping you make adjustments to your plan and helping you get back on track?
2. **Structure: John 5:19, 30, Ephesians 5:15-17** – Have you ever created or followed any type of spiritual or life plan? How did it work for you? You have a rule of life, whether you realize it or not, the question is do you know what it is and more importantly what it is doing to you? What do you need to change?
3. **Radical Hospitality: John 4** – Who are the outcasts that you need to invite to your “table?” You can probably think of a group of people you don’t like to associate with. What is God calling you to, when it comes to hospitality with that group, your neighbors, your co-workers, or fringe friend group?
4. **Serving Others: Luke 10:25-27, Philippians 2:5-8** – Why do you find it challenging to serve the outcasts in your life? How does your heart need to change in order to not just walk by them, but stop, talk, and serve them? Take the time today to sit before God and see who he is calling you to serve.
5. **Way of Life: Hebrews 4:12** – If Jesus’ “Way of Life” was to create space for the Father in order to selflessly spend intentional focused time with those around him, then what does that mean for you? How can you begin today to create an intention and focused way of life which centers around Christ?

PRACTICE

This week attempt to practice the following:

1. Spend time in prayer before the Father attempting to discern where you need direction in your life? Where do you need to put some guardrails in your life to keep you from going off the edge?
 2. Create structure in your life with a Rule of Life or the OBJC Spiritual Growth Blueprint
 3. If you family needs more direction download the Family Mission Statement to create a living document that give your family direction.
 4. All these resources and more can be downloaded at ohbejoyfulchurch.org/slow
-