

Take YOUR LIFE Back

SERMON DISCUSSION

The Secret to Happy

Quotable Moments:

- To "Take Your Life Back," you must learn the unforced rhythm of a life that is at peace.

Scripture: Matthew 22:36-40

Key Things You Heard:

- "The longing for things to be good again is one of the deepest yearnings of the human heart. It has slumbered in the depths of our souls ever since we lost our truer home. For our hearts remember Eden. Our longing for life to be good again will be the battleground for our heart. How you shepherd this precious longing, and if you shepherd it at all, will determine your fate in this life and in the life to come." John Eldredge
- A happy "what" always leads to a happy "what else."
- "We entered the COVID-19 pandemic of 2020 worn out by the madness of modern life." John Eldredge
- Jesus' invitation to follow Him is an invitation to a life where your soul is at rest.
- You will never be able to take your life back until Jesus' way of life becomes the unforced rhythm of your life.
- You can't be yoked to Jesus if you don't surrender to follow Jesus.
- It's hard to find rest for your soul without being at peace with the Creator of your soul.
- Sin is simply not loving God, loving ourselves, or loving someone like Jesus loves me.
- What does it take to learn Jesus' way of life?
 - Be with Jesus.
 - Become like Jesus.
 - Do what Jesus would do if He were you.

Pray: Thank you for loving me, Jesus. I love you, Jesus. Thank you for model the command to love. Forgive me for the sin of not loving God, myself and clothes as you have loved me. Help me to find rest for my soul, by looking to you and being at peace with you as my Creator. In Jesus' name I ask this, Amen.

Questions for Group Discussion:

First Minutes: Discuss Paul's illustration of a camel. Have you ever lived through a season with seemingly endless endurance, and then suddenly collapsed?

- When you think about this past week, what difference would it have made if you had focused more on "who" than on "what"?
- Read Matthew 22:37. Does it surprise you that the #1 command of Jesus is to Love? How does this change your view of following Jesus?
- Paul said "It's hard to find rest for your soul without being at peace with the Creator of your soul." In what other ways do we seek to discover rest for our soul? Why don't those things work?
- What is keeping you from being at peace with the Creator of your soul? Is it a relationship, a grudge or offense, your own selfishness, or something else?
- Paul said "Sin is simply not loving God, loving yourself, or loving someone else like Jesus loves me." How does it redefine how you think about sin?
- As you begin your prayer time, have someone read the prayer from the card handed out on Sunday. Allow some silent space for individual prayer.

Moving Forward:

- Memorize Matthew 22:37.
- With your new definition of sin, spend time confessing specific sins to God.
- Pray the prayer on the card handout daily.
- Re-watch and/or share the sermon with a friend. Go to rivertown.cc or the RCC App.

"Jesus, I come back to you now in my longing for life to be good again. I love you here, Lord, in my soul's longings, desires, and heartaches. I consecrate to you my Primal Drive for Life. I surrender to you my ability to aspire for good things, plan for them, take hold of them, enjoy them, and keep on aspiring. I consecrate all living in me to you, Lord Jesus; I give you my famished craving for life to be good again. I love you here. I love you right here. And now I ask that the river of your life would flow in me, in my Primal Drive for Life, and in my longing for life to be good again. I open my heart and soul to the river of life. Let it flow in me, through me, and all around me—restoring, renewing, and healing me. You alone are the life I seek, and I welcome your river into my heart and soul; I receive the river of your life in me. Thank you, God! In your mighty name, I pray."

— from "Resilient: Restoring Your Weary Soul in These Turbulent Times"