



A WEEKLY RESOURCE FOR LIVING OUT THE WORD OF GOD

What: a weekly resource that helps the community of CCE take the sermon into their lives throughout the week with a variety of reflections, group discussions, and individual practices.

Why: Sermons aren't just for Sunday morning. "We submit ourselves to the way of faith and practice revealed in the Word of God. The sermon is explanation and exhortation, making this Word clear and *applying it to our lives.*" (definition on bulletin)

Individual and communal rhythms that help us take the liturgy into daily life allow us to open ourselves to what God is teaching us through his Word and his people.

Feel free to go through all the days or select one or two exercises that help you apply the sermon to your life this week.

February 2, 2020

Sermon Series: 2020 Vision

Title: A Prayer for the Church

Scott Armstrong

Sermon Text: Ephesians 1:15-23

OT Reading: Psalm 8

Summary: We see in this passage the heart of a pastor for his people, praying the blessings of salvation in Christ from vv. 3-14 into reality, that the gap between head and heart would be closed, moving the Christians from intellectual knowledge to intimate experience of God. He wants them to see how treasured and loved they are by the God who is Lord over even death itself, using His power not to crush them but death in their place. So, how do we enter into this experience? We learn to pray the truth of the Scriptures into our lives, shifting our focus from ourselves to the Lord and, in the process, paradoxically, our needs are met. We should be able to, then, on the other side of all of this, see evidence of change, evidence of His power in our lives (and we'll look at the issue of anxiety as a sort of test for this).

Monday: Lectio Divina

Take some time to practice an ancient way of reading Scripture. For more on lectio divina click [here](#)

- (*Lectio*) *Reading*. Slowly read the sermon text (Ephesians 1:15-23 or Psalm 8) and get a sense of what it is saying. Read it a second time and listen for any words that strike you.

- (*Meditatio*) *Reflecting*. Read the passage again slowly. As you pause on the words or phrases that stick out to you, take some time to consider what the word, passage, or phrase means (in the context of Scripture) and how God might be using it to speak to anything in particular in your life.

- (*Oratio*) *Responding*. Read the passage again, slowly. Consider now how God has spoken to *you* in this passage and offer your responses back to Him.

- (*Contemplio*) *Remaining*. Now, take time to simply remain in the presence of God.

Tuesday: Discussion Guide

Each week we'll provide some questions to consider that will help you take the Scripture and the sermon into a deeper place. We hope this fosters meaningful conversations with those in your community group, your spouse or a friend. Authentic change happens in community.

1. As you listened to Paul's prayer for the church (and you!), how did it make you feel?
2. Do you see a gap between what you proclaim with your lips and your day to day experience of God?
3. Scott said it is possible to know much about God (book smarts) without knowing God. What has been your experience of this?
4. Scott said we get to experience God's power in our lives by shifting our focus from ourselves to the priority of exalting God in our lives—what has this journey been like for you?
5. Scott said we should ask the "so what?" question about Scripture—that if it is true and has life changing power, we should see evidence. He offered the issue of anxiety as a sort of "test case" and said the issue is we transfer God's power to things (eg, anxiety) that do not have power in and of themselves. Can you identify with this? How does the Resurrection power of Christ—His defeat of death for you—address whatever issue looms large in your life today?

Wednesday: Review of Confession

Once per month instead of a corporate confession of sin, we make a corporate confession of faith using the Apostle's Creed. Written about 300 years after the birth of Christ, the Apostle's Creed summarizes foundational Christian beliefs. It has been used both as a statement of faith and in worship by many denominations throughout history.

Apostle's Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

*that is, the true Christian church of all times and all places

Thursday: Hymn Devotional

From the text, Paul's prayer for the church is that, by the Spirit, the knowledge of the Lord be revealed so that we may truly know Him. Let's meditate on the power, wonder and majesty of the Lord God Almighty with Revelation Song.

Revelation Song
Kari Jobe

Worthy is the Lamb who was slain
Holy, holy is Thee
Sing a new song to Him who sits on
Heaven's mercy seat

Worthy is the Lamb who was slain
Holy, holy is He
Sing a new song to Him who sits on
Heaven's mercy seat

Holy, holy, holy is the Lord God Almighty
Who was and is and is to come
With all creation I sing praise to the King of kings
You are my everything and I will adore You

*Clothed in rainbows of living color
Flashes of lighting rolls of thunder
Blessing and honor strength and glory and power be
To You the only one who's King*

*Holy, holy, holy is the Lord God Almighty
Who was and is and is to come
With all creation I sing praise to the King of kings
You are my everything and I will adore You*

*Filled with wonder awestruck wonder
At the...*

Friday: Sabbath/Soul Rest

Take a few minutes— ideally at the beginning of your day, or whenever works best for you— and simply do nothing. Just be. Stand in silent love before God. Sit there long enough for the peace of his spirit to well up inside your body. Thank him for it. Ask God, “What do you have for me today?”

“BE STILL and know that I am God.” Psalm 46:10