

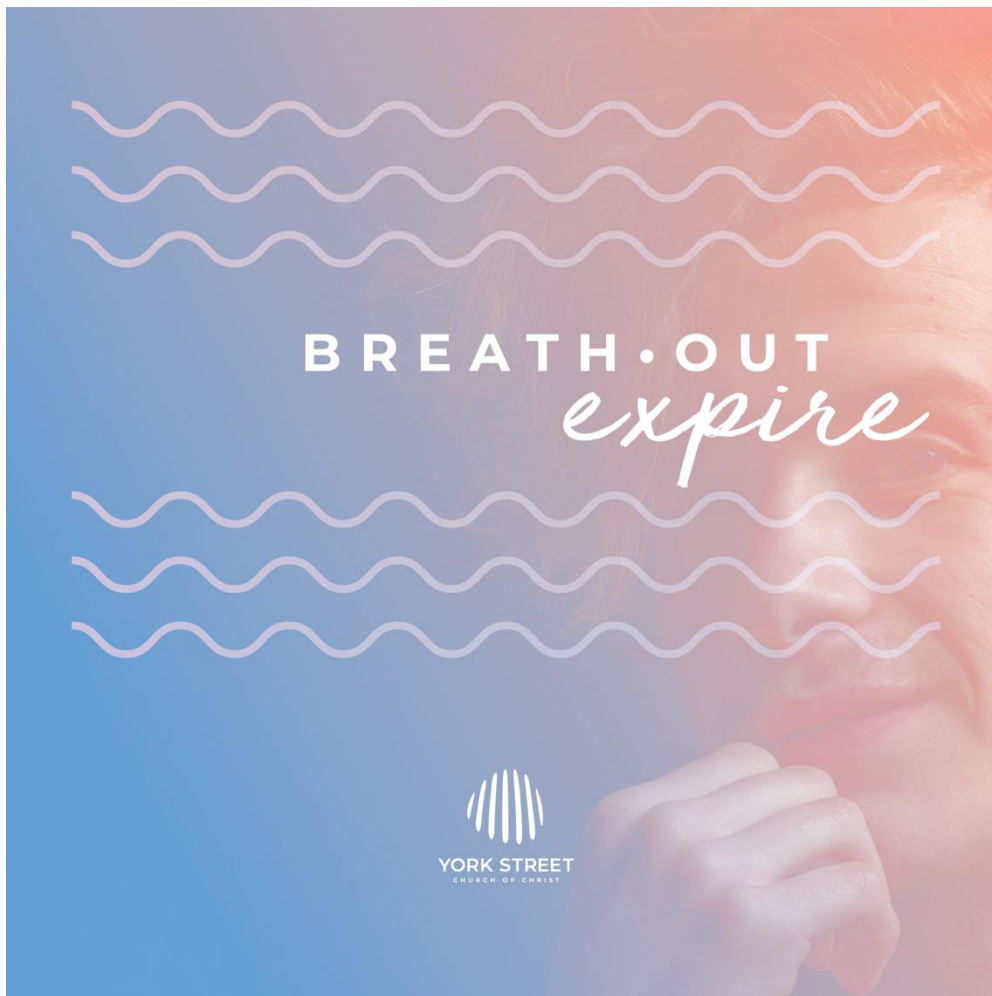
York St Small Groups

Sermon Based Studies

SUNDAY 1 November 2020

Deep Breath – Breathe out – Expire

Matthew 5:13-16



These studies are designed to be explored after hearing the Sunday sermon and also to be accompanied by a time of prayer/sharing.



YORK STREET
CHURCH OF CHRIST

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GETTING STARTED

Q1. When you think of breathing out, what comes to mind? A sigh of relief, letting go of frustration, relaxing at the end of a day, or working hard may come to mind. Take some time to breathe now, being aware of how you feel, and what is happening as each breath flows in and out of your lungs.

Q2. We know that what goes up must come down, what goes in also comes out. If you think of food, then you know that good food gives you energy. If you think of what you watch on tv and what are we feeding our mind, what effect does that have on how you see the world? Have a think about your spirit, what do you feed your spiritual self, what is going in and what is the product of that?

INTO THE WORD

Read Matthew 15:8

Q3. There is a saying that 'hurt people hurt people', which can be true, but some hurt people are the most loving and kind people you can know. If words come from the condition of the heart, how can we ensure our heart is in good shape?

Read Matthew 5:13-16

Q4. If the evidence of Christ in us can be seen in our words and actions, how can we live this out in a way that we are being salt and light in our world?

GOING DEEPER

Read Psalm 34:8

Q5. If God is good, if we can trust Him, and if we are called to share the good news with those around us, what stops the church from sharing the gospel with the world?

Q6. Tim shared the story of Billy Graham praying a prayer in his younger years, “Oh Lord, do it again, do it again”, while kneeling where John Wesley once knelt to pray for revival in England. Would you be willing to live a life where what we take into our spirit is lived out (breathed out) in our words and actions? Would you take the challenge to pray the prayer ‘do it again’, and see what God chooses to do in your life?

Pray

Heavenly Father, we ask that you would breathe into us once again through your spirit, your word, your people, and your world. Fill us so that we can live a life of purpose, raise in us the urgency to share the gospel with others and the boldness to speak in love for the sake of people’s eternity. Would you do it again in us as individuals and as your church, in Jesus’ name we pray. Amen