**Walking with Jesus**

**The Passage**

Consider the following passages as examples of Jesus’ life and ministry: Mark 1:9-14, Mark 1:32-39, Luke 5:15-16, Luke 6:12-16, Luke 22:7-45

**The Big Idea**

Jesus engaged in a regular rhythm of withdrawing to be filled up by his heavenly father and then engaging in the world with love and service. As his followers, we are invited into that same grace-filled rhythm so that our ministry is done out of the overflow of our relationship with God.

**Questions for Discussion**

1. As we considered Jesus’ own life and rhythm of ministry on Sunday, what was something new that you hadn’t considered before or something you came to understand in a deeper way?

2. Consider the image of overflow: regularly receiving love, grace, and truth from God and regularly offering that to others out the overflow of our own relationship with God. As you consider your own life, where do you see that happening, and what are some of the key barriers/challenges to that happening more?

3. On Sunday, there was a comment made distinguishing activities that are truly restful and refreshing from activities that are simply mind-numbing ways to “check out” for a while. Considering your own life, what are activities that are truly restful and refreshing for you, and how consistently are those activities built into your life as it currently stands?

4. As you consider this rhythm of cultivating an inner life with God and cultivating a life of love and service to others, how do you think Grace Fellowship Church is doing? Where do you think our church most needs to grow?

**Digging Deeper: Sermon Outline**

I. The year at a glance

 A. Our Ezekiel series: Our view of God

B. This summer we will explore what it means to cultivate an inner life with this God; a daily, personal walk with him.

C. This summer we will explore what it means to cultivate an outer life with God; where we move out with him into the world to love and serve.

D. Today we explore the connection between the inner and outer life

II. Jesus’ rhythms of inner and outer life with God

A. See Mark 1, Luke 5:12, Luke 6:12, Luke 22 (Gethsemane)

B. Jesus had rhythm of 1) withdrawal to the Father (inner life with God) and 2) engagement with the crowds (outer life with the world)

III. Let’s consider this rhythm in Jesus’ life

A. How did he pursue his inner life with God and outer life with the world?

1. Inner life: Prayer, Scripture, Solitude, Worship, Sabbath, Creation, Fasting

 2. Outer life: Teaching, preaching, healing, serving, feeding, conversing

3. Consider the image of a cup that overflows (God poured into his life and out of the overflow of that relationship he poured himself out to others)

 B. What he received from his inner life with God?

 1. Rest and refreshment

-In light of his responsibilities, his potential for burnout was high

-His times with God were spaces to “be still and know that I am God”

 2. Identity and acceptance

-In the midst of all the voices clamoring for his heart’s attention and devotion, he continued to get away with God and go back to the one voice that mattered that said, “You are my beloved Son, and I am well pleased”)

3. Guidance and discernment

-Every moment of his ministry required discernment as to what would be the most fruitful course of action

C. How did his rich inner life overflow into his outer life?

 1. Appeal

He was incredibly attractive and magnetic to others because they realized he had a something within his relationship with God that they didn’t have but wanted

2. Authority

He was so in touch with God the Father that when he spoke, he spoke the words of God and they carried authority. (Mt 7:28-29)

3. Freedom

He was free from the expectations of people which freed him up to truly love and serve (Mt. 22:15-16)

IV. Conclusion

 A. Are we following Jesus in his rhythms of inner and outer life?

B. Like Jesus, can we confidently say to others, “Come and see” what I experience?