

Worship Engagement and Devotion for week of May 9, 2021

READ 1 John 4:1-3a, 1 John 5:1-6

Reflections - Life that Looks Like Jesus - 1 John Series – *Free from the World*



Reflections – Life that Looks Like Jesus



The season after Easter Sunday is often referred to as "The Great 50 Days" because Easter is a 50-day season of the Church year. These are fifty days for the church to practice living resurrection. During this season at Faith United we are turning our attention to a series titled: Reflections - Life that Looks Like Jesus.

In this series we will explore what it means for those who follow Christ, to live a life that looks like Christ.

Spend some time reflecting on this week's scriptures and engaging in the reflection questions. Record your thoughts in a journal and refer back to them as you journey through 1 John.

Questions for Reflection:

- 1 John 4:1 reminds us that we are called to test (or discern) the spirits. How are we to determine what is of God and what is not?
- What commands does God ask God's children to keep? Why do you think keeping God's commandments shows love for God?
- Are God's commandments challenging? Why do think John writes that God's commands are not burdensome? What is the difference between something being difficult and something being a burden?
- How are you doing at loving God? Loving others?
- What inspires you to continue to grow in faith and live as a reflection of Jesus?
- How are you carrying the five Christian practices explored during the January The Walk series into the Easter season?

Spiritual Practice: Sabbath

The fourth of the ten commandments found in the book of Exodus reads, *"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God."* The practice of Sabbath involves setting apart time each week to rest in God's love. It is a time for being. Sabbath is given for our delight and communion with God. Set aside a time for Sabbath this week. If Sabbath is a new practice for you, start with a small chunk of time. The practice of Sabbath can include any of the following:



- Setting aside time for intimacy with God and others you love
- Resting in God
- Practicing restful activities such as walks, picnics and bonfires, naps, phone visits with friends and family, tea or coffee with a friend, family time, games with children, etc.
- Letting go of things that are stressful
- Refraining from to-do lists and competition
- Keeping company with Jesus
- Freedom from the addiction to busyness
- Honoring the way God created you by living a healthy and rested life
- Delighting in God, family, the seasons, meals and all the good gifts of creation

Adapted from *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun