

Time for a Tune-up

December 29, 2019

Text: Joel 1:13-14; 2:12-15

The Rhythms of Relationship

- The _____ to God.
- What _____ do these rhythms serve?
- _____.

The Sacred Assembly – Restraining and Refocusing Delight

- Fasting is restraining our _____.
- The sacred assembly _____.

What Does it Look Like?

- _____ misdirected passions.
- _____.
- _____ your relationship with God.

Life Enrichment

What about today's sermon challenged, disturbed, or encouraged you?

- What was your shortest-lived New Year's Resolution? Why do you think it didn't last? What could have made it a life-long habit?
- What are some of the natural rhythms that are part of our relationships (i.e., marriage, family, work, etc.)? How do they benefit the relationship?
- What are the rhythms of relating to God? How are they helpful? When do they become a hindrance?
- How does a person's passion/love for God become distorted? What do we focus our passion/love on rather than God?
- When, if ever, have you fasted? Why did you fast? What was the outcome?
- When we restrain our misdirected passions through fasting, what are we hoping to accomplish?
- If we are just going through the motions, how does that impact our relationship with God? With each other?
- What is your action plan for retuning your life to God over the next four weeks? How will you receive God's assessment of your current condition? What do you think your relationship with God will look like on the other end? Will a tune-up affect your witness? How?