**Sermon Notes**

**“Letting Go of That Which Divides and Disrupts”**

**Ephesians 4:1–6**

**1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all.**

One of the traps you can fall into when it comes to discipleship, is the trap of thinking the active, engaged, growing Christian journey is always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**1. Be completely humble.**

*Until I let go of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I won’t be able to “pick-up” the virtue of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

Matthew 23:8–12

8 “But you are not to be called ‘Rabbi,’ for you have one Teacher, and you are all brothers. 9 And do not call anyone on earth ‘father,’ for you have one Father, and he is in heaven. 10 Nor are you to be called instructors, for you have one Instructor, the Messiah. 11 The greatest among you will be your servant. 12 For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

**2. Be gentle.**

*Until I let go of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ towards others, I won’t be able to “pick-up” the virtue of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

Matthew 11:28–29

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**3. Be patient.**

*Until I let go of an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that gives no room for “margins of imperfection,” I won’t be able to “pick-up” the virtue of patience.*

2 Peter 3:9

9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

**4. Be forbearing.**

*Until I let go of the idea that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exist for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I won’t be able to “pick up” the virtue of forbearance.*

Luke 14:12–14

12 Then Jesus said to his host, “When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbors; if you do, they may invite you back and so you will be repaid. 13 But when you give a banquet, invite the poor, the crippled, the lame, the blind, 14 and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.”

**Questions for Discussion:**

1. What fresh, I-never-thought-of-that-before insight did you learn from the sermon?

2. What emotional reactions did the message cause? Explain.

3. Did anything you hear prompt you to pray? Explain.

4. As you listened, what needy person or group came to mind? Why?

5. Who in your sphere of influence could benefit from the content of this message? Why? When and how can you share with this person the helpful information that you've learned?