**Sermon Notes**

**“The Spiritual Journey of the 30’s”**

**A Snapshot of Life in the Thirties**

**What are the major spiritual challenges?**

1. **What is happening? (Big Picture)**

Building the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **What is happening (Ground Level)**

**The Bible and the 30’s**

Matthew 11:28–30
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. 30 For my yoke is easy and my burden is light.”

**Counsel to those in their 30’s:**

**1. Embrace \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Mark 6:31
31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

**2. Invest in your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

Matthew 19:4-6

4 “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ 5 and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? 6 So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

3. **Say \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Matthew 5:36-37

36 And do not swear by your head, for you cannot make even one hair white or black. 37 All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.

**4. Prioritize the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Luke 10:38-42

**How can we support 30’s in their spiritual journey?**

1. Encourage
2. Pray
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions for Discussion**

1. What was the most helpful, encouraging, challenging, or puzzling thing from Sunday’s message?

2. What are you associations with the word “self-care”? Do you agree with Jeff that self-care is an important spiritual discipline for followers of Christ? Why or why not?

3. What for you are the major challenges that impede your ability to find a quiet place and get some rest with Christ?

4. What are ways you can invest in your marriage that are low cost but high impact?

5. In what areas do you struggle with saying no? What drives your impulse to say “yes” to people and opportunities beyond what you can appropriately handle? Is it pride, fear, insecurity, or something else?

6. How are you going to take action on Sunday’s message this week?