**Sermon Notes**

**“The Spiritual Journey of the 40’s”**

**A Snapshot of Life in the 40’s**

**What are the Major Spiritual Challenges?**

The Major Spiritual Challenge: The Mid-Life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Spirituality of the Two Halves of Life**

**First Half (Themes: \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

*Structure Routine Morality Discipline*

*Hard Work Ambition Self-control Success*

**Second Half (Themes: \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_)**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Transitioning from the First Half to the Second Half: *How does it happen?*

* The Great D\_\_\_\_\_\_\_\_\_\_\_

**The Bible and the 40’s**

Matthew 19:16–22
16 Just then a man came up to Jesus and asked, “Teacher, what good thing must I do to get eternal life?” 17 “Why do you ask me about what is good?” Jesus replied. “There is only One who is good. If you want to enter life, keep the commandments.” 18 “Which ones?” he inquired. Jesus replied, “ ‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, 19 honor your father and mother,’ and ‘love your neighbor as yourself.’” 20 “All these I have kept,” the young man said. “What do I still lack?” 21 Jesus answered, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.” 22 When the young man heard this, he went away sad, because he had great wealth.

**Counsel to the 40’s**

1. Practice disciplines of “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
\_\_\_\_\_\_\_\_\_\_\_\_\_ = Fasting/Confession

\_\_\_\_\_\_\_\_\_\_\_\_\_ = Tithing/Generosity

\_\_\_\_\_\_\_\_\_\_\_\_\_ = Contemplative Prayer

\_\_\_\_\_\_\_\_\_\_\_\_\_ = Forgiveness and restitution

\_\_\_\_\_\_\_\_\_\_\_\_\_ = Serving others

1. Men vs. Women

**How can the church support those in their 40’s?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Questions for Discussion**

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

2. Have you experienced this mid-life transition? How did it first begin to manifest itself in your life? Were you unsettled, angry, apathetic, puzzled, etc.?

3. What has been a “Great defeat” that has shaped your journey? How has God used this in your life?

4. Do you identity with the rich young ruler in Matthew 19:16-22? If so, how?

5. “If you want to be perfect, go, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and follow me.” What might Jesus be calling you to relinquish in order for you to move into this next season of life and ministry?

5. Which disciplines of “secret defeat” are most challenging for you? Which did you feel convicted you should seek to grow in? How have you experienced the practice of these to be spiritually liberating and helpful?

6. What steps can you take this week to apply this message this week?