

Sister Talk: Resuscitate Your Faith

Going Deeper — Week 19: Obedience—An Invitation

Memory Verse:

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30

Gratitude: *There is no better way to remember who you are... whose you are... than to give thanks. Write down things you are thankful for this week.*

This Week's Spiritual Discipline

Throughout our faith journeys we have practiced a variety of spiritual disciplines. Spiritual disciplines are simply habits or activities we exercise to help us grow in faith. Each week we will make a suggestion for you to try.

Time Out!

Jesus promises when we obey at his invitation, come under His yoke, we will have rest for our souls. So what's happening when we get out of sorts during the day? Cranky? Exhausted? Maybe it is time to take a time out and see who you are obeying, yourself or Him?

Instead of muscling through the next thing on your list when you notice yourself a bit snappy or weary take a few minutes (3-5) and re-center yourself in God.

Breathe deep, take a quiet walk, sit and recite your memory verse. Talk to God about your feelings, what you are supposed to be doing, and imagine Jesus lifting His side of the yoke... sharing the work and weight with you.

We know you may think, "I don't have time for that!" What's five minutes really in the span of 12 waking hours? We did the math and it is only .007 of your day. (Maybe this is James Bond's secret!)

Obedience — An Invitation

<p style="text-align: center;"><i>Day 1</i></p> <p>Read Matthew 22:1-10</p> <p>Jesus is teaching about the Kingdom of Heaven. Who was called to the feast first?</p> <p>Those who already received an invitation were called to the wedding feast. They knew the date and time.</p> <p>What were their excuses for not coming?</p> <p>One went to his farm the other to his business. They didn't want to yield their way to the King's. They've attended weddings before, there will be more in the future.</p> <p>Who did the King invite after the refusal of the first? How did they respond?</p> <p>You've probably been invited to many things in your life. What one invitation were you the most excited about? Why? What made it different than the rest?</p> <p>How does it make you feel to consider obedience to Him as an invitation to a great wedding feast?</p>	<p style="text-align: center;"><i>Day 4</i></p> <p>Read Matthew 11: 28-30</p> <p>What part of obeying God feels burdensome? Leaves you weary?</p> <p>Sometimes we view obedience as a burden because we've decided to obey in our own way... by ourselves. We take the calling we've received and set out on our own.</p> <p>Jesus describes obedience as a place of rest. When do you find obedience restful?</p> <p>Look up the definition of the word yoke. How many animals does a yoke require?</p> <p>What picture was Jesus painting for those who obey? Who is the other person beside us in the yoke?</p> <p>Does this change your feelings about obedience? How?</p>
<p style="text-align: center;"><i>Day 2</i></p> <p>Read Matthew 22:1-10 once more.</p> <p>Imagine yourself in this story. Who are you?</p> <p>Are you the King sending invitations no one seems to respond to?</p> <p>Or maybe you are the one too busy with home and business to attend the King's feast?</p> <p>What about the servants the King sent? Are you seeking to be obedient and coming up against roadblocks at every turn?</p> <p>Perhaps you are the one standing on the street when suddenly you find yourself invited to the King's wedding feast.</p> <p>Talk to God about where you are. Be honest, ask for His help... give thanks you are invited.</p>	<p style="text-align: center;"><i>Day 5</i></p> <p>Read John 5:19-20</p> <p>Why was God willing to reveal everything to Jesus?</p> <p>Obedience is fueled first and foremost by the relationship we have with the one we obey.</p> <p>Have you ever obeyed someone because you had to without any relationship or love involved? What was your attitude? How did obeying make you feel?</p> <p>Father, Son, and Spirit love and obey each other perfectly. God lovingly made a way for us to join the relationship through His Son, and now we have God living on the inside of us to bear the weight of obedience with us.</p> <p>How does knowing this effect how you perceive obedience?</p>
<p style="text-align: center;"><i>Day 3</i></p> <p>Read Matthew 4:18-20</p> <p>What invitation did Jesus give to Peter and Andrew?</p> <p>What promise did Jesus give them if they accepted the invitation?</p> <p>Once we accept the invitation to follow Jesus, His grace covers us and we are saved. Obedience is no longer a list of rules to follow, it becomes an invitation to be sent.</p> <p>Where is God sending you today? Will you follow? How?</p>	<p style="text-align: center;"><i>Want to learn more?</i></p> <p>Sister Talk: Going Deeper is an extension of Sister Talk: Resuscitate Your Faith. You can find more on Obedience—An Invitation by going to:</p> <p style="text-align: center;">SisterTalkFaith.com</p> <p>Scroll to the bottom and search Week 4/Day 4 Obey to review more information on obedience as an invitation.</p> <p>Sign up to receive blog posts by e-mail and each day's lesson will come straight to your inbox.</p> <p>Follow us on Instagram for encouragement along the journey at sistertalkfaith.</p>