

# TCC Community Guide

For the week of January 22, 2023  
Rule of Life Mini Series

*Before working through this Guide, ensure everyone has listened to the teachings from January 8, 15, 22*

*As your group transitions into a time of being present to God and one another, allow space for transition through quiet and reading of Scripture. Have everyone take a prayerful posture, read the passage provided, allow for 30-60s of silence, and commit the time together to the Lord in prayer. Tonight's reflective reading: Psalm 90:1-12*

## **Content Overview:**

*Read aloud together, Luke 10:38-42*

This passage records an encounter Jesus has as a guest in the home of Mary and Martha which challenges our idea of what we may consider to be necessary in the way we order our lives. Pastor Adam spoke on this passage and the concepts of Sabbath and Rule of life, teaching the following:

- Jesus' message in Luke 10 is clear that while much demands our attention, while much leads us to feel troubled or anxious, we must give ourselves to living with such a posture where we are keeping company with God
- We must consider our practices and priorities and how they help us or keep us from experiencing intentional life with Jesus.
- During these past weeks, we've defined rule of life as: "A schedule and set of practices and relational rhythms that create space for us to be with Jesus, to become like Jesus, and to do what he would do if he were us."
- A rule of life invites us to consider our current priorities and commitments and commit to reordering our practices in such a way that we create space for God to work in our lives and for us to be present to Him and one another. While a rule of life may feel like a call to do more, it should help us create space and do less.
- Pastor Adam presented Sabbath as a practice to incorporate into our rule of life, as an intentional way to create space in our lives.
- A helpful Sabbath framework is: Stop, Rest, Delight and Worship

## **Discussion Questions:**

1. What has resonated with you most from these messages and Luke 10:38-42?
2. How do you react to Jesus' interaction with Martha and Mary?
3. Have you considered a rule of life in the past? What do you think about the reality that you already have a rule of life? What would you identify in your current rule of life? What needs to change?
4. Are there areas in your life where my priorities keep me from being able to abide with Christ and experience the abundant life he has for me?
5. Have you practiced Sabbath before? What excites you about it or causes you to feel hesitant? What would need to happen in order for you and your family to practice sabbath?

**End in Prayer:** Invite the group to additional sharing. What are people celebrating these days, what would they like prayer for? If this is your first meeting, ask what their prayer is for the group in the months ahead. Take time to hear prayer requests or testimonies of praise from the group. Give all of these back to the Lord in prayer. Also ensure you pray out of the scripture and discussion from the time together.

