

ULC Sermon Study Resource

Rule of Life // Embrace Devotion in a Time of Distraction

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January 9th, 2022

Prayer: Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

Icebreaker: **What is one thing you are looking forward to this year (2022), what is one thing you may be nervous about?**

Reading: 1 Timothy 4:6-16

Outline:

- I. The Deception of Distraction (1 Timothy 4:6-7)
 - a. Don't be distracted by things that do not matter and will lead you astray, rather, hustle hard after the things God.
 - b. There are so many distractions that are "irreverent silly myths;" but, train your soul for the propensity godliness
Q: What are your distractions?
- II. The Hope for Devotion (1 Timothy 4:8-10)
 - a. In the moments we catch ourselves distracted, embrace devotion so as to capture our hearts to a greater hope.
 - b. When your hope is in God, that hope inspires devotion and we get to live a life of devotion to the God of grace.
Q: How can you embrace devotion practically? What does it look like in your daily life?
- III. The Freedom of Discipline (1 Timothy 4:11-16)
 - a. Root practices, root habits that bear fruit.
 - b. We seek to embrace a life of devotion in a time of distraction through daily, weekly, and monthly habits
Q: What is daily discipline that you would like to commit to? Take your time deciding and make a plan to remind yourself and keep yourself accountable.

Reflection/Application Questions:

- 1) How are you going to spend time observing the sabbath to refocus and allow God to replenish you for the week?
- 2) Are there places you can volunteer to serve God and be his hands?
- 3) Do you have a place to pray? Space, time, etc? Time to meditate on his word?
- 4) How can you replace a distraction with a discipline?
- 5) Where are you putting your hope in right now?

Suggestions for further study:

- Hebrews 2:1 **Q: How can you remind yourself to stay devoted to discipline?**
- Galatians 5:22-23 **Q: Is there a virtue that you can intentionally strive after for the next month?**

Closing Prayer:

Living God, we thank you that you devoted yourself in love to us so much that you sent your son Jesus into this world. That we might receive your grace again and again, that you might be a God whom we can set our hope both now and into eternity. We ask that you would shape and form us to devote our lives to you, may Your spirit work within us. ~Amen