



# WATCH YOUR WEIGHT

A 2-PART SERMON SERIES  
21/22 OCT - 28/29 OCT 2017

## **PART ONE – THE SEA OF GALILEE INTRODUCTION**

We have all experienced different scenarios in life where we start off extremely motivated to achieve a certain goal, a certain weight, or even a personal target we want to achieve. As we go along, that determination or drive might slowly dwindle off, peter out and plateau as we get busy, and other worries and cares come our way.

In like manner, we as believers and disciples of Christ do also need to be aware and guard against this in our walk with God. Like the crowd in the story in Luke 5:1-11, it is perfectly possible that we drift through life doing the 'Christian' thing without Christ and the weight of his Lordship being present in our lives.

Luke 5:1-11 gives us a picture of Simon Peter, whose life was totally transformed by the end of the passage. Peter's perspective changed as he got a revelation of the truth of Jesus as Master to Jesus as Lord; but more so, the weight of His Lordship was resting upon his life.

Peter's only response was to surrender to Jesus, in as much as there was a tremendous miracle that had just occurred in the bountiful catch of fish. Our perspectives and motivations as believers also need to be examined:

More than the miracle, it's about the Miracle Worker.

More than our healing, it's about the Healer.

More than being saved, it's about the Saviour.

More than provision, it's about the Provider.

## **DISCUSSION QUESTIONS**

1. What is one thing that you were extremely motivated to achieve this year (can be any area), but have experienced some hiccups and difficulties as the year progressed?
2. As a believer, have you experienced some plateaus and dry times in your walk with God? How did you respond?
3. Read Luke 5:1-11. Do an inductive bible study (observations, interpretation and application). You can use the following as a guide.

a. Posture your heart. Spend some time in prayer and ask the Holy Spirit to be your teacher. Open your heart to the Lord to speak to you.

b. Read the passage aloud

c. Ask some context questions of the passage:

- What sort of writing is this? (a letter, a poem, a narrative etc?)
- Are there any clues about the circumstances under which it was written?
- What has happened so far in this particular book of the Bible?

d. Some observation questions of the passage:

- Are there any major sub-sections or breaks in the passage?
- What is the main point or points?
- What surprises are there?
- What are the key words? What words or ideas are repeated?

e. Some leading questions of the text:

- How does this passage relate to other parts of the book?
- How does the passage relate to Jesus?
- What does this teach us about God?
- How could we sum up the meaning of this passage in our own words?

f. Some application questions of the passage:

- How does this passage challenge (or confirm) your understanding?
- Is there some attitude I need to change?
- How does this passage call on me to change the way I live?

## **WHAT WOULD YOU DO?**

In Luke 5:1-11, there are 4 main aspects of Jesus as Lord which we see:

1. Jesus is Lord of the everyday (v 1)
2. Jesus is Lord with all the answers and solutions (v 4-5)
3. Jesus is Lord without limitations (v 6-7)
4. Jesus is Lord of grace and mercy (v 8, 10)

Jesus can change situations and circumstances in an instant. He can bless, He can heal, and the list is infinite. But are we obeying Him because of what's in it for us? Or is it truly because we love and worship Him for who He is?

What is the next step Jesus is calling you to? Spend time sharing and praying for each other in the group.

## **CHANGE YOUR MINDSET**

*But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he and all who were with him were astonished at the catch of fish that they had taken, and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; from now on you will be catching men." And when they had brought their boats to land, they left everything and followed him. ~ Luke 5:8-11 (ESV)*