



WATCH YOUR WEIGHT

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

PART TWO – CARDIAC A REST

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 and plateau as we get busy, and other worries and cares come our way.

In part 2, we again look at Peter's life and the conversation he had with Jesus in John 21:15-19a. Jesus asks Peter about his love for Him, and 3 main ideas of love are explored in verse 15:

1. Our love has a ranking/priority.
2. Our love has differing levels of intensity.
3. Our love's focus will naturally elicit a response/action.

At the end of the conversation, Peter's heart was slowly being transformed to a place of rest; resting in the knowledge that Jesus held the greatest weight of all, above everything else in his life.

DISCUSSION QUESTIONS

1. What is one activity/thing in life that you really enjoy doing, and gets you all fired up?
2. Make a list of the top 3 things that you really treasure and hold dear in your heart. Spend some time and share about them in the group.
3. Read John 21:15-19a. 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:
 - i. What sort of writing is this? (a letter, a poem, a narrative etc?)

- ii. Are there any clues about the circumstances under which it was written?
 - iii. What has happened so far in this particular book of the Bible?
- d. Some observation questions of the passage:
- i. Are there any major sub-sections or breaks in the passage?
 - ii. What is the main point or points?
 - iii. What surprises are there?
 - iv. What are the key words? What words or ideas are repeated?
- e. Some leading questions of the text:
- i. How does this passage relate to other parts of the book?
 - ii. How does the passage relate to Jesus?
 - iii. What does this teach us about God?
 - iv. How could we sum up the meaning of this passage in our own words?
- f. Some application questions of the passage:
- i. How does this passage challenge (or confirm) your understanding?
 - ii. Is there some attitude I need to change?
 - iii. How does this passage call on me to change the way I live?
4. In John 21:15, Jesus wants our love for Him to be the first and greatest weight in our hearts. Who (or what) carries the greatest weight in your heart?

What is God saying to you through this sermon series about who He is in your life?

WHAT WOULD YOU DO?

In John 21:15-19a, Jesus talks about the agape love that each and every single disciple should have for Him. It is love in its purest, most important form. How is your love for Jesus today? Is the love factor dependent on other things in your life? Or does your love for him stem from the centre of it all?

Jesus wants us to continually follow Him daily, and to search our hearts on what we prioritise and love in our lives. Are there struggles that we face? Jesus promises that the Holy Spirit will constantly be our teacher and guide on this journey, till our hearts come to a point of rest that He is the greatest love of all in our lives. Are you willing to keep following Him and opening your heart to Him?

Spend time sharing and praying for each other in the group.

CHANGE YOUR MINDSET

When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." ~ John 21:15 (ESV)