

**“The Feet”**  
**Body Makeover Series**  
**Sunday Oct. 30, 2011**

Today is the end of our “Body Makeover”. We have learned that we can get our minds right through prayer and meditation (Philippians 4: 5-9), that Jesus is the Lord of our heart’s affections (Matthew 22:20), and that we are called to use our hands to receive God’s grace and then give it away (Matthew 22: 37-40). Finally, today we tackle God’s use of our feet. Think it through this morning: a mind and a heart surrendered to God leads to right actions of hands and feet. Psalm 107 has our guidelines today.

I. \_\_\_\_\_ (Psalm 107:4)

- “A cry in crisis remembered” Post Exilic, story time/ sing along
- They wandered
- We wander
  - Enslaved by our own decisions (Egypt)
  - Dry and thirsty by our pace (Desert)
  - Volunteer Prisoners (Babylon)
- *This is Real Life/Not a Fairy Tale*
  - Sin and Disobedience is ultimately enslaving

II. \_\_\_\_\_ (Psalm 107: 1-6)

- When they cried out, God gathered them (vv. 6,3)
- They remembered their stories
  - Do we have a story of Deliverance?
  - What does it take to make Jesus a part of our story?
    - (Joshua 3: 7-17)
  - If we want to be “gathered” we have to “take the Jesus step”

III. \_\_\_\_\_ (Psalm 107:7)

- God put an end to their wandering feet, established a new life for them
- He has done this for us in Christ Jesus
- What are your feet for?
  - First, \_\_\_\_\_  
(an end to your wandering feet)
  - Then, \_\_\_\_\_

## Sermon Notes:

### Here are the verses for next week

Amos 5: 18-24

Psalms 78: 1-7 or Psalm 70

1 Thessalonians 4: 13-18

Matthew 25: 1-13

## Small Group Questions

1. **Read Psalm 107:1-7, 33-37 and Joshua 3:7-17.** These passages remind us that human decisions, relationships, communities must be rooted in God's reality...His Kingdom, not ours. The psalmist expresses that only God's grace and power makes the redeemed life of a Christian possible. The story of the crossing of the Jordan in Joshua 3 illustrates this principle: apart from God's grace, Israel's life could not be sustained. Where is your life rooted? In who or what do you place your trust?
2. As God did for Joshua, who in your life has stopped the rushing waters in order to allow you to pass on dry ground?
3. Joshua was taking notes as he watched Moses lead the people of Israel. He was faithfully obedient to go and do as God commanded. Who are you "taking notes" from? Do they model a life of faithful obedience to God? Do you? Is that important to you? Why or why not?
4. God consistently amazes me with the things He does in and through my life and others lives, yet I forget to thank Him for those things...a lot. How about you? Have you thanked Him lately? If not, take a few minutes right now to thank Him.
5. **Read 1 Thessalonians 2:9-13** Paul's method in dealing with the Thessalonian church was to encourage, comfort, and urge them as a father deals with his children. Why do you think Paul chose to deal with the Thessalonians in this manner?
6. How is the word of God at work in you? Have you seen a change in yourself as a direct result of being in God's Word? What kind of change do you see?
7. **Read Matthew 23:1-12.** When I read the passage from Matthew, (because I unfortunately tend to think in cartoons) I picture a goofy scene of humility. You know the one where those two Disney chipmunks, Chip 'n' Dale, are scrambling out of harm's way." After you." "No, after you." "No! No! No, I insist! After you!" "Well, if you insist." "Indubitably!" All of us trying to get to the bottom of the pile and the end of the line: for "the greatest among you will be your servant," and "all who exalt themselves will be humbled, and all who humble themselves will be exalted" (Matt. 23:11-12). Is this you? OR...are you like the vast majority of us that are more interested in who gets credit, why aren't I first, why am I being neglected? Why do we act this way?
8. How are you at "practicing what you preach"? How can we stop the monster of "do as I say not as I do" hypocrisy?
9. What does it mean to you to "be the hands and feet of Jesus" to our culture, to our world?
10. How can we pray for you this week?