



## ORDER OF WORSHIP

### WELCOME AND ANNOUNCEMENTS

#### CONGREGATIONAL GREETING

A42 Faithful  
171 Above All Else  
A14 Firm Foundation  
**Ben Bailey**

PRAYER  
**Ben Petty**

SCRIPTURE READING: Isaiah 53:7-9  
**Dan Johnson**

337 Hallelujah! What a Savior  
**Ben Bailey**

COMMUNION DEVOTIONAL  
**Norris Elam**

337 Hallelujah! What a Savior  
**Ben Bailey**

COLLECTION PRAYER  
**Leonard Dillard**

#### DISMISSAL TO SPARKS

691 Make Me New  
602 Nobody Fills My Heart Like Jesus  
**Ben Bailey**

#### SERMON

234 Worthy Is the Lamb  
**Ben Bailey**

#### READING OF RESPONSES

704 Bind Us Together  
**Ben Bailey**

## “Overflow”

Lesson Three - March 17, 2019  
Matthew 5:13-16

### INTRODUCTION

When the \_\_\_\_\_ of the Kingdom blessings on the inside come out, it turns the world right-side-up.

### THE WHY OF SALT AND LIGHT

1. The world needs \_\_\_\_\_.
2. \_\_\_\_\_ of Jesus are salt and light.

### THE HOW OF SALT AND LIGHT

1. Disciples of Jesus by the \_\_\_\_\_ of their life expose decay and darkness in the world.
2. Disciples of Jesus bring \_\_\_\_\_ to others.

### CONCLUSION

Small Group Questions for March 17, 2019

1. What are the most visible blessings from God in your life?
2. Which area of your life is most in need of you as salt and light?





“Examen” is something most of us practice without realizing it. Simply put, “examen” is reflection (examination) on where God was or is present in my day. This is precisely what Paul prayed for the church in Philippi when he wrote: “that your love may abound more and more in knowledge and depth of insight so that you may be able to discern what is best and may be pure and blameless for the day of Christ...” (Philippians 1:9). “Examen” creates the structure for which we are reminded throughout the day of the presence of God. There are at least three profound blessings that come from this practice. First, it is always encouraging to recognize that God is at work in your life. Through “examen” we become conscious of God’s movement in our life during the day. Secondly, it is a reminder to align our life with the will of God (and not the other way around). Thirdly, it is a way of reminding ourselves that we live in the presence of God.

“Examen” consists of four steps that are practiced (typically) in the morning, midday and evening.

**STEP ONE: Recognize that we live in the presence of God.**

Frank Laubach would pray: “God, I want to give You every minute of this year. I shall try to keep You in mind every moment of my waking hours...”

**STEP TWO: Request God to grant knowledge and depth of insight in order to discern what is best.**

**STEP THREE: Review the day’s highs and lows with God.**

Questions you might ask in review are:

- What was life-giving today?
- What was life draining today?
- When was I not living in love today?
- Where did I experience frustration and/or anger?
- For what moment of the day am I most thankful?

**STEP FOUR: Resolve to live for God.**

This week, find four times to practice “examen” for ten minutes. It can be in the morning, during lunch or in the evening at the end of the day.