

But First

Part 1: That Time Jesus Got Triggered

WEEK OF JANUARY 9, 2022

There's a story about Jesus that involves intensity, emotion, and anger, and it reveals God's heart and desire for us. What tables need to be overturned in your life this year?

MESSAGE NOTES AND HIGHLIGHTS

- He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." | Luke 10, v.2
 - Over the next few months, we need to build our teams at Epic to prepare for weekly in-person services.
 - Set your alarm for 10:02, and pray that God would send more workers into the field.
 - Being at peace with God, with others, and with yourself will pave the way for everything else this new year.
 - ...Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts. | Mark 11, vv.15-16
 - And as he taught them, he said, "Is it not written: 'My house will be called a house of prayer for all nations'? But you have made it 'a den of robbers.'" | Mark 11, v.17
 - The chief priests and the teachers of the law heard this and began looking for a way to kill him, for they feared him, because the whole crowd was amazed at his teaching. | Mark 11, v.18
 - Jesus knew that if we aren't willing to flip over the tables that keep us from him, we'll miss out on his best in our lives.
 - What tables does God need to overturn in your life this year?
 - This series is based on the books *Emotionally Healthy Spirituality* and *Emotionally Healthy Relationships*.
 - "I was a Christian for 22 years, but instead of being a 22 year old Christian, I was a 1 year old christian 22 times! I just kept doing the same things over and over and again." | Excerpt from *Emotionally Healthy Spirituality*
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DISCUSSION QUESTIONS

1. Being at peace with, at peace with others, and at peace with yourself: in which of these areas do you think you need the most improvement for this new year, and why?
2. In a display of righteous anger and action, Jesus flipped tables and drove out people who had turned the temple into "a den of robbers." Can you think of an example of "righteous anger" you've seen in your life?
3. What tables does God need to overturn in your life this year? (For help, think of the areas of faith, family, relationships, work, time, and money.)
4. Kent shared a quote from *Emotionally Healthy Spirituality* (see above in the notes) about someone who had been a Christian for 22 years but wasn't growing that much. Do you relate with that at all? Have you ever been there, or are you there now? What might you begin to do differently this year to prevent that lack of growth from happening?