

Get more out of the message



## Deadly Comforts

Christians are called to become fully alive in Christ, but have you ever noticed how often you sabotage your long-term joy with short-term comfort?

In *Deadly Comforts*, we'll explore five of the most common areas you might be exchanging eternal life for an easy life, and we'll discover simple ways to be truly happy in Jesus.

**WATCH:** [YouTube](#) or [Website](#)

**LISTEN:** Here's a [playlist of songs](#) that we pray will remind our hearts of the truth that Jesus is better!

## WEEK 1: Sitting Around

### Scripture

- Romans 12:1
- 1 Corinthians 6:19-20
- 1 Timothy 4:8
- Genesis 1:21-28
- Psalm 139:14

### Prayer Prompts

- Ask the Holy Spirit to keep you from physical and spiritual laziness.
- Ask the Holy Spirit to reveal to you any changes that you may need to make to your daily habits to submit your body to the Lord.

### Journal Prompts

1. What steps can I take to further care for my body as an act of worship to God?
2. What are your initial thoughts & feelings towards exercise/movement?
3. What are some ideas you have for strengthening your body?
4. Write down "why" you want to move your body. What are the things that are important to you?

### Books

*Celebration of Discipline* by Richard Foster

### Extras (articles, podcasts, videos)

- Video: [Fit for What? The Spiritual Habit of Physical Exercise by David Mathis](#)
- Podcast: [Huberman Lab Podcast by Andrew Huberman](#) (science-based)
- Article: [Exercise for More of God: Five Reasons to Train Your Body](#)
- Article: [Do you exercise like a nonbeliever?](#)

### Activity

- Take small steps in your routine to incorporate moving your body daily.
- Join the [Senior Adults 55+ Wellness Class](#), led by Connie Weyh.
- Attend one, or all, of the DCC Triathlon events this summer.

## WEEK 2: Consumerism

### Scripture

- Matthew 6:19-21
- Luke 12:15
- 1 Timothy 6:9-10
- Matthew 16:26
- James 5:1-3
- Mark 10:23-25
- Proverbs 23:4-5
- Luke 12:33-34
- Colossians 3:5
- Hebrews 13:5
- Luke 16:10-12

### Prayer Prompts

#### Every Moment Holy: A Liturgy Before Shopping (an excerpt)

*Dear Father, As our hearts will be most fixed on what we most treasure, kindle instead our love for you before we set foot in stores or shop online. For if we love you best, our spending of money will become a natural expression of our best love, and a welcome opportunity to learn and to practice our faithfulness. Give us grace, therefore, to accept with grateful thanks that which we are given. Teach us the difference between appreciation and idolatry, between holy enjoyment and wanton indulgence, between thanksgiving for your provision and misuse of the resources with which you have entrusted us. Tune our consciences till they thrum to the resonant tones of your Spirit. Teach us contentment. Teach us generosity. Let us delight in giving to others as you have delighted in giving to us. Amen.*

- Ask the Holy Spirit to show you how to be a good steward of the resources given to you. Whether money or time or skills, how are you serving God's Kingdom?
- Ask the Lord to keep you from the temptation of idolizing the things of this world, and to treasure Him above all.
- Pray: King Jesus, open my eyes to the needs of others and use me as a vessel to show your generosity.

### Journal Prompts

1. What things do I currently own or desire that might be distracting me from my relationship with God?
2. When have I experienced joy and peace that wasn't tied to material possessions?
3. What fears or insecurities drive my desire for more possessions?

### Books

*The Anti-Greed Gospel* by Malcolm Foley

### Extras (articles, podcasts, videos)

- Article: [The Ten Commandments of the God of Consumerism](#)
- Video: [Frugality by John Ortberg](#)
- Article: [Four Paradoxes of Christian Simplicity](#)
- Sermon: [Materialism by Tim Keller](#)
- Video: [Materialism, Money and Me Culture by Jen Oshman](#)

### Activity

- Keep a gratitude journal and thank the Lord for His many blessings in your life.
- Keep track of your spending to see where your heart is.
- Purge your closet/declutter your house and donate to those in need.

## WEEK 3: Isolating from People

### Scripture

- Genesis 2:18 (not just about marriage!)
- Proverbs 18:1
- Ecclesiastes 4:9-12
- Hebrews 10:24-25
- 1 Corinthians 12:21-27
- Proverbs 27:17
- Romans 12:1-4
- Acts 2:42-47

### Prayer Prompts

- Begin a thank-you list. Thank God for the people in your life who have helped you grow.
- Pray that the Lord would help you grow in love and concern for others.
- Ask the Lord to show you areas where your heart may have grown cold toward others.

### Journal Prompts

1. How does the life you are leading reflect the value Christ places on belonging to the family of God? (Adele Calhoun)
2. What kind of connection does Jesus want you to have with Christian brothers and sisters? (Adele Calhoun)
3. How did Jesus model community and friendship? What can we learn and apply from His example?

### Books

- *Made for People* by Justin Earley
- *Building a Multiethnic Church* by Dr. Derwin Gray
- *Beyond Racial Division* by George Yancy

### Extras (articles, podcasts, videos)

- Video: [Fellowship by John Ortberg](#)
- Article: [The Unique Witness of Unlikely Friendships](#)
- Sermon: [Made for People by Justin Whitmel Earley](#)

### Activity

- Include others in family gatherings. Practice what it is to belong to God's family—not just your nuclear family. (Adele Calhoun)
- Ask someone to tell you their story. Listen actively and humbly. Tell the person how much it means to you to hear the story. How does the story give you a deeper understanding of your friend, of God and of yourself? (Adele Calhoun)
- Join a Life Group! If you would like help finding a group, fill out [this form](#) so we can help connect you. Also, watch for Group Up in September to see all available groups and classes.
- Engage in hospitality that promotes honest sharing and caring—lead by example!

## WEEK 4: Hurry

### Scripture

- Luke 10: 38-42
- Matthew 6:33
- Psalm 46:10
- Mark 6:30-31
- Matthew 11:28-32
- Philippians 4:6-7
- Proverbs 3:5-6
- Luke 12:22-31

### Prayer Prompts

- Father, help me to embrace your easy burden and to trust you to take care of all my worries. (1 Peter 5:7)
- Ask the Holy Spirit, "Is there anything that I am avoiding by being busy? If so, please reveal those things to me and help me to bring them to your feet Lord."
- Write a prayer asking God to help you slow down, notice His presence and prioritize your time according to His purposes.

### Journal Prompts

1. How can we honor the way God made us by living a healthy and intentionally-rested life?
2. What fears or anxieties do you have about slowing down? How can you entrust your time and productivity to God's sovereignty?
3. How can I reorder my life around Jesus instead of my calendar?

### Books

- *Ruthless Elimination of Hurry* by John Mark Comer
- *Subversive Sabbath* by AJ Swoboda
- *Sabbath as Rest and Hope for the People of God* by Guy Prentiss
- *Embracing Rhythms of Work and Rest* by Ruth Barton

### Extras (articles, podcasts, videos)

- Article: [4 Ways to Win the Battle Against Busyness](#)
- Article: [Why Jam-Packed Schedules Can Be Dangerous](#)
- Article: [Sabbath for the Restless: Rediscovering God's Gift of Rest](#)
- Video: [Sabbath Q&A with Annie F. Downs](#)

### Activity

- Set aside a day from your week to intentionally delight in God and the blessings He has put in your life (family, friends, food, nature, etc.).
- Set a discipline to spend time with the Lord every day.

## WEEK 5: Digital Distraction

### Scripture

- Proverbs 4:23
- Colossians 3:2
- Ephesians 5:15-16
- Philippians 4:8
- Romans 12:2
- Luke 5:16
- Psalm 25:4-5

### Prayer Prompts

#### Every Moment Holy: For Before Consuming Media (an excerpt)

*O Christ, Guard my mind against the old enticement to believe a lie simply because it is beautifully told. Let me not be careless. Give me right conviction to judge my own motives in that which I approve, teaching me to always be mindful of that which I consume and thoughtful of the ways in which I consume it. Impart to me keener knowledge of the limits of my own heart in light of my own particular brokenness, that I might choose what would be for my flourishing and not for my harm. Amen.*

- Take an honest look at your day, where do you turn for comfort? Ask the Holy Spirit to help you and to reveal the areas that needs gospel truth to reign.
- How might God want you to restructure your time to align your priorities under His design?

### Journal Prompts

1. Assess your use of technology: How often do you check your phone? How much time do you spend watching TV? How often do you listen to something (radio, music, podcasts)?
2. How has technology influenced your relationships?
3. Where are you using technology to distract you from reality?
4. How can you replace the time spent on technology with time dedicated to God or others?

### Books

- *The Tech-Wise Family* by Andy Crouch
- *Invitation to Solitude and Silence* by Ruth Barton
- *The Common Rule* by Justin Earley
- *The Anxious Generation* by Jonathan Haidt

### Extras (articles, podcasts, videos)

- Video: [Solitude by John Ortberg](#)
- Video: [Silence by John Ortberg](#)
- TV Show: [Social Dilemma](#) (Pastor Steve especially encourages parents to watch!)

### Activity

- Write a letter to a friend and send it via snail mail!
- Set a period of time to not speak or listen to any other sounds (other than nature)—cool one to do in community!
- Commute to work in silence and pray.
- When you are home after work, leave your phone in another room as you connect with your family or simply connect with the Spirit.