



Pastor Derrick Shields “Soul Food: Stop And Pay Attention” 9/26/2021

Key Verses:

- Exodus 3:1-4, Psalm 23:1-3, Psalm 46:10

Key Thoughts:

- Soul — *the capacity to integrate all the parts (will, mind, body) into a single, healthy, whole life.*
- Here, we find Moses had been tending Jethro's flock and as a Jewish man, this was seen as a lowly task. He did this for 40 years, but God was at work while he was doing it.
- “In a profound way, our intentionality is a key ingredient determining whether we notice God everywhere or only in church or only in suffering or nowhere. It all depends on how we choose to fashion our world.” -Elizabeth Dreyer (Earth Crammed with Heaven)

Key Points:

1. *Busyness and distractions are the enemies of our soul*
2. *Solitude is essential for our soul*
 - “Solitude is the furnace of transformation. Without solitude, we remain victims of our society and continue to be entangled in the allusions of the false self.” -Pete Scuzzero
 - Something significant that Moses had was a regular time of solitude, a time sitting in the Lord's presence. Solitude has slowed Moses down enough to pay attention to the bush that was burning but not consumed.
 - Sometimes we can be so out of touch that God can be moving around us and we'll be unaware of it.
 - When God saw that Moses had gone to see the bush, that's when he spoke. Sometimes the answer that we're looking for hasn't come because we haven't slowed down enough to pay attention.
3. *Pay attention to the burning bushes without and within*
 - Anywhere that we pay attention becomes holy ground because when we do, we see how God is at work.
 - We all have burning bushes, places that shimmer with grace, alerting us that God is at work doing something we couldn't have done or predicted on our own. It's on us to go over to these bushes and ask God what he's up to.
 - Luke 24:32 – at the end of this walk to Emmaus, these men realized that they'd been in the presence of God and their hearts were burning.

Discussion Questions:

- How much paying attention are you really doing? What is preventing you from doing so?
- Do you have enough room in your schedule to be able to “go over and see” (Exodus 3:4)? How can you begin to prioritize this in your life?