

## Sunday Assembly Reflection

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**REFLECTION:** Pastor Jim Reynolds opened with the gospel story in John 5, where Jesus heals the man at Bethesda who had been crippled for 38 years. Rather than bringing praise from the religious leaders of the day, it brought war because Jesus healed on the one day of the week the Jews prohibited such things - the Sabbath. This was not by accident; Jesus was not only interested in dealing with a man's sick body, but also with sick religion. The church today is also full of sick religion because, like the Jews of the first century, too many of us are dogmatic about our own myriad beliefs more than about who God really is.

The early church gave us a creed to keep us focused on who God, Jesus and the Holy Spirit really are. Just a portion of what it says about Jesus is that He is the "Lord Jesus Christ, the only begotten of His Father, before all worlds, God of God, light from light, very God of very God, begotten not made, being of one substance with the Father, by whom all things were made." Pondering this even for 30 minutes like we did on Sunday is a stretch for our brains and imaginations, but we need to keep doing it. Otherwise, we may get disconnected from the bigger truth.

Growing up Catholic, I memorized the Nicene Creed because we said it at every mass, but I never thought about the meaning - they were just religious sounding words. As a result, there was a time when I thought there were many ways to know God, and Jesus was just my personal way as a Christian. This assured me of not offending those with different beliefs, but it totally offended the "very God of very God, begotten not made, being of substance with the Father" of whom the creed spoke. I had created my own "manageable" beliefs to make my life easier.

A creed may sound religious and boring, but focusing on these core truths will keep us connected to our real identity and purpose in the eternal story.

**REFLECTION QUESTIONS:** *Please pick one of the questions below to answer in your small groups; more if you have time. Be sure to pray for each other at the end.*

- Read the [Nicene Creed](#). Share the word or phrase caught your attention and why.
- Jesus was compassionate and self-emptying in the midst of an arrogantly religious culture similar to ours today. Confess any arrogance you have toward someone and ask God for an opportunity to serve them this week.

[Sunday Assembly Reflection](#) is written by Lake Highlands Church members for Lifegroups and individuals to receive more from the spoken Sunday Assembly message through reflection and quick discussion. It is published on the first three Monday's of the month. If you are interested in knowing more about a Lifegroup or have a question about the reflection, please contact Donjalea Crane, [donjalea@lakehighlandschurch.org](mailto:donjalea@lakehighlandschurch.org) or contact one of our Lifegroup leaders by going to [lakehighlandschurch.org/Lifegroup-listings](http://lakehighlandschurch.org/Lifegroup-listings).

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