

Back to Basics: Let's Dance!

Scripture used: [Mark 1:10-13 \(NLT\)](#)

OVERVIEW

Pastor Hurmon spoke this week about God's invitation for us to dance with Him. This means living every day in deep community, the same way God coexists as the Father, the Son, and the Holy Spirit. The example that God sets is one of diversity held together by a loving unity. It is a love freely given to others, in daily acts of surrender and selflessness. Love existed before creation. It is not an evolutionary accident, or merely the result of a bunch of chemicals in our brains. Love – being other-centered instead of self-centered – is the purpose for which we are created. When we choose to follow Jesus, we are accepting God's invitation to dance. At that moment we also enter into a new pattern of living life, communing with God, and interacting with the world. As it says in [II Corinthians 5:17 \(NIV\)](#) "the old is gone, the new is here!"

KEY POINTS

- 1. God reveals Himself in the Trinity.** Mark tells the story of Jesus being baptized. Jesus is the Son. God the Father speaks to Him from heaven. And the Holy Spirit then compels Jesus to go into the wilderness to be tested. This story helps us understand how there is one God who exists in three distinct persons. The three exist in unity and loving fellowship. This is the Trinity, and it's further described in the Apostle's Creed ([on our website](#)) as "the historic essentials of the Christian faith".
- 2. The ultimate goal of life is relationship.** Jesus explains His ministry in [John 17:22 \(NIV\)](#). He prays to God "I have given them the glory that you gave me, that they may be one as we are one." This is a powerful reminder to us that we are supposed to be one. The church is incredibly diverse,
- 3. God is inviting us to "dance".** God as Trinity exists in a kind of dance. The Father, the Son, and the Holy Spirit are all supporting, glorifying, and honoring each other at the same time. The Trinity is not just a spiritual concept. There are several important implications for how we should live.
 - a. To know God, live in community.** We are often tempted to give up on our most life-giving relationships. That's what we see over and over in the Bible. Satan tries to disrupt relationships, whether it's the Garden of Eden, the Wilderness, or the Garden of Gethsemane. Don't let yourself be cut off.
 - b. Life is best defined by praise and thanksgiving.** God has already done so much for us. We have an opportunity every day to celebrate Him, and to join with others in that celebration.
 - c. Obey God without regard to the cost.** We have to love Jesus and follow Him no matter how we are feeling. It may not seem as if everything is working out, but that is no excuse. The early Christians dealt with even worse trials and they kept the faith. Jesus tells us in [John 17:24 \(NLT\)](#) that He wants us to be with Him wherever He is. That is a promise on which we can rely!

DISCUSSION

- 1) HEAR** - God as the Trinity offers us a powerful example of how to live. We all tend to think the world revolves around us. Even "good deeds" such as volunteering and tithing can be a way to show off our spirituality. Our egos can creep in anywhere except when we're loving others the way God loves. That kind of love is all about sensing the needs of other people and keeping in step (dancing) with God's rhythms of redemptive love. What do you think of this metaphor for the Trinity, and this model of the interconnected life that God offers us?
- 2) UNDERSTAND** - Everything about this week's sermon revolves around community and relationship. Are you ready to enter into a deeper level? What might be holding you back? How do you relate to God as Father, Son, and Spirit? Has there been a time in your life where the dynamic of God as Father, Son and Spirit, a God of one-ness and interrelationship, has been significant for you? How?
- 3) DO** - Now is a special time for our church community. NBCC is launching two new ministries this year, one for women and one for men. This is an exciting new phase of growth for the church, and we want to hear from everyone. Please take the survey (women go [here](#) and men go [here](#)). These ministries will be customized to fit the needs that are shared. Join us next Sunday as we continue Back to Basics!