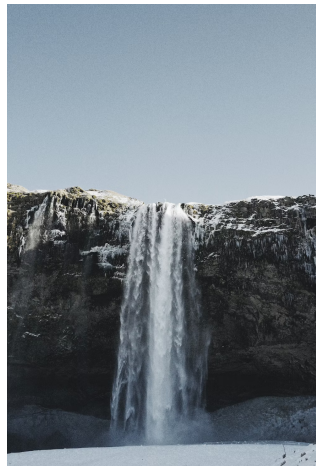




# *a life* POURED OUT



We are called to swim into the deep. A life of long obedience in the same direction. Where you discover that nothing is a waste at the feet of Jesus. So yes, eliminate hurry but never lose urgency. We run our race until we finish well.



May Teaching Series

# Long Obedience in the Same Direction

Week 2

# Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

# Overview

This week's invitation is for us to return to the "holy ground" of the heart — the place where God reminds us who we are before all the roles, pressures, wounds, and expectations. Through the life of Mary and the journey of Jesus from Bethlehem to Resurrection, we were reminded that transformation is not instant. It is a long obedience in the same direction — a slow journey of surrender, healing, identity, and trust in the Father.

The Father is not asking us to perform better; He is inviting us to come home. As we walk with Jesus, He exchanges our burdens for His presence, confusion for identity, control for surrender, and brokenness for restoration. From healed hearts, God begins to heal homes, communities, and cities.

# Reading

## **Luke 1:38 NIV**

"I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.

## **Luke 2:19 NIV**

"But Mary treasured up all these things and pondered them in her heart."

## **John 19:25 NIV**

"Now there stood by the cross of Jesus his mother..."

# Discussion

What part of Mary's story impacted you most?

How does our culture try to define our worth? What are some unhealthy identities people can build their lives around?

success,  
appearance,  
ministry,  
relationships,  
productivity,  
motherhood,  
approval, etc.

What does it look like practically to "return home" to God emotionally and spiritually?

When do you most forget that you are loved by the Father apart from your performance?

What would "long obedience in the same direction" look like in your current season?

# Practice

Each day, surrender one thing to God using these prayers:

**Burden >> Presence**

"Father, I give You my burden. Fill me with Your presence."

**Confusion >> Identity**

"Remind me who I am apart from my roles and performance."

**Control >> Surrender**

"Teach me to trust You with what I cannot control."

**Brokenness >> Restoration**

"Heal the places in me that still need Your restoration."

## FAMILY PRACTICE

At dinner, bedtime, or group gathering, ask:

"How is your heart, really?"

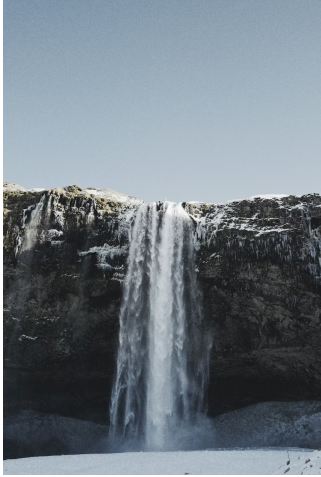
Then pray for one another without trying to fix each other. This helps create homes and communities where people are seen, heard, and carried in love.

## Further Resources

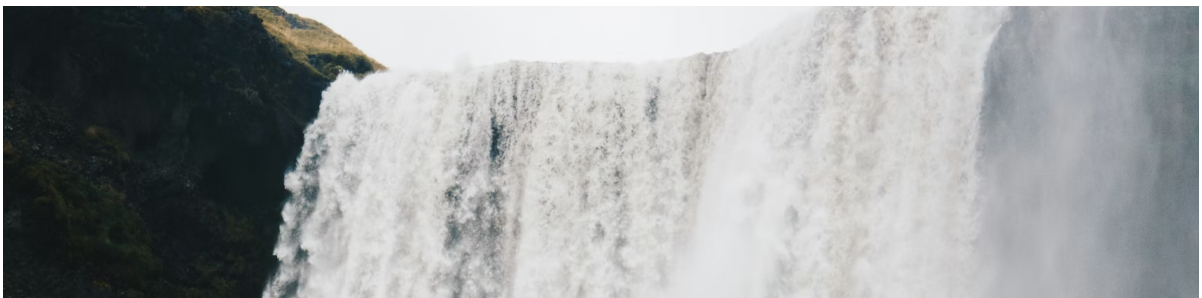
**Watch: A Life Poured Out Teaching Series** – Abbalove Church

**Read: The Deeply Formed Life** – Rich Villodas

**Read: Emotionally Healthy Spirituality** – Pete Scazzero



# Living from a Deep Well



[www.abbalovechurch.com](http://www.abbalovechurch.com)