

SERMON NOTES:



Oct 19, 2025

Practicing the Way
COMMUNITY 2.0

Pastor Mick Spann

1. The Sacredness of the Ordinary

- Ordinary meals can be sacred moments — reminders that God is present in everyday life.
- True joy is not about fixing problems, but reconnecting with God and community.
- Modern culture chases pleasure (dopamine), but real joy comes through loving community.
- Meals shared in love are a way to reflect God's design for human relationship.

2. The Table of Jesus — Mark 14:22–24

- Jesus, before His death, shared a meal — not a ritual, but a table of relationship.
- “Do this in remembrance of Me” (Luke 22:19) — not just think of Me, but practice this together.
- The early church called it the Agape Feast — a joyful, communal meal.
- Jesus gave us not a building, or a program, but a table.

3. Joy Is the Fuel of Community

- God is the most joyful being in the universe.
 - Hebrews 1:9 — Jesus anointed with the oil of joy.
 - John 15:11 — “My joy may be in you.”
 - Galatians 5:22 — Joy is a fruit of the Spirit.
- Nehemiah 8:10 — “The joy of the Lord is your strength.”
- Low-joy people and communities easily fracture; joyful ones endure.
- Joy is not an emotion to chase, but a practice to cultivate — through gratitude, laughter, celebration.

4. The Neuroscience of Joy

- The “joy centre” of the brain (right orbital prefrontal cortex) grows through secure attachment and belonging.
- Joy is a relational state — knowing that “God and others are with me and glad to be with me.”
- This joy centre can grow for life — meaning spiritual joy can keep expanding as we age.
- Practicing joy is spiritual warfare — resisting fear, anger, and despair.
- Every joyful gathering declares: Jesus reigns. Love has won.

5. The Table of Sorrow — Mark 14:32–34

- After the joyful meal, Jesus goes to Gethsemane — “My soul is overwhelmed with sorrow.”
- Jesus doesn’t isolate; He invites friends to stay with Him.
- Galatians 6:2 — “Carry each other’s burdens.”
- John 16:33 — “In this world you will have trouble.”
- Hebrews 10:24–25 — “Encourage one another.”
- Encouragement (parakaleo) means to come alongside — just like the Holy Spirit (Paraclete).
- Real community means being honest about pain, not pretending to be fine.
- Isaiah 53:3 — Jesus, the man of sorrows, shared His grief — and so must we.

6. The Healing Power of Shared Sorrow

- Healing happens when sorrow finds a home in community.
- Studies show people recover from painful experiences by sharing and processing their pain. Especially when done so in relationship.
- Gabor Maté: “Trauma is not what happens to you, but what happens inside you.”
- Sharing pain helps us bear one another’s burdens and can open our ears to hear Jesus’ voice of peace over the storm.

7. The Early Church Example

- Early Christians shared meals (Agape Feasts). Those meals shaped their life together and was a factor in changing their world.
- Bread and wine were more than food — they were a meeting with Jesus.

8. This Week’s Practice

- When you share a meal, go around the table and share:
 - One high — something joyful or grateful.
 - One low — something hard or fearful.
 - One word — a verse or truth from Scripture that connects with your high or low.
- If something feels too deep, share it with a trusted friend — and pray together.
- Be the kind of friend who listens, encourages, and prays faithfully.

May the God who sets the solitary in families make us into a family.

May He bind our hearts together in His love.

May He heal us, grow us, and form us into a people of joy and compassion.

*And may we, around every table, share in both the joys and the sorrows —
until the day we feast at His table forever.*

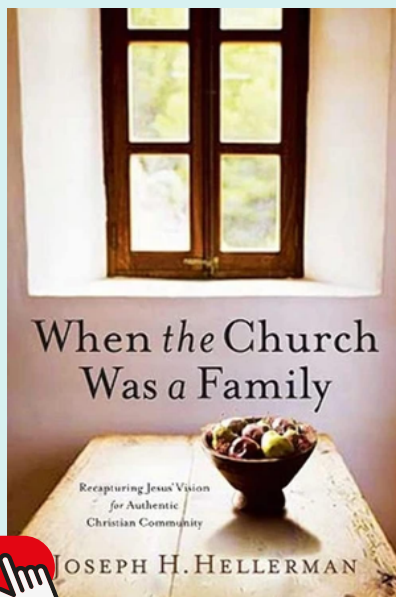
Amen.

Community Practice Recap Video:



For this practice, you might like to read:

When the Church Was a Family: Recapturing Jesus' Vision for Authentic Christian Community



**KOORONG
BOOKSHOP**

Practicing the Way Podcast Interview Video COMMUNITY Part 1 and 2



PART 1



PART 2

