



## THE LIVING SENT PODCAST: SHOW NOTES

EPISODE: **O11**

TITLE: **6 "All Stop" Questions to Ask While Living SENT in 2023**

On this episode, Justin shared an illustration about what an “All Stop” looks like within the context of the Coast Guard. Do you ever feel the need to call for an “All Stop” in your life? In what ways could an “All Stop” benefit you in your relationship with God? With others in your church/community?

### **Six “All Stop” Questions:**

#### **1. Am I seeking intimacy with God or activity for God?**

- a. In a culture that praises accomplishment, success, consistent growth, and results, it is easy to begin prioritizing activity for God over intimacy with God.
- b. Read Matthew 6:33 and Matthew 22:34-36. To what does Jesus seem to be calling his followers to prioritize above all else?
- c. Quote for reflection: *“Christ did not die to forgive sinners who go on treasuring anything above seeing and savoring God. And people who would be happy in heaven if Christ were not there, will not be there. The gospel is not a way to get people to heaven; it is a way to get people to God. It’s a way of overcoming every obstacle to everlasting joy in God. If we don’t want God above all things, we have not been converted by the gospel.”*<sup>1</sup>
  - i. **Questions: What would it look like to put God first, to pursue intimacy with him, and to seek first his Kingdom?**
- d. Recommendations for exploring further:
  - i. Skye Jethani, *With: Reimagining the Way Your Relate To God*

#### **2. Am I serving others in my own power or in the Holy Spirit’s?**

- a. Read John 14 and Acts 1.
- b. Quote for reflection: *“Jesus didn’t want them witnessing to the Good News in their own power, and he doesn’t want you to do so either. He didn’t want them*

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<sup>1</sup> John Piper, *God is the Gospel*, (Wheaton: Crossway, 2005), 47.



to derive their sense of confidence from their own ability or “know-how.” Instead, Jesus asked them to wait until they received power.”<sup>2</sup>

- c. **Questions: Practically, what does it look like to rely on the Holy Spirit’s power instead of your own? Can you think of a time when you did that and what was your experience?**
- d. Recommendations for exploring further:
  - i. Francis Chan, *Forgotten God*
  - ii. J.D. Greear, *Jesus Continued*

### 3. Am I seeing others as people or projects?

- a. Read Luke 15:1, Matthew 11:18-19, and Mark 2:15-17. What did it look like for Jesus to befriend those who were far from God? How did he treat those who needed the gospel most? What would it look like for us to do the same today?
- b. Quote for reflection: *In other words, if there was anyone who could say that they came to fix people, it was Jesus. But that is not how he was primarily known. He was considered a “friend” by the lost. That’s how they saw him.*
- b. **Questions: While we like to think that we never treat anyone like a project, sometimes we do. I didn’t share this story on the podcast, but I remember literally treating a life-long friend like this while I was attending seminary. I had to complete an “evangelism report” and quickly called this friend in a pinch so that I could complete this project on time. He literally was my “project!” Maybe you don’t have a story like this, but have there been times when you’ve treated others in this way? What did you learn from that experience and how can you not make those mistakes again in the future?**

### 4. Am I staying present or becoming distracted when sharing meals?

- a. Read Luke 7:36-50
- b. Jesus was fully present and fully engaged during mealtimes. He leveraged the power of the shared meal to develop and deepen relationships and give people a taste of the Kingdom of God. Are you doing the same?
- c. **Questions: How involved is technology during your mealtime? How might technology help and or hinder mealtimes? How many conversations are you having during your mealtime? Multiple at once or just one in which everyone is involved?**
- c. Recommendations for exploring further:

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<sup>2</sup> Justin Wester, *Living SENT: Discover How Everyday Habits Make An Eternal Difference*, (TN: Fitting Words, 2022), 151.



- i. Tim Chester, *A Meal with Jesus*

**5. Am I sharing my real life or my “Pinterest perfect” life with others?**

- a. It can be tempting to keep your door closed to others until your home is “just perfect.” What is behind your reticence to letting others see the “real” you?
- d. Quote for reflection: *Scruffy hospitality means you’re not waiting for everything in your house to be in order before you host and serve friends in your home. Scruffy hospitality means you hunger more for good conversation and serving a simple meal of what you have, not what you don’t have. Scruffy hospitality means you’re more interested in quality conversation than the impression your home or lawn makes. If we only share meals with friends when we’re excellent, we aren’t truly sharing life together.*<sup>3</sup>
- b. Recommendations for exploring further:
  - i. Christine Pohl, *Making Room*

**6. Am I speaking with saltiness or with blandness?**

- a. Read Colossians 4:5-6
- b. **Questions: What does it look like for your speech to always be “seasoned with salt?” On a flavor scale (10 being delicious and 1 being bland), how would you rate the way you speak to others about life in general, the gospel, Jesus/faith?**
- c. Recommendations for exploring further:
  - i. Sam Chan, *Evangelism in a Skeptical Age*

*Take these questions seriously, write them down on a notecard and carry them with you. Text yourself these questions. Put them on your desk at work. Allow them to **stop you** and then, go live SENT.*

**I’d love to hear from you this week. Reach out to me at [justinwester.com/connect](https://justinwester.com/connect). Remember, you don’t *have* to Live SENT, you get to. See you next episode.**

*Justin*

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<sup>3</sup> Jack King, source unknown, “Scruffy Hospitality.”