Everyday Jesus – **wk 6 – Rhythm**

**Does Jesus invade our life – home, work, school, social life?**

**God and the rest of the week! Monday thru Saturday**

**Proverbs 3:5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight. (all things… even work & money?)**

**Matthew 6:33 But seek first his kingdom (will) and his righteousness, (way) and all these things will be given to you as well. (Jesus will and way at work!)**

**I love music – I love to listen to it – watch it – play it – feel it. Music is not notes. Today is all about good music – good rhythm. I am a drummer since I was 8. Played in bands… I understand rhythm.**

**Everyday Jesus is all about rhythm in life.**

**Reality is our schedules and busy-ness – lack healthy rhythm**

**What does a typical day look like for you? How about - weekend?**

**What makes our life so busy? I think we are addicted to “doing” in America. We often feel like we have to be busy to feel valuable or important. More work / school / even more church and ministry.**

**Today I want to talk about finding your rhythm. Balancing out a busy life – before life takes you on a ride you don’t want.**

**What is the key to balancing a busy life? Song - Turn Turn Turn**

**Life Stealers: Things that can steal your rhythm.**

* **Possessions – stuff**

**Eccl 5 – money and wealth never satisfies**

**Just look at Hollywood: wealth w/ sadness, depression, and suicide. Wealth does not equal peace.**

* **Pleasures – we are told to do what makes you feel happy**

**Eccl 1 – when we get what we want we are still not satisfied.**

**Then it’s on to the next thrill, thing, person – it never lasts. Often leaving behind broken relationships and families.**

* **Performance – if I work hard and achieve my goals**

**Eccl 4 – always working – achieving status – but never satisfied**

**Work – grades – trophies - success never makes you feel rich**

* **Position – status**

**That promotion, house, car – will not fulfil your life**

* **Pursuits – stay busy / active / be healthy**

**Only to find stress, ulcers, heart attacks, or loneliness**

**Busyness is not our ally – it is an enemy of relationships**

**Finding balance is more about - Finding Your Rhythm**

1. **Rhythm is not a schedule issue - it is a space issue.**

**God set a rhythm in place all around us.**

**Genesis 2:1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.**

**6 beats and rest... repeat / rhythm is made up of sounds and silences. Half of that is a waltz – 123 / 123 / 123**

**Blood pressure check – machine - Everything has rhythm: music, poetry - the universe, world, nature, seasons, ocean waves, our body, our heart, our lungs, breathing, our pulse... they can warn us too – when they are irregular, they can be dangerous.**

**Do you have rhythm? Let's find out – clapping together**

**As a musician I understand this - rhythm has to come from with-in –**

**any song w/out the rhythm is unrecognizable - music is not about notes... but rhythm - what makes the music is the space between them. We often think life is about how many things (notes can we get in) but w/out the space and the breaks it is just noise**

**There is rhythm – space – movement – times to go – times to stop**

**Ecclesiastes 3:** **For everything there is a season, a time for every activity under heaven. 2 A time to be born and a time to die. A time to plant and a time to harvest. 3 A time to kill and a time to heal. A time to tear down and a time to build up. 4 A time to cry and a time to laugh. A time to grieve and a time to dance. 5 A time to scatter stones and a time to gather stones. A time to embrace and a time to turn away. 6 A time to search and a time to quit searching. A time to keep and a time to throw away. 7 A time to tear and a time to mend. A time to be quiet and a time to speak. 8 A time to love and a time to hate. A time for war and a time for peace.**

**All those moments are beautiful or meaningful in their time**

**Life is not about balance, but rhythms & seasons – like breathing**

**What are some of the seasons we go through? Childhood / teens / single years / Marriage / new school semester / kids / moving / new job / lost loved / death / change – nothing stays the same forever.**

**We strive for balance, but God never called us to have a balanced life - but to have a flexible life and embrace the seasons we are in.**

1. **Rhythm is about being in harmony with God, ourselves, & others**

**We tend to measure our life by others lives - comparing and seeking to be like them or better than them. This can be good and bad. Do we do this in our walk with God? Yes - Is that good or bad? Not good.**

**God created a song called – life. When we get in tune with his song and rhythm, we understand the movement of life - and enjoy the life God gave us – with Him and with others.**

**Galatians 5:22 But the Holy Spirit produces this kind of fruit in our lives: (this song) love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! 24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.**

**This is about flowing in the spirit with God and others**

**Rhythm is about releasing control of our daily life to God**

**Life is not about finding what makes us happy and doing it - Life is about finding what God has for us individually and doing that - what does he want for you?**

**To know and seek His will, love others & stand up for what is right**

1. **Rhythm is less about list's and more about protecting values**

**There will always be things competing for your attention**

**Ask: What are some things that can compete for our attention?**

**Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. (This is a values issue – what do you value?)**

**Mentioned last week – it’s not a top of list – but a center of focus.**

**Diff seasons dictate different rhythms. But your values (the things we treasure as important) will always stay the same.**

**The things we truly value shape your choices.**

**On a farm - when storms hit. The farm goes on - animals still need to be fed and tended to - Blizzard (midwest) - tying a rope from the back door to the barn - they adjust but keep the values the same.**

**4 Values that are Crucial to a Good Rhythm – no matter what!**

1. **Protect your time with God**
2. **Protect your time with the community of God**
3. **Protect your resources with God**
4. **Protect your time of rest and rec**

**Let’s take a look at each one - 4 Values that are Crucial to Protect**

1. **Protect your time with God**

**Ps 55:17, 1 Thes 5:17, John 13:15, 1 John 2:6, Acts 17:11**

**Understanding the value of prayer and God's Word (Jesus often excused himself to be alone) Prayer is the heartbeat of our faith**

**Unfortunate it is usually the 2nd thing to go – when life gets busy or chaotic**

**Joshua's Quiet Time - What God told him**

**Joshua 1:1-6 = This is what I have for you**

**A new land / a new home / a new life / new friendships**

**Joshua 1:7-9 = This is how you’re going to do it**

**It happens by protecting and securing your time with me**

**Joshua 1:7 “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8 Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”**

**God Told Joshua - and us...**

* **Reading God's Word - Know It (v7 - Be careful to obey all the law...)**

**They read it for themselves! Read it! Study it! Seek to understand it.**

* **Speaking on God's Word - Share it (v8 - Keep this Book... on your lips)**

**Over your life, family, situation - this is about memorizing it**

* **Meditating on God's Word - Think about it (v8 - meditate on it…)**

**Get it in you. Think on it – chew it over.**

**Only thing better than throwing delicious slab of meat on a grill in the summer is - throwing a marinated overnight meat...**

* **Living God's Word - Live it (v8 - be careful to do everything written in it)**

**Walk it out – live it out - obey it - at home, work, play – everyday.**

* **Enjoy it – there are benefits (v7 - ...do not turn from it to the right or to the left, that you may be successful wherever you go... v8 - Then you will be prosperous and successful.)**

**Only when we protect it, value it, & walk it out – can we enjoy it**

1. **Protect your time with the community of God**

**Understanding the value of the body of Christ = church**

**Usually the 1st thing to go when life gets busy or chaotic**

**Jesus #1 priority – the Kingdom of God – Why? Because he cares for people. The church is designed by Jesus to build, promote, and expand the kingdom of God on earth. To bring true hope and peace.**

* **It is where you find significance with your life**
* **It is where your family will find significance**
* **It is where you are cared for, encouraged & sharpened**
* **It is where the Kingdom of God prepares its hands & feet**

**There are 59 "one another" verses in the NT - all geared toward our relationship with other believers in the local church.**

**Love another, pray for, eat with, serve, laugh with, accept, instruct, encourage, care for, honor, devoted to, forgive, carry burdens, be patient, be kind, submit to, compassionate, be truthful, bear with, admonish, build up, confess to... We can't "one another" alone - Christian friendships**

**Hebrews 10:23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.**

**It is God’s plan for every Christ follower to be an active participant of a local body of believers - with pastor and accountability**

**We must treasure it, value it and protect it – plan for it.**

1. **Protect your resources with God**

**Understanding where it came from and why we have it**

**Matthew 6:19 “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. (This is a values issue – what do you value?)**

**The only way to protect your earthly resources – is to treasure the kingdom over worldly treasures. Value tithing and generosity. If you don’t protect it will be left behind. (Last wk)**

1. **Protect your time of rest and rec**

**Understanding the value of weekly fun and rest = Sabbath**

**This is not about church day – but a fun and rest day**

**God saw, God separated, God called, God made, God placed, created then - Day 7 – God stopped. “Rested” – Rhythm!**

**Genesis 2:1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. (God does need to rest – simply means he did not create on day 7)**

**Sabbath - to cease (Hbw - Sabat). God commanded / gave a Sabat for us (Ex 20) - you need a Sabat! Our day of restoration.**

**To rest, reflect, restore, refresh, and recreation – reignite!**

**What happens when we miss it? Stress / rage / short fuse.**

**Most either blow it off - or - become legalistic about it**

**Mark 2:27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath.”**

**God set it in place things to help and protect and care for you – not to manipulate you. What was intended to be as a blessing for us – some instead turn it into bondage.**

**God’s word is designed to protect you not restrict you.**

**They are there because he loves you and cares for you.**

**A Sabbath = to restore & refresh you - not bind you**

**Sunday, Sat, or Mon – just have one every week.**

**Treasure your time with God / Treasure your time w/ community of God**

**Treasure your resources with God / Treasure your time of rest and rec**

**Check your pulse - Find the pause in the notes – turn – turn – turn from a busy life – discover the rhythm of God.**

**Finding Your Rhythm Again.**

**1 - Stop - Create space to breathe**

**Selah in the Psalms - musical interlude - think about it**

**We go and go and go - never breathing - so busy we often miss the God moments around us - moments he speaks and the moments to help others.**

**2 - Wait - be okay with silence / remove distractions / rest**

**Psalm 37:7, Psalm 46:10**

**3 - Listen - Are you able to hear God? Are you able to see God in your life / around you / in others / for others? Are you listening to his word, godly counsel, His Spirit?**

**1 Kings 19:10-12**

**4 - Learn**

**Matthew 11:28-30**

**If you are stressed - that is not Jesus - Jesus will not burn your out**

**Learn from Christ – on this.**

**Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”**

**Are you tired – busy – stressed – come to Jesus.**