

MESSAGE TRANSCRIPT //

RHYTHMS TO CULTIVATE | RE-IMAGED

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Can we celebrate all that God did at the Fishers launch last weekend? I want you guys to hear this. This is week one—950 people showed up opening Sunday, 950 people got to hear the gospel already. Keep celebrating—two baptisms on opening weekend at the Fishers campus—two people. It's just the beginning.

I also want to connect these dots for you. For those of you who were around with us toward the end of last year, you know all about Awaken, this generosity initiative that we talked about that we're going to be in over the next two years. We had this big vision like: What would it look like to release the church, revive the city, and help restore hope to the world.

I just want you to know that this campus launch is connected to that. Your generosity helped make that possible. Alright? This is just the beginning. And if you're just coming in and you want to be involved, you want to hear more about this Awaken initiative, you can stop by Info Central at any of our campuses. Okay?

I'm pumped to be with you here today. We are finishing up our series Re-Imaged. What we've been looking at is, "What is God's purpose for my life?" And we've looked at everything from the image that we were made in, the relationships that we have to develop, and the work that we do. Today we're going to take a unique angle on it and really just look at, "What are the rhythms needed to be able to live out the purpose that God has for me?"

Here's the question just to frame up our time together.

Do you have repeated patterns of movement that are helping you live out God's purpose for your life?

Do you have that? Do you have those repeated patterns? Is there a rhythm to your life and your spiritual life? Because rhythm is easy to see, it's easy to hear. Right? When you hear a song you can hear the rhythm. When you see someone dancing you can see the rhythm, or the lack there of. Right? The same is true of our lives. Is there a rhythm, those repeated patterns you have in place?

Or, maybe you need to cultivate them. Maybe you just need to add a few. Maybe you don't even know what that looks like. Today is for you.



What we've said in this series is that God is far more concerned... We've talked about the purpose for our life—He's far more concerned with who we are becoming than what we are doing. So this is more about who God is making us into on the inside than it is getting some path to get the perfect set of circumstances.

And the verse we've been looking at to explain this is Habakuk, chapter 3 verse 19 where it says:

"The Sovereign LORD is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights." (NIV)

We've talked about that a lot of times we come to God and our prayer is to change our circumstances, "God, remove the mountain." And when He says, "No, I want to strengthen your feet so that you can scale it." We want the circumstances, but He's focused on our character. So here's the question we've got to ask:

How Does God Strengthen Our Character

That's a question no one wants to ask. Is it a prescription? Is it a pill? "What does it look like for God to strengthen my character?"

I think what we can see throughout Scripture is that it comes in two ways. But it's under the banner of:

Resistance

I would say the first time we looked at that a little bit in this series has been:

Trials- I go through resistance

I go through resistance. I go through the valley. I go through suffering. I face sickness. I go through the loss. And then there is this process where as I'm going through it, if I choose to believe that God is with me and I trust that He is walking with me along the way, that as I go through resistance, He's forming me and shaping me. No one can avoid that side. All of our life we are going to experience trials from time to time.

The other side of it, though, is one that you and I do have more of a say in. And that would be:

Training- I create resistance

This is where I create resistance in my life through spiritual rhythms. There is this push/pull where I'm pushing away from the way things used to be. I'm pushing away from the ways of the world. I'm pushing away from the culture. And I'm pulling in God's way for my life. I'm pulling in who He says that I am. And I'm beginning to follow Him.

And through this training and through these trials, along the way, in the course of a life time we are:



Formed into the image of Jesus

This is the resistance we go through. This is how God strengthens our character.

Before we jump straight to, “Okay, what are the rhythms, what is the training that I need to go through?” we need to take a step back to say, “What got us off rhythm in the first place? Why does there seem to be this disconnect between us and God? Why does it feel like, to use the dancing metaphor, we’re off rhythm? Why does it feel like we are not together? Why does it feel a little awkward like your first dance in sixth grade, ‘I don’t know where to put my hands or my feet.’”

But we’ve said that if God wants to establish those rhythms in our lives, God wants to show us what the relationship can and should look like, where did it go wrong? It went wrong at the very beginning. Genesis, chapter 2. It says:

“So the creation of the heavens and the earth and everything in them was complete. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.” (NLT)

I want you to think about this. In the Creation story over and over again, God has this rhythm to what He is doing. He is setting things apart. He’s separating them. He’s filling them. In everything God knows where He wants it to go. And then He rested.

What does that mean? Did God get tired. God was just speaking things into existence and He got to the end and then He was like, “Okay, I’m not going to throw up. I’m good. Angels, go ahead. No, no go. I’ll catch up. I’ll catch up. You know, I can be anywhere all of the time. So I’ll be there.” No. He didn’t rest because He was tired. He rested because He was done.

Jewish Rabbis had this beautiful teaching about Genesis where they say, “The God who knows how to say enough.” Like a poet or a painter who looks at his work and knows that to add one stroke would mean to take away from something else. So, in God’s perfection, He sets it all into motion and then takes a step back and begins to look at it’s goodness and to share and delight in what He had created.

I want you to think about this. Who in the world would have the audacity to step forward, after God has said that everything is perfect, and say, “No, I think I can make it better.” It’s me. I’m the problem. It’s me.

We see so quickly that as God begins this dance with humanity, setting out for them what is enough and what their life is going to look like, to not add anything to it, it’s as good as it can get, it doesn’t take long for Eve to say, “Hold my fruit. Watch what I’m about to do.” Honestly, this is just a few verses over. It says:

“The LORD God placed the man in the Garden of Eden to tend and watch over it. But the LORD God warned him, ‘You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.’”
Genesis 2: 15-17 (NLT)

Did you see the trial? Did you see the testing of trusting God enough? This is what He wants, “I want you to trust Me. I want you to have faith that what I say is good, and that there is nothing more. It won’t make it better. It will only subtract from it.” He says, “You can have all of this except this one.”

And we see pretty quickly that in no time at all they are in this garden and then you have this serpent, this Satan figure, that steps in and really begins to question her. It makes her curious. “Maybe there is more than what God says is enough. Maybe you could be even more like Him, knowing between good and evil.”

So he tempts her and look at her response:

“The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too.”
Genesis 3:6 (NLT)

They had everything. God set it all into motion. He said, “Let this be enough. Trust Me. Take Me at My Word.” But they don’t. I think that is a great way to begin to framing up sin. What is it?

Sin is the Result of not Trusting God Enough

I want you to think about that in your life. Take a moment right now. Think about your sin: past and present. Go ahead. I’ll wait. It’s a fun thing to think about. But place it under that banner and see if it doesn’t really bring to life what is really going on.

When you think about stealing, or you took something because you didn’t think you had enough. When you lust after something. When you have envy. When you gossip. What do people say when they gossip? “I’ve said too much.” You said more than you should have. Over eating, over drinking, at the end of it, it was too much.

“I didn’t trust what God said was enough. I didn’t trust His way.” And I thought, just like Eve, I thought it would be the thing that would bring me what I really needed. I thought it would be the thing that would kind of deal with this ache inside me.” But the more we took the more it took from us. And it feels like we are just constantly taking more and losing more.

And what is God’s response to our rebellion? We see it in Genesis and then really the same story played out over and over again. It’s His people, His creation had the audacity to rebel against Him and over and over again He meets them with grace and offers



them a new way, “Come back to Me. Be My people. Let Me establish the rhythms that you can live by and that you can flourish by.”

This is the same invitation of Jesus when He stepped on the scene. And what He offered to all people. Look at this. Matthew 11, verse 28 says:

“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens,’ is that any one today? “...and I will give you rest. Take my yoke upon you.”

This is the invitation that Jesus gave. He looked out into a world not so different than ours. People worn out, carrying things that they were never meant to carry, reaching for more, not trusting God enough.

And Jesus says, “No, no. Let me invite you into this.” But He doesn’t invite them in and say, “Come stand next to me, come believe what I said you should believe and then keep living how you want to live.” He said, “Take My yoke upon you.”

Now a yoke is farming equipment. It is what would be put on top of two animals that would bring them together. And this yoke would unite them and they would move together and plow the ground together, moving in unison, sharing the same rhythm.

But teachers also had yokes. Rabbis had yokes. They had teachings and a way of life that they would lay on their apprentices who they would begin to walk together with.

Here’s the thing we all need to see. You and I, no matter your background, no matter where you are coming from, no matter if you are hyper-religious or you don’t believe in God at all, we all have a yoke, something that we are walking step by step with. There is something on the other side of it. There is something that is ultimate to us, whether it’s money, whether it’s power, success—it is shaping us into the image it needs us to be.

Whatever is on the other side, unless it’s Jesus, there is nothing behind that question mark that will ever say enough. There is nothing that will ever say, “Okay, you’re good now. You’re satisfied. It will always be one more, and then another; and it will take you farther than you ever planned on going. Only Jesus says, “Come to Me and find rest, a real rest. Come to Me and be satisfied. Come to me and learn how to walk through this life.”

I love the way that The Message translates these verses. It says:

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn, here it is, “the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Is that not something that you are in for? To live freely and lightly. Can I tell you what that looks like? It looks like you on one side and it looks like Jesus on the other. And He

says, "I want you to walk with Me and I want you to work with Me. When I move, you move. I want you to look to Me for everything that you are going to do. And along the way, if you stay under this yoke with Me, you'll learn and trust in what God's enough for you really is."

For the rest of our time together I'm really just going to funnel us down to, "Okay, what does that look like? How do we begin to cultivate those rhythms in our lives? What does it look like to be more and more comfortable in that yoke, shoulder to shoulder with Jesus? What do we need?"

I love Dallas Willard's framework for spiritual formation, or spiritual rhythms. He boils it down to what he calls VIM:

Vision

Intention

Method

Vision, intention, and then method or means, how are we going to do this thing? And a lot of times we're probably still on the edge of our seats, "Can we just get to the means, can we get to the method? Tell me what to do and I'll do it."

But I'm telling you, if we jump to that part, we jump to the means, we jump to the method, we're going to end up just like what Jesus is talking about, burned out on religion. And that's really just us trying to make our way toward God. Without the proper vision and intention, it's all for naught. We need all three.

Vision

So, here's the vision, "What is the vision for my spiritual rhythms? Why am I doing this anyway? What is my goal? How do I know if I'm succeeding? How do I know if I'm moving in the right direction?"

You see, for a lot of us I think it's not that our vision is too big, it's too small. Our vision for our life is a lot of times like, "God, help me to be better than I used to be. God, I used to do these things. God, help me to stop doing those." Do you see how that is not a vision at all? That's an anti-vision.

Or, even if you flip it and you do the positive side of it, "God, make me the best version of myself." What if the best version of yourself isn't that great? Once again, even if it is great, God still has a bigger vision for your life than that. Look at Ephesians 2, verse 10:

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." (NLT)

You were created anew for the purposes that He has for you. Did you see the subtle difference? I can say it this way:

When you placed your faith in Jesus, you were made anew.

This means that God isn't making the old you better, He is making a new you, more and more like Jesus. And that's really good news. That's my vision, "I'm being formed more and more into His image. I'm learning what it looks like to bear the image of God." And maybe you're talking like, "What does that even look like? How do I begin to replicate and look like a God who speaks worlds into existence? How do I connect that to my life?"

It's Jesus. Look at what Jesus said in John, chapter 14, verse 9. It says:

"Jesus replied, 'Have I been with you all this time, Philip, and yet you still don't know who I am? Anyone who has seen me has seen the Father!'" (NLT)

My vision for my life is the life of Jesus. And it's not just reading this in Matthew and Mark and Luke and John, it's seeing how He lived. How did He spend His time? Where did He go? What were the rhythms of His life that allowed Him to do what He did? That's my vision.

The second piece is:

Intention

I intend, if that's my vision, then I intend to obey everything that God has put before me, because I believe that everything that He has asked of me to do and to stop doing is going to help me to be formed into the image of Jesus.

But intention is one that we get wonky with too. Even if we have the right intention, "I intend to obey God," some of us are doing it for the wrong reasons. It's more of a fear based type of a thing like, "I intend to obey God because I don't intend on going to hell." "I intend on going to church because that's what I'm supposed to do, I think." "I intend to do these things because... I really don't know why. I'm afraid not to."

I can tell you, fear works great in the short term, but when we're looking at the course of a life, it won't last. Eventually you'll become burned out. Eventually you'll walk away. You'll feel the weight that you were never meant to carry and you'll walk away.

And that's not the way Jesus talks about this relationship anyway. He talks about the kingdom of heaven, not in a way of fear, but of excitement. Take a look at this:

"The Kingdom of Heaven is like a treasure that a man discovered hidden in a field. In his excitement, he hid it again and sold everything he owned to get enough money to buy the field." Matthew 13:44 (NLT)

This is what it looks like to have Jesus, to be in relationship with Him. Our intention is built and overflowing out of excitement and joy, like someone who found a treasure in a field, buried it, went back, sold everything he had so that he could get this one thing.



My motivation is joy. My motivation is excitement. And then my life is about progressively working my way toward that vision, progressively, not perfectly. Reorganizing my life in a way that it is clear that He is the most important thing. That is the intention.

The last one is:

Method

The means. How are we going to do that? What are the daily rhythms and patterns of our lives that we can put into place that will allow us to become more like Jesus?

And before I get to it, I just want to paint a very clear picture that this is going to be hard work. This resistance is resistance for a reason. There is this inner turmoil, there is this war within us, this push and this pull that we are going to have to put ourselves in over and over again. It's slowly, day by day, that we're going to be formed into the image of Jesus.

I think a lot of times we place our faith in Jesus, say that prayer one time, and then, "I just fall into God's lazy river and I just float through life in this pure state of joy and ecstasy until I land on heaven's gates, like, 'Father, I'm here.'"

But I want you to see the way the Bible talks about this—what this process is going to be like, what sanctification, what following Jesus, being in that yoke looks like. He says:

"And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires." 2 Peter 1:4 (NLT)

So what is it going to take to escape the human desire of more, of overreaching, of not thinking that God is enough and trusting ourselves instead of Him? What is it going to take? Look at all of this:

"In view of all this, make every effort to respond to God's promises." And look how much supplementing we're going to be doing. "Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone." 2 Peter 1:5-7 (NLT)

How do I know that my vision really is Jesus? How do I know I'm following through and my intentions are pure of obeying Him? The end result is that I'm going to have love for everyone. It's going to be that I have that list, that I'm able to obtain it, that God has given me those. It's going to take a lifetime. Can I say it this way?

There is no such thing as spontaneous discipleship

Discipleship is a process where I move from where I am to being more and more like Jesus.

We have spontaneous baptisms. In a moment you hear who God is, what He's done, what He wants from you and you respond. In a moment you are baptized. In a moment you are justified. You move from death to life, and it's beautiful.

But we have intentional discipleship, which means all of my means, every effort I'm putting forward to be made more and more into the image of Jesus. And it takes a lifetime. It will take longer than I think it should. But it will be worth more and be better than I could ever imagine.

W.W.J.D.

You know, I used to love those W.W.J.D. bracelets. You know what I'm talking about? What would Jesus do. I still do. I like the idea of them, but I just think that they're incomplete. Here's the basic idea for those of you who either weren't around in the 1990s or, I don't know. It was a bracelet that said W.W.J.D.—What would Jesus do?

And it was this beautiful reminder that as you're going through life and as you are getting tested and tried, you look down and you think, what would Jesus do? Which is great, but I don't know how helpful that is without the other part, without the method and the means and the training and the resistance.

It's this idea that somehow, in this moment, you're going through a really hard time but then you just stop and you look down and you think, "What would Jesus do?" And then you close your eyes and you become some kind of Christian Power Ranger, and it's like morphed in time, and you become like Jesus in that moment.

Maybe. God does the miraculous. God can do that. But maybe there is something different. Maybe God wants to develop those rhythms and those patterns in our lives.

You see, I grew up and I love playing basketball. Loved it. I grew up in Indiana. What else were we doing? You know? I still play today but not very much, for a lot of reasons mostly because every time I play I get hurt. But, I still enjoy playing basketball. I still enjoy shooting. I still enjoy the exercise. Lots of times it's just fun getting together with friends to play.

But when I play today, when I catch the ball, do you know what I'm thinking? W.W.J.D. What would Jordan do? No. I'm not thinking that. Why? Because that is not helpful.

It's not helpful to catch the ball and know that I haven't trained, played basketball in six months, that I'm still going to be magically spontaneously transformed into the image of Jordan. No. I'm thinking, "How can I shoot without having to move?" I'm thinking, "Jeb step." Oh, that didn't work. "Jeb step, pump fake." How do I get this ball off?

But do you know who did actually think, “What would Jordan do?” And who could actually do what Jordan did? Kobe Bryant.

Now what’s the difference between me and Kobe Bryant? Easy. Okay? Easy. The difference is that he gave his life to train for this one thing. He watched every clip of Jordan. He watched every game. And not only that, then he went into the gym and he practiced every move, every spin, and every fade away so that when he found himself in the game on that platform, he was able to do what Jordan did.

You and I are training. It is not in a gym, it is in our lives. It’s our relationship with God. It’s our relationship with others. It’s the work that we do. Every step of the way is a time for us to train, not only in knowledge to know what Jesus did, but to have the obedience to live it out and to practice and to try.

Rhythms to Cultivate

Now we get to the rhythms we cultivate. What are those rhythms that we can do? What is the training side of this resistance that is going to help form us into the image of Jesus? The first one is Bible reading:

Daily Bible Reading

And I just want to add a caveat because I think sometimes when we talk about Bible reading it’s something different than the way the Bible instructs us to read it. Look at the way it talks about reading the Bible in Psalm 1. It says:

“Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.” Psalms 1:1-3 (NLT)

This isn’t, “Hey, I have a quiet time every morning. And I have my verse that I’ve already handpicked. Then I read it and I check a box and then I move on with my day.” No, no. It’s, “I meditate on God’s Word day and night. I’m with God in His presence in His Word. And then I stew on it and I meditate on it. I think about it all day and it shapes how I live.”

And then, did you see the result? We could be like trees planted next to a river. It will be like trees that are producing fruit in season and out of season. What does that mean? It means that there are going to be people who are going through trials, there are going to be seasons of loss and tragedy and pain where no fruit should be produced and yet there is fruit, there is fruit.

How is that possible? It’s because we have something bigger than our circumstances. We have something stronger within us. We are planted and rooted in the wisdom of God. We only get that by being in His Word and learning from Him and knowing who He is.



The second one is:

Pray

And I just want to give us a little bit of a framework around prayer and how we connect it to daily Bible reading. We pray. And here's an acronym we use here at church: P R A Y, Praise, Repent, Ask, Yield.

So, as I'm reading through Scripture, the thing I'm focusing on is what is this teaching me about who God is? What is it about this Scripture that tells me He is worthy of worship? And I just spend some time worshipping Him, praising Him for who He is.

And then I move into a time of repentance. Chances are as I was reading His Word, there was something that convicted me. There is something that I'm not doing or something that I need to stop doing in this moment. So I take time to confess it and then I repent. I not only say I'm sorry, I turn and I'm actually going to start moving in the way He wants me to move.

And then I ask. I ask for anything and everything. Big and small, nothing is too big, nothing is too small. I ask my Heavenly Father who wants to give good things to me.

And then I yield. I don't just break after the ask. I don't just ask for all of my things and then go about my business. I wait and I yield and I sit in silence before the Lord and I say, "God, I've made my requests known, but what do You have for me? What is it that I'm not even aware of? What is it that You want from me? God, share it with me." And in silence I sit at the feet of Jesus and pray.

Church

We go to church. Not when we can. Not when it works. "I make it a priority; a regular part of my rhythm is that I go to church. And not only go to church, I'm engaged at church. I come in with a very different mindset."

Some of you need to remember that you are walking in like you found treasure. There is excitement. Some of you need to tell your face that you have been excited to come here today.

I come in and I'm not just here taking in and consuming. I'm participating. I'm worshipping. I'm connected with God. I'm praying. I'm leaning in during the message. I'm responding at the end of every single time we gather together. I'm getting stirred up to obey what He is calling me to do. And then I go do it.

Community

I know that I can't do it by myself. I don't try to. I have a personal faith, but not a private one. So I make sure that I surround myself with people who are going to help me, call



me out, who are going to encourage me. They are going to pick me up when I fall. That's a rhythm that we all need.

Serve

I serve. And I don't serve out of guilt. I don't serve because someone told me that there is a need over there and I'm going to go fill it. I serve because Jesus said that it is better to give than it is to receive.

I serve because Jesus modeled it for me. And as I study His life I see that there is this God of the universe who would humble Himself, wrap Himself in flesh and bones, who would come to His disciples, the ones that He is leading and kneel down and wash their feet.

I think that there is something in servanthood, there is something in humility, that can help form me into the image of Jesus. So I serve regularly and often.

Give

I give. I become a generous person. If you want to talk about one of the biggest tension points that we have to believe, it's that what we have is enough and not reaching for more. It's in our finances. So, I set up a regular rhythm every time I get paid, I'm giving God my first and my best. And I'm trusting that He can do more with what I had left than if I kept it all for myself.

Sabbath

And then you have Sabbath. Sabbath is just a 24 hour period once a week where I reflect the same rhythm that God had at the beginning of creation where He took a step back and rested. Not necessarily because He had to. He wasn't burned out. But He chose to sit back and to have a day.

We get that same thing. God invites us into it: a day of worship; a day of feasting; a day to just see God and to delight in Him and be reminded that the world is still spinning even though we're not working.

I know this can be a big list. And you're looking at it and you're like, "Okay. Tomorrow I'm doing all of these. Add it to the calendar." I will tell you it will not work. It will be like going to the gym for the first time ever and saying, "You know what? Today, I'm doing every machine. Right now." You will wake up the next day and never want to work out again.

The goal is just to look at these and say, "Maybe I'm only doing one or two of them. How can I connect a few of them together? How can I make it more of a priority? How can I schedule around it?" And then add to it little by little.

The thing that I want to put here at the closing is kind of like a warning of sorts of how this can still go wrong. And how we actually need all of these. They are interconnected, working together to form us into the image of Jesus.

If I can use this illustration of this jug here. The water represents God. This cup represents us. A lot of times there is not too much rhythm to our life when it comes to spiritual things. Really, maybe for most people, "Church is my rhythm. And I'm pretty consistent with it. Every single week I come to church, most of the time, when I can. And I come in and I get a splash in my cup. And it is amazing. I come in tired. I get motivated. I get inspired. It is great. And I leave a little bit filled up. I'm like, 'Man, I knew I loved it there. I'm going back again next Sunday.'"

But then you leave and you're in the parking lot. You're trying to leave and there is a beautiful process where one car goes and then another and then you let this one go. But they are not doing it. And then they make you say something that you said you weren't going to say anymore. And you lose a little bit.

But you've still got some. And you go to work on Monday and you're like, "New year. New me. I'm changing this place. I'm setting the culture. I'm bringing love and positivity and kindness. And I try. But it's so hard. It takes so much from me that I get through Tuesday and then friends, and family, and kids, and everybody else. I then I'm empty by Wednesday."

Can I just tell you that coming to church is not enough? If you live by the Sunday, you by the Sunday. That's one problem.

The second problem that I see is that even those of us who have established the rhythms that we have, we come to church, we get a little splash, go along our way until that next morning when we come back, I've got quiet time. So I go and I spend a little time with the Lord and I pray a little bit and I read my Bible and then I go.

And I'm a good Christian too. So, I'm a part of a group and I go to group on Wednesdays, not because I want to, but because I have to because I know how they talk about me if I don't come. So, I get another little splash.

And then I serve, but not really because I want to. It's just because I feel like I'm supposed to, so I serve a little bit.

There is still a way to have all of the rhythms and do all of the things without the right intentions, to do it in your own power, to come and to get a little bit and then to move away and go about your life. The same thing happens.

Sunday, that person cut you off. You're still going to say the thing you shouldn't say. Work is still going to be what it is, but you're going to have enough to get through. But I'll tell you where the rest of the water goes. It's in trying to muster it up in your own power

and do it for your own reasons and your own motives. And by the end of the week, you're going to be empty again.

So, what hope do we have? To reframe the way that we look at spiritual rhythms, it's not necessarily about what we are doing. It's about who we're with while we are doing it. If I could give you one piece of advice, it would be to not move the cup. Keep being present with the Spirit of God.

Abide

The word that the Bible uses for this is abide, remain. "Stay with Me." Don't just try to take the things of God and then move, "I'm going to be connected and I'm going to abide in Him."

Look at what it says:

"I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!" John 15:9-11 (NLT)

God's enough for you is more than enough.

And when I go into this space of spiritual rhythms the most important thing is not what I do, but it's who I'm with. When I'm in the yoke with Jesus. I'm abiding. I'm with Him.

And we see this completely changes. The cup doesn't move. And His Spirit just pours out over me. And kindness and goodness and love and joy begin to overflow in my life. I don't have an empty cup and I don't have to worry that I'm going to run out because it's over and over and over again.

What I want to show you this. I have this full cup. God has filled me. And what we talk about around here is living out of the overflow. Which means the overflow is where I serve from. The overflow is where I live from. The overflow is what I have to share with everyone. I don't have to be selfish or stingy or worried that God doesn't have enough. I have more than enough.

This is what God wants for you. And this is the point of the spiritual rhythms, to have life and life to the fullest. And if you're here today and you're going, "How do I get that? How do I get my cup filled? How do I find this rest that you are talking about?" It's only in Jesus.

Jesus is the Son of God. Jesus came to live that perfect life, reconciling us back to Him, bringing that rhythm into place and establishing a relationship—dying for all of our sin, all of our reaching and grabbing for more, and all of the factions that we created, and all of the brokenness. He brought it all back together.



And in His name, and by the power of God, He rose from the grave defeating sin and death. And on the other side, He offers an invitation to me and you to come and to be with Him. To abide. To get in the yoke and to walk with Him and work with Him from now until forever. You can respond to that today.

The way that we're going to close today is through another spiritual rhythm. It's called communion. And this is the ultimate reminder that Jesus is enough. It's His body, it's His blood that has been broken and poured out for us.

So if you have it, I just encourage you to take the little piece of bread, which represents the body of Jesus and be reminded of all that He has for you and all that He wants, the vision for your life. Take this and remember.

Take the cup, which represents the blood of Jesus, which was poured out for me and you and remember the sacrifice that was made.

If you can, stand to your feet. We're going to end in a time of prayer and go into a time of worship. Would you pray with us?

Father, thank You so much for today. Thank You for the life that You have for us. And it's so much more than we could even ask for or imagine. But, God, help us to cultivate the rhythms needed. God, keep the vision of who You are at the forefront. God, help us to look to You and to not downplay the life that You've called us to. We are being made into Your image, more and more formed into Your ways.

God, help us to keep our intentions pure. God that we attend out of excitement to obey, to be able to experience more and more of what You have for us. And, God, I pray that You would give us the discipline to hold on to the method and the means and the rhythms and the disciplines day in and day out so that we can be formed into the image of Jesus.

But, God, don't let us try to do it on our own. God, I pray that everyone listening right now would make the most important thing about their lives about abiding in You, putting themselves in a position to be close to You. And then, out of that position, would come an overflow—more joy than we can ask for. A spirit of gratitude. And, God, that we would be locked in with You, praying constantly.

Father, we ask now, as we stand to our feet and as we worship You and praise You, God, we ask that You would fill us. That out of that overflow is where we would live from.

Jesus, it is in Your perfect and holy name that we pray. Amen.

