

2-2-20 Managing the Rat Race of Life #2 –

EXAMINING YOUR GAME Matthew 11:28-30

Some questions to think about:

**HAVE YOU EVER BEEN “BURNED OUT”?
HAS YOUR GAME EVER GONE SOUTH?**

**WHAT DOES IT EVEN MEAN ‘TO HAVE IT ALL-TOGETHER’
or ‘TO BE IN THE ZONE’ or ‘TO BE WHOLE’?**

**AND THEN, HOW DO WE GET BACK TO WHERE WE WANT
TO BE? ... THE WAY IT WAS WHEN OUR FAITH & TRUST IN
GOD WAS FREE & LIGHT & FUN? ... WHEN THE GAME WAS
FUN & ENERGIZED – WHEN EVERYTHING WAS RUNNING ON
ALL CYLINDERS AND THERE WAS CAPACITY TO SPARE?**

Matthew 11:28-30 (NIV) 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.”

JESUS SAYS:

1. COME TO ME
2. TAKE MY YOKE
3. LEARN MY WAYS

Matthew 11:28-30 (Message) ²⁸⁻³⁰ “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 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.**”

CAN YOU RELATE? LIFE IS HARD, BUT GOD WANTS US TO LIVE IN
STRENGTH – FACING CHALLENGES & HARDSHIPS IN THE WAY
THAT HE PROVIDES & INTENDS ---

BUT ARE WE WILLING AND WANTING?

1st --- WHAT ARE WE TO DO? COME TO JESUS!!!

*Oswald Chambers writes, “The questions of life that really
matter are relatively few AND they are answered by these
words of Jesus, ‘COME TO ME.’”*

WHOLENESS is that condition when we have the capacity to
perform and to live as God wants us to live ... even though life is
difficult and the games of life are tough --- we’re not overwhelmed.

WHOLENESS is to live with integrity --- to be true to self and to
others ...

WHOLENESS is when GOD’s strength and GOD’s SPIRIT
sustains us and gives us ZIP ... lifting us up on eagle’s wings.

HOW CAN WE BECOME WHOLE AGAIN? COME TO JESUS!

WHAT IS THE “ONE THING”?

IN BASEBALL --- HAVE TO TOUCH 1st BASE!

CITY SLICKERS -- “CURLY” ---- “1 THING”

WHAT IS THE ONE THING WE NEED TO DO?

COME TO JESUS!!!!

IS YOUR SOUL, YOUR SPIRIT – TIRED AND WANTING MORE?

COME TO JESUS!!!!

2nd --- WHY? WHY ARE WE DOING THIS?

Coming to church ... reading the Bible ... saying prayers ...
confessing our sins ... breathing the Spirit of God into our lives ...
serving and helping others ... giving our time, talents, and
treasures to the church?

IT IS NOT TO THE CHURCH --- or FOR THE CHURCH

**GOD WANTS US, GOD INVITES US TO LIVE LIFE
ACCORDING TO HIS INTENTION FROM THE BEGINNING ...
TO LIVE ACCORDING TO HIS COACHING --- HIS WAYS!
WE ARE DOING THIS SO THAT OUR VERY SOUL CAN BE
RESTORED AND MADE STRONG AGAIN
WE “DO THIS” --- BECAUSE WE MADE A CHOICE!**

**WE CHOSE TO PLAY THE GAME OF LIFE ON GOD’S
TEAM WE MUST THEREFORE, THEN, CHOOSE TO PLAY
ACCORDING TO THE COACH’S COACHING!!!!**

WE DO THIS, BECAUSE, WE ASK OURSELVES “WHY” --- IT IS GOOD TO BE REMINDED OF “WHY” and WHAT IT IS THAT IS MOST IMPORTANT ...

- + OUR SOUL --- OUR SPIRIT**
- + OUR FAMILIES**
- + OUR ABILITIES & CAPACITIES TO PERFORM & PROVIDE FOR THOSE WHOM WE LOVE & CARE**
- + OUR ABILITIES & CAPACITIES TO PLAY FOR THE COACH & THE TEAM --- FOR GOD’S TEAM --- THAT THE WORLD WILL BE A BETTER PLACE**

3rd --- WE NEED TO LEARN OR “RELEARN” THE COACH’S PLAYBOOK and the RIGHT WAYS TO EXECUTE AND ACT AND THEN ----- PRACTICE, PRACTICE, PRACTICE!!!!

I have found that when my game is off ... it is not because of the coaching ... but because of me ... I NEED TO RESET MY LIFE --- GO BACK TO THE PRACTICE FIELD & BE COACHED ...

I need to EXAMINE MY LIFE --- TO TAKE MEASURE and RENEW AND RECOMMIT MYSELF TO LOOK TO THE COACH’S PLAYBOOK AND PRACTICE, PRACTICE, PRACTICE.

IN the remaining 5 weeks of this sermon series we’re going to introduce 1 SPIRITUAL PRACTICE each week. And then through our daily devotions on the SHUMC APP – we’ll recall and PRACTICE each EXERCISE and PRACTICE so that WE CAN better MANAGE AND LIVE AS GOD WOULD HAVE, EVEN IN THE RAT RACE OF LIFE.

- 1. The PRACTICE OF “EXAMEN”**
- 2. The PRACTICE OF PRAYER**
- 3. The PRACTICE OF FASTING**
- 4. The PRACTICE OF TAKING CARE OF YOUR BODY**
- 5. The PRACTICE OF WORSHIP**
- 6. The PRACTICE OF CONFESSION**

REFLECTIONS;

- 1. Think about the importance of touching 1st base --- how does the idea of going back to basics – going back to Jesus resonates with your soul?**

- 2. How do you define or describe ‘wholeness’? When have you felt the sense of ‘wholeness’? When have you felt less than whole?**
- 3. How is it with your soul right now? What do you need (and want) from God? From your church family?**

The Practice of EXAMEN is a spiritual practice introduced by Ignatius of Loyola (1491 – 1556) that invites an inward reflection each day as an EXERCISE to help us notice & recognize:

- A. THE MOVEMENT OF GOD IN OUR LIVES;
- B. OUR CONNECTEDNESS WITH GOD THROUGHOUT THE DAY; and
- C. LEARNING TO SENSE THE WILL OF GOD IN US AND THROUGH US.

At the end of the day ... we ‘examine’ our day for 5 minutes – turning off our phones and clearing our minds & reflecting upon: Those moments that we felt connected to God
Those moments that we felt dis-connected from God
Then --- THANK GOD for HIS CARE, AFFIRM THAT YOU’RE GOING TO BED IN HIS REST AND ASKING FOR HIS HELP & BLESSING FOR YOU & YOURS TOMORROW .

REMEMBER THIS WEEK’S VERSE: MATTHEW 11:28-30

Matthew 11:28-30 (NIV) 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.”

JESUS SAYS TO HIS FRIENDS:

1. COME TO ME
2. TAKE ON MY WAYS
3. LEARN FROM ME

PRACTICE, PRACTICE, PRACTICE!!!

DEAR GOD, PLEASE SHOW ME THE WAY ... PLEASE HELP ME TO COME TO JESUS and to LEARN HIS WAYS SO THAT MY FAMILY AND I CAN BETTER LIVE IN THE MIDST OF SUCH A CRAZY & SEEMINGLY OUT OF CONTROL WORLD. AND GOD...HELP ME TO PRACTICE YOUR WAYS AND TO LIVE A BETTER LIFE - BODY, MIND & SOUL. IN JESUS’ NAME AMEN.