

RESET

Title: Part 3 – “Factory Reset”

Date: August 3, 2025

Transition: Band Continues Softly

As we continue in this moment of worship and prepare our hearts for God’s Word, let’s take a minute and make some space for God to work in our lives. Our souls have a surface, a midlands, but God communicates to us in the depths. So, everyone close your eyes, I promise this won’t be weird, but let’s give God EVERYONE and EVERYTHING. Just say that under your breath, “God I give you everyone and everything...” Now as the band plays softly just take a few moments and give God all the things and all the people on your heart. Lovingly detach yourself from the cares of this world.

[PRAYER TIME]

Hey before you grab a seat take a :30 seconds and say “Hi” to some people around you. While everyone here in the house is saying “Hi” to each other I want to say “Hi” if you are joining us online or on our app, thank you for spending some time with us! We consider you a part of our church family so let us know how we can pray for you or serve you—we’d love to walk alongside you in any way that we can.

Got a question to get us going today. When you think about experiencing Jesus—not just believing in Him, but actually experiencing His presence throughout your ordinary, daily moments—what comes to mind? Does anything even come to mind?

After three weeks of talking about slowing down, creating margin, learning to say no, deleting some of the digital noise I know some of you might be wondering—OK, but how does this practically help me follow Jesus? What does this look like?

Well, if you have a Bible grab it and go to John 15. Matthew, Mark, Luke, John... the fourth book of the New Testament. But in John 15 Jesus shows us exactly what this kind of like looks like. John 15, verses 1 through 11:

“I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. [Verse 5] ⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words

remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. [Verse 9 now] ⁹ "As the Father has loved me, so have I loved you. Now remain in my love. ¹⁰ If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. ¹¹ I have told you this so that my joy may be in you and that your joy may be complete.

I can't wait to unpack this!

Today we're continuing a collection of messages called "Reset." Two weeks ago, we diagnosed the problem—our lives have become so overloaded with activity and distraction that our souls have essentially crashed. We talked about how hurry is the great enemy of spiritual life and how our pace is stealing our peace.

Last week we talked about the hard work of elimination, learning to "Force Quit" the good things that are competing with the best things. We discussed the importance of saying no, creating boundaries, and ruthlessly eliminating hurry from our lives. If you missed either of those messages you can watch them all on our app or website.

Today I want to talk about what comes next. Once you've eliminated the clutter, once you've created margin, once you've slowed down your pace... then what? What does life actually look like when it's reset to God's original design?

Today I want to preach a message I'm calling:

Factory Reset

When your computer or phone starts malfunctioning, sometimes the only solution is a complete factory reset where you wipe everything clean and restore it to the manufacturer's original settings. All the corrupted files, the accumulated digital debris, the programs that have been slowing everything down—it all gets cleared away, and suddenly your device works the way it was designed to work.

That's exactly what Jesus is offering you and I today! Not just an upgrade to your current overwhelmed life, but a complete restoration to the way you were originally designed to live. Not just better time management, but an entirely different rhythm of life. Not just less stress, but genuine peace. Not just knowing about God, but actually experiencing Him in the ordinary moments of your day.

But here's what I've discovered: most of us have lived at such a frantic pace for so long that we've forgotten what normal is supposed to feel like. We think anxiety is normal. We

think exhaustion is normal. We think being constantly behind is normal. We think having no time for God is normal.

But that's not normal, that's broken! That's not how God designed you to live. You were created for something infinitely better than the rat race our culture calls success.

Look at what Jesus promises in our text, verse 11:

"I have told you this so that my joy may be in you and that your JOY may be COMPLETE."

Complete joy! Not just happiness when things go well, but deep, abiding joy that doesn't depend on your circumstances.

Think about that. When was the last time you experienced complete joy? When was the last time you felt truly at peace, deeply satisfied, genuinely content? If you can't remember, it's not because God is withholding those things from us—it's because we've been living disconnected from the source of all joy and peace.

SO, how do we stay connected? How do we "remain" as Jesus said in John 15? I've got 5 ways I want to share with you today, write these down if you are taking notes:

Learn the rhythm of abiding.

Jesus uses the word "remain" or "abide" eleven times in these eleven verses. The Greek word is "meno," {Minnow} and it literally means to stay, to dwell, to continue, to be at home in.

Jesus isn't talking about a quick visit or a brief encounter. He's talking about taking up residence in His presence. He's describing a way of life where you're so connected to Him that His life flows through you naturally, effortlessly, constantly.

Think about a branch on a vine. The branch doesn't have to strain to produce fruit. It doesn't have to work up the energy to grow. It doesn't have to figure out how to manufacture grapes. It just stays connected to the vine, and fruit happens naturally.

I hope you hear this and breathe a sigh of relief. Because that is exactly how spiritual life is supposed to work! You're not supposed to grit your teeth and try harder to be a good Christian. You're not supposed to exhaust yourself serving God. You're supposed to stay connected to Jesus and let His life flow through you!

But here's the problem: most of us are trying to produce spiritual fruit while living disconnected from the vine. We're attempting to serve God while being strangers to God. We're working for Jesus while rarely spending time with Jesus.

And then we wonder why we're burned out, why our faith feels dry, why we don't experience the joy and peace that Jesus promises.

This is the difference between trying to live the Christian life and learning to live in Christ. When you're trying to live the Christian life, you're constantly striving, constantly failing, constantly feeling guilty. When you're living in Christ, you're constantly receiving, constantly being filled, constantly experiencing His grace.

The first approach leads to exhaustion and disappointment. The second leads to life, abundant life.

SO, what does it look like practically to abide in Christ? It starts with recognizing that your relationship with Jesus is not just another item on your to-do list—it's the foundation that everything else in your life is built on.

Most of us treat time with God like a religious obligation we need to check off. We read our Bible out of duty. We pray because we know we should. We worship because it's what good Christians do.

BUT abiding is different. Abiding is about enjoying God's presence, not just acknowledging it. It's about delighting in His Word, not just reading it. It's about conversing with Him throughout the day, not just praying at appointed times or in a crisis.

Here's a simple way to start: instead of trying to have one perfect "daily devotion" or "quiet time" or whatever you want to call it each morning (and feeling guilty when you don't), practice having multiple moments of connection with God throughout your day:

- When you wake up, before you grab your phone, just pray something like, "Good morning, I'm yours today. God would you please Father me. Jesus would you brother me. Holy Spirit would you mother me." Right? Train your brain to go to Him first each day.
- Then as you eat your breakfast instead of scrolling just begin to express gratitude for all the things in your life, start with your food, your home, your family, that you live in a free country and go from there.
- When you're driving, turn off the radio at some point and just talk to Him. Talk about your day, your worries, your anxieties, just give it all to Him.

- As you go throughout your day take a moment between activities instead of rushing from one to the other and pause and tell your heart to turn to Jesus, you will be amazed at how easily your heart can find Him after a little practice. Just say, "Heart, turn to Jesus, where is Jesus..."
- At lunch or on your way home from work find a green space, a park, a trail, a pond and take a short 5-minute walk, notice God's creation and thank Him for it. Acknowledge that every good gift comes from Him.
- Before you go to bed, instead of checking your phone one last time, read and pray through Psalm 23. "The Lord is my shepherd; I shall not want. He makes me lie down in green pastures..."

Are you with me? The goal isn't to become super-spiritual. The goal is to become aware of what's already true—that God is with you every moment, that He's interested in every detail of your life, that He wants to share your joys and carry your burdens.

SO, we begin with learning the rhythm of abiding. Returning our hearts to Jesus again, and again, again. Then we have to:

Embrace the Sabbath.

One of the most countercultural things you can do in our productivity-obsessed world is to regularly stop working. To say, "I'm going to trust God with my life enough to take a full day off. I'm going to believe that the universe won't collapse if I'm not constantly productive."

That's what the Old Testament Sabbath is all about. In fact, the Sabbath isn't just a nice suggestion, it's actually one of the Ten Commandments. God literally wrote it in stone because He knew how prone we are to forget our limitations and live like we're indispensable.

But somewhere along the way, we convinced ourselves that we're too busy for Sabbath. We have too much to do, too many responsibilities, too many people depending on us. We'll rest when we retire. We'll slow down when things calm down. We'll take a break when we get caught up.

But here's the problem: you'll never get caught up! There will always be more work to do, more emails to answer, more projects to complete, more things to do around the house. If you wait for a convenient time to rest, you'll never rest.

Sabbath is not about earning rest through productivity. Sabbath is about trusting God enough to stop striving and remember that He's the one holding everything together, not you.

John Mark Comer defines the Sabbath like this:

"A 24-hour period every week where you stop working and you rest, you spend time with people you love doing things that fill you up with life and connect you to God."

Notice that Sabbath isn't just about stopping work, it's about actively pursuing what gives you life! It's not just saying no to productivity; it's saying yes to restoration.

For some of you, Sabbath might mean sleeping in, taking a long walk, cooking a meal you actually have time to enjoy. For others, it might mean playing with your kids, reading a book, or having friends over for dinner. The specific activities matter less than the intentionality behind them.

But here's what every Sabbath should definitely include: time with God that isn't rushed or task-oriented. Time to actually enjoy His presence instead of just checking spiritual practices off your list. Time to remember who you are and Whose you are when you're not defined by your productivity.

In our passage, Jesus talks about pruning, look at verse 2 again:

² He [talking about God] cuts off every branch in me that bears no fruit, while every branch that does bear fruit he **PRUNES** so that it will be even more fruitful.

Sometimes the most spiritual thing you can do is cut away activities, even good activities, that are preventing you from bearing the fruit of intimacy with God.

Sabbath is a weekly reminder that your value doesn't come from your output. Your worth isn't determined by your productivity. Your identity isn't defined by your achievements. You are loved by God simply because you exist, not because of what you do for Him.

When you regularly practice Sabbath, something beautiful happens: you start to realize that God really can manage the universe without your constant help. You begin to trust Him with outcomes instead of trying to control everything. AND you remember that He's God and you're not.

SO, rhythms of abiding, Sabbath and number 3:

Be intentional about solitude and silence.

If you want to experience Jesus really, not just know about Him intellectually, you're going to have to get comfortable with solitude and silence. And for most of us in our noise-saturated society, this feels impossible.

We've become addicted to stimulation. We can't drive without music or podcasts. We can't eat without scrolling our phones. We can't sit in a waiting room without entertaining ourselves. We've lost the ability to simply be still and present.

But look at Jesus' rhythm in Mark 1:35:

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Jesus, the Son of God, the most important person who ever lived, regularly withdrew from ministry, from crowds, from even His closest friends, to spend time alone with His Father. If Jesus needed solitude and silence to maintain His connection with God, how much more do we need it?

Here's what I want you to understand:

- God speaks in whispers, not in noise.
- The Holy Spirit moves in stillness, not in chaos.
- Divine encounters happen in the quiet places, not in constant stimulation.

Last week we said we must ruthlessly eliminate hurry from our lives. That hurry is the great enemy of spiritual life in our day. One of the primary ways to do that is through regular practices of solitude and silence.

Now, I know what some of you are thinking: "I don't have time for solitude and silence. My life is too busy. I have too many responsibilities. I have too many kids..." But here's the paradox: the busier you are, the more you need solitude and silence. The more overwhelmed you feel, the more essential these practices become.

Again, start small. Don't try to become a contemplative monk overnight. Begin with just 2-3 minutes of silence each day. Sit in a quiet place, turn off all devices, and just be still. Don't try to pray eloquently or think deep thoughts. Just practice being present and tuning into God's presence within you.

When your mind wanders, and it will, gently bring your attention back to God. When you feel restless, and you will, resist the urge to get up and be productive. When you feel like this is a waste of time, and you will, remember that silence and stillness are the doorway to deeper things but it takes time and practice.

Here is what we don't like about this. Silence reveals what's really going on in our hearts. When we stop the constant noise and activity, we start to notice our anxiety, our restlessness, our need to always be doing something. BUT if we stick with it, we also start to notice God's peace, His presence, His love for us.

See solitude isn't about being alone; it's about being alone with God. Silence isn't about the absence of sound; it's about creating space to hear God's voice above all the other voices competing for your attention.

Here's what happens when you regularly practice solitude and silence: you start to hear God speaking to you throughout your day. You become more aware of His presence in ordinary moments. AND you develop spiritual ears that can discern His voice above the noise of the world.

Number 4:

Practice Scripture meditation.

Notice I didn't say, "read the Bible." There is nothing wrong with reading the Bible but most of us approach the Bible like we approach everything else in our lives—we rush through it trying to consume as much information as possible in the shortest amount of time. We have reading plans that push us to cover large amounts of text quickly. We feel guilty if we don't check "Bible reading" off our daily spiritual to-do list.

But that's not how the Bible was meant to be read! Scripture is not fast food to be consumed quickly; it's a feast to be savored slowly.

Psalm 1 says: ¹ Blessed is the one who... ² delights in the law of the Lord, and meditates on his law day and night.

The Hebrew word for meditate literally means to mutter, to ponder, to chew on something like a cow chewing cud.

This is completely different from our speed-reading approach. This is about taking a small portion of Scripture and letting it marinate in your mind and heart throughout the day. This is about quality over quantity, depth over breadth.

To help us do this I want to introduce you to a simple practice called "Lectio Divina" that Christians have used for centuries:

- First: **Choose a short passage of Scripture**—maybe just one or two verses. Read it slowly, multiple times softly out loud. Don't worry about understanding everything intellectually. Just let the words wash over you.
- Second, ask yourself: **What word or phrase stands out** to me? Let that word or phrase capture your attention. Don't analyze it; just notice what draws you in.
- Third: **Spend time talking to God about that word** or phrase. What might He be saying to you through it? How does it connect to what's happening in your life right now?
- Finally: **Simply rest in God's presence**. Stop thinking and analyzing and just be with Him. Let Him love you through His word. You can repeat the word or phrase softly over and over if you want.

That's it! This isn't about getting through the Bible. This is about letting the Bible get through to you. This is about transformation, not just information.

When you approach Scripture this way, something beautiful happens: God starts speaking to you personally through His word. Verses that you've heard dozens of times suddenly come alive with new meaning. Passages that once seemed boring or irrelevant begin to address exactly what you're facing.

Jesus said in our passage, verse 7:

7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

Notice the connection between His words remaining in you and your prayers being answered. When Scripture marinates in your heart, it shapes your desires so that you want what God wants.

SO, rhythms of abiding, Sabbath, solitude & silence, meditation... this is how you move from knowing about God to knowing God. This is how you experience Jesus in your ordinary life. AND that leads us to this:

Live from rest, not for rest.

Here's the paradigm shift that changes everything: instead of working hard so you can eventually rest, you learn to work from a place of rest. Instead of earning peace through productivity, you find peace in God's presence and then serve from that place of fullness.

Most of us have it backwards. We think rest is the reward for completing our work. We believe we have to earn the right to be at peace. We assume that once we get everything done, then we can enjoy God's presence.

But that's not how Jesus lived! Jesus lived from a place of deep rest in His Father's love, and He served from that place of security and peace. He didn't work to earn God's approval; He worked because He already had it!

In our passage, Jesus says:

⁹ "As the Father has loved me, so have I loved you."

That's present tense. Not "I will love you if you perform well" or "I loved you when you were good." He loves you right now, just as you are, with the same intensity that the Father loves Jesus.

When you really grasp that truth, everything changes. You stop serving God to try to earn His love and start serving God because you're overwhelmed by His love. You stop trying to prove your worth and start living from the security of being unconditionally loved.

This is what it means to abide in Christ. This is what it looks like to remain in His love. This is the factory reset that restores you to your original design. See, you and I were created to live in unbroken fellowship with God. We were designed to experience His presence, His peace, His joy in every moment. We were made to work from rest, not for rest. To serve from fullness, not emptiness. To give from abundance, not scarcity.

But sin broke that connection. The frantic pace of modern life has further damaged our capacity for divine intimacy. We've forgotten what we were made for and settled for a pale imitation of real life.

But Jesus came to restore what was lost! He came to reconnect you to the vine. He came to offer you the life you were always meant to live.

Church, this is not just about better time management or stress reduction. This is about experiencing the abundant life that Jesus died to give you! This is about discovering what it means to have complete joy, perfect peace, and intimate friendship with the Creator of the universe!

You were not made to live in constant anxiety about whether you're doing enough, being enough, achieving enough! You were made to rest secure in God's love and serve from that place of unshakeable peace!

You were not created to be addicted to busyness, enslaved to your calendar, or defined by your productivity. You were created to abide in Christ and let His life flow through you naturally, effortlessly, playfully!

You were not designed to know about God from a distance. You were designed to experience God intimately, to hear His voice clearly, to sense His presence constantly!

- But this life is only available to those who are willing to live differently than the world around them!
- It's only available to those who will say no to the culture's pace and yes to God's rhythm!
- It's only available to those who will prioritize being with Jesus over doing things for Jesus!

The world will tell you that you can't afford to slow down, that you can't afford to rest, that you can't afford to say no. BUT Jesus says you can't afford not to! Apart from Him, you can do nothing of eternal value. Connected to Him, you'll bear much fruit without straining or striving!

The choice is yours:

- You can keep living at the world's pace and wondering why you feel so far from God, or you can "reset" your life to His rhythm and experience the peace, joy, and intimacy you were created for!
- You can keep trying to produce spiritual fruit through human effort, or you can learn to abide in the vine and let Him produce fruit through you!
- You can continue serving God while being strangers to God, or you can prioritize knowing Him and let everything else flow from that relationship.

Imagine what your life could look like six months from now if you really embraced these rhythms. Imagine waking up each day not to anxiety and rushing, but to peace and purpose. Imagine moving through your days not in frantic activity, but in restful abiding.

Imagine having such a deep connection with Jesus that you hear His voice throughout your day. Imagine being so filled with His presence that you overflow with His love to everyone around you. Imagine experiencing the complete joy that He promises to those who remain in Him.

This is not fantasy! This is the life Jesus died to give you! This is not some super-spiritual ideal for monks in a monastery! This is the normal Christian life that's available to every follower of Jesus!

BUT you have to choose it. You have to reset your life to His rhythm. You have to prioritize abiding over achieving, being over doing, depth over breadth.

Some of you are ready to make that choice right now. You're tired of living disconnected from the vine. You're ready to experience Jesus really, not just know about Him intellectually. You're ready for a complete factory reset that restores you to the life you were created for.

If that's you, would you stand with me right now? Don't worry about what anyone else is doing. This is between you and God. If you're ready to reset your life to His rhythm, if you're ready to prioritize abiding in Christ above everything else, stand up and let's pray together.