

Intensity AND Consistency

Intro:

- Simon Sinek
 - Famous for “Start with Why”
 - Gave example of working out for intensity and consistency
 - Lakers training again and Bron consistency
- Our society tends to prioritize intensity over consistency and fear is in:
 - Racial Reconciliation specifically
 - Our walk with Christ holistically
- Not saying to forsake intensity, but to prioritize consistency as well

Colossians 2:6-7- “Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.”

- Context:
 - Believers in Colossae
 - False teachers
 - In verses 1-5, Paul talks about the magnificence of Christ
 - Paul longs to see their good order and firm faith in Jesus
- Quick Exposition:
 - Now we jump down to verses 6 and 7
 - Paul calls out the fact the they have received Jesus (intensity) and he is about to build on how to walk with Jesus (consistency)

There are three principles Paul lays out for how to walk with Jesus consistently:

- 1. Rooted and Built up in Him**
- 2. Established in the Faith**
- 3. Abounding in Thanksgiving**

In these 3, we have a blueprint for how we can walk with Jesus:

Rooted and Built up in Him => Time in the Word

- Daily Reading
 - Reading the Bible and immersing ourselves in God's Word enables us to be rooted and builds us up (Psalm 1)
 - **Practical Method:** OIA...this is done every Sunday and can be applied personally
 - Scripture Memory
 - Avengers movie
 - We need weapons for when Satan attacks
 - Anxiety (Isaiah 26:3-4) you keep
 - Loneliness (Isaiah 41:10) fear not
 - Temptation (1 Corinthians 10:13) No temptation
 - **Practical Method:** flash cards or handwriting passages out

Established in the Faith => Prayer

- General: Jesus gave us a great model in the Lord's Prayer (Matthew 6:9-13)
 - Look up, Look in, Look out
- Topical Days:
 - Spaghetti and Waffles comparison

- Break out your prayer walks/time into specific focuses for each day
- Stillness/Silence:
 - Example of Tea steeping
 - **{If prayer is a dialogue, why do we so often only treat it as a monologue}**
 - Strong relationships in this life have a mix of speaking and listening. Why not prayer?
 - When we don't know what to pray (Romans 8:26)

Abounding in Thanksgiving => Sabbath

- Context:
 - Was not meant to be a day where you do nothing
 - On the contrary, it is meant to give us the space to fix our eyes back on the Lord
- Perspective
 - Have you ever been working on a problem but too close
 - We have to take a step back and see the whole frame of how God has been faithful and promises to continually be faithful
- Practical:
 - On Saturday, my wife and I knock out the household chores
 - Sunday we sleep in a little more, spend time in Word, turn on sermon
 - Eat lunch and then recover energy how we individually recharge:
 - Throwing football
 - Going on a walk
 - Anything you enjoy that gives you space to see Jesus more clearly

- I'm walking through Scripture with a friend and he talked about how Jesus doesn't seem to be pressed or anxious...Sabbath enables us to live in that way

Close:

- We have walked through three practical ways for how we can both intensely AND consistently walk with Jesus
- Want to close addressing you...we've talked a lot about tactics today
- But I want to address Simon Sinek's most famous talk as we close...the Why

Why

- the why for us as believers is rooted in Ephesians 2:1-5
- "And you were dead in the trespasses and sins in which you once walked, following the purse of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience- among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. But God being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ- by grace you have been saved-"
 - This is our "why" we serve a God who gave His all for us, and now we can surrender our life for him
 - I invite you to do the same

Let's pray

