

Resilience part 4 “Be Before Do”

We have an incredible capacity to be resilient in the face of pain and suffering and yet it can evaporate in a moment.

How are your Reserves?

John 7:37-38

Matthew 11:28-30

“The Secret of the Yoke”

Jesus does not offer escape but equipment. It’s a way to live that will enable us to have greater resilience in this world!

John 16:33

Benevolent detachment

Mark 1:35

It is not escaping or shutting your heart down, it is entrusting God with everything and everyone in your life.

I give everything and everyone to you God!

1 Peter 5:7

“Being before doing”

What does it mean to be before you do?

“A person who practices being before doing operates from a place of spiritual and emotional fullness.” They are deeply aware of the presence of God, aware of themselves and others. As a result, their being with God is sufficient to sustain their doing for God.”

Spiritual Fullness

Emotional Fullness

Mary and Martha Revisited

Luke 10:38-42

Jesus makes it clear Mary has chosen what is better...

“The active life in this world for God can only properly flow from a deep inner life with God.”

We are devoted to creating a culture of being before doing at EFC.

Why is this so challenging?

“The core challenge that makes being before doing so difficult is that it forces us to come face to face with our false self.” – Pete Scazzero

Ephesians 4:22-24

How do we know we are living out a false sense of self?

The external behaviors are actually easy to spot—self-protection, possessiveness, manipulation, self-promotion, and a need to distinguish ourselves as better than others...

False-self assessment on APP

True self is the self that is opened up to the Holy Spirit and we discover God does in us that we cannot do for ourselves.

So how do we live in the true self? We integrate a “being-with” and a “doing-for” Jesus in a way that our spiritual lives are characterized by fullness, courage and peace.

In order to “be with God” in order to “do for God,” we need to:

1. Make a radical decision
2. Embrace feelings for what they are
3. Learn the art of silence
4. Commune (abide) with Jesus throughout the day

Let’s explore those a little deeper:

1. Radical decision

The radical decision is to end our addiction, not to drugs or alcohol but to tasks and doing! We must flee from a life of overcommitment and hurry in order to learn how to be before we do.

Benevolent Detachment example

2. Embrace feelings

When we are out of touch with our inner world and feelings we can be out of touch with reality and miss the presence and voice of God in our lives.

“You want to know God? First know yourself.” --Evagrius of Pontus

Why Questions:

- Why are you always in a hurry?
- Why are you so impatient?
- Why am I so anxious?
- Why does my anger come out of nowhere?
- Why do I please and avoid conflict?

Our failure to recognize what is going on in our interior worlds causes us to miss many gifts from God.

Slowing down to feel is essential if we are to be before we do.

3. Integrate Silence in your daily life

Integrating silence and stillness utterly transforms we follow Jesus.

4. Communing with Jesus throughout the day

What is the goal of the Christian life?

John 15:5

The goal of the Christian life is to abide in Jesus in everything.

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