

Introduction

1. Neurotic, compulsive fixations
2. Waiting to start new things in the New Year
3. If you can't find peace now, you won't find it in the new year
4. Ecc. starts to repeat itself & its themes.

I. The World Is Full of Unmet Expectations (v 14)

1. The expectation of favor (v 14a)

- (1) As we look to the New Year
- (2) Things that didn't play out according to plan
- (3) If we're honest we have an expectation of favor

Isa. 66:2 - "...These are the ones I look on with favor: those who are humble and contrite in spirit, and who tremble at my word.

(4) Favor = knee-bait
qazc; regard

The best definition of the word favor is "demonstrated delight." The favor of God can be described as "tangible evidence that a person has the approval of the Lord."

(5) Right living Doesn't Mean Right Results

Prov. 12:2 - A good man obtains favor from the Lord, but a man of evil devices he condemns.

(6) What makes us good?
+ Issues

(7) What areas did you expect favor?

2. The expectation of fairness (14b)

- (1) We also have an expectation of fairness
- (2) We just want to know we're playing by the same rules
- (3) How many of us, as children, were admonished with the self-evident truth that "life's not fair"? It's a hard lesson, but it's one we all learned, usually before we got out of kindergarten. As adults, we are surrounded by evidence that life is not fair:

~ In our ten- to twenty-year-old cars, we drive past multi-million-dollar homes with pristine lawns and ridiculously expensive sports cars parked in the driveway.

~ We see people throwing money around as if it were confetti, while we struggle to pay the doctor bills and keep food on the table.

~ We see those who flaunt the law yet get off scot-free, and we see others who are innocent yet are punished unjustly.

(4) Fair = righteous, just

Fairness, properly defined, is "freedom from bias, dishonesty, or injustice." To be fair is to be just; that is, to be "guided by truth, reason, and justice."

(5) Right Results Doesn't Mean Right living

(6) Evidence of fairness:

- + Hell
- + The Cross

(7) Where did you expect fairness?

II. People Are Prone To Unhealthy Fixation (v16-17)

Command

1. Fixation Interrupts Living (v16)

Php. 4:6 - ...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

4:7 = promise

(1) Anxious - over-focused; unduly concerned; **fixate**

Lk. 12:22 - "...do not be anxious about your life, what you will eat, nor about your body, what you will put on..."

(2) Can't sleep (spirit. insomnia)

+ **Fixate** - To attend to something to the exclusion of all others.
(psychology) To attach oneself to a person or thing in a pathological or neurotic manner.

Xmas tree shopping

2. Fixation Interrupts Worship (v17)

(1) Spiritual Pride

+ Belief that all solutions are within (i.e. Buddhism)

Chart ←

3. Another cure for spiritual insomnia

Php. 4:8 - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think** about these things.

(1) **λογίζομαι** = reflect; count

+ Meditate - to engage in contemplation or reflection

III. Peace Is Restored Through Proper Meditation (v15)

1. Meditate on Grace (v15a)

Matt. 20:22 - "Are you able to drink the cup that I am to drink?"

Jer. 25:15 - Thus the Lord, the God of Israel, said to me: "Take from my hand this cup of the wine of wrath; and make all the nations to whom I send you drink it."

1 Tim. 1:14 - The **grace** of our Lord was **poured** out on me abundantly, along with the faith and love that are in Christ Jesus.

Php. 4:8 - Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything **worthy of praise**, think about these things.

The Meditate Eight

↓ command

Fixation on produces speculation (1)

True - ah-lay-thace - corresponding to what actually occurred.

+ Speculation + Assumptions

Fixate on what is unfair (2)

Honorable - sam-knos - pertaining to what is worthy of respect

(3)

Just - dee-kai-os -

+ Meditate on the right people (dating; those you want attention from)

+ Meditate on these parts of those who are hard to love

- Fixate on what will make you feel better
- (4) **Pure** - hagnos - undefiled; holy
 - (5) **Lovely** - pros - phi - lace - causing pleasure; delight
 - (6) **Excellent** - ara - tay - virtue; conduct
- + Fixating on sinful or harmful ideas

- Fixation produces condemnation
- (7) **Commendable** - you - tay - nos chose words carefully
 - (8) **Praise-worthy** - eh - pie - nos elevating; giving recognition
- + What you give unfettered vent to, will lodge itself further into heart
- + Be careful what we praise

2. Meditate on God (v.15b)

- (1) Jesus is true
- (2) Jesus is honorable
- (3) Jesus is holy
- (4) Jesus is praise-worthy

Conclusion

1. The world is full of unmet expectations

(1) Favor (2) Fairness

2. So what are you fixated on?

(1) Provision

(2) Health

(3) Protection

} Luke 12

+ It's interrupting your life

+ It's interrupting your worship

2. It's not out of your control

(1) You can fixate or meditate?