

Introduction (ul)

1. The Goals: (not chief end)

(1) Known For Depth
+ Kardashian + Fred Rogers

Ex. 33:17 - And the Lord said to Moses, "This very thing that you have spoken I will do, for you have found favor in my sight, and I know you by name."
Headstone

(2) Known For Finishing

Php. 1:6 - And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

2 Tim. 4:7 - I have fought the good fight, I have finished the race, I have kept the faith.

2. Contemplative vs Distracted

(1) Distracted Life

Lk. 10:38-42 - Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

(2) Contemplative Life

Psalm 1:1-3 - Blessed is the man who...his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

I. Causes of the Distracted Life (v2-6)

1. Distracted by Disquiet (v2,4)

(1) House of Mirth = Feasting + Thanksgivings are loud

(2) Power Outages

+ 1st event: lady pay for my ice cream

+ 2nd event: gas station cut-off of alcohol

+ Friend's Family Fight

Ps. 37:7 - Be **still** before the Lord and wait patiently for him...

Ex. 14:4 - "The Lord will fight for you, and you have only to be **silent**."

Ps. 46:10 - "Be **still**, and know that I am God..."

Ps. 23:1 - The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside **still** waters...

2. Distracted by Delights (v3,5-6)

(1) Zach Pringles

(2) "Thorns" = cheap fuel

(3) "By sadness" delight in
+ Avoid sad or use sad

(4) learn from sad

70%
subsc.
serv.

II. Consequences to the Distorted Life (v7,9)

1. Desires Distorted (v7)

- (1) Your heart will manifest what's going on w/ it in emotions & desires
- (2) First, desires are the heart working from the outside, in.

Rom. 15:13 - May the God of hope **fill you** with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

- (3) Distracted From God tempt. Promise to fill these desires

Proverbs 4:23 - Keep your heart with all vigilance...

Matt. 26:41 - Watch and pray that you may not enter into temptation...

2. Emotions Impaired (v9)

- (1) Emotions ≠ Desires
- (2) Emotions are the heart working from the inside, out.
- (3) Eight emotions
+ Gift or Impairment
- (3) Distorted Life facilitates impaired emotions

III. Cures for the Distracted Life: The Contemplative Life (v8, 10)

1. Make A Good Last Impression (v8)

- (1) I've watched many 1st impressions
- ~~(2)~~ (2) The first day is the most fun day, but the last day is the best day
- (3) It's much harder to end well
- (4) Concern for the end lends itself to concern for within

2. Don't believe the Good Ol' Days (v10)

- (1) What do you consider the good ol' days? (The West)
- (2) The good ol' days, weren't as good as you remember them
- (3) The "good ol' days" preoccupy us w/ their revival
- (4) Being present w/ the end in mind

Conclusion (v11-12)

1. Advantage (v11a)

(1) Over distraction

2. Protection (v11b)

(1) Our name

3. Preservative (v12)

(1) So we can end well

What are you distracted
with?

* Communion