

November 4, 2018

TIME OF REFLECTION

“When heaven is about to confer a great responsibility on any man, it will exercise his mind with suffering, subject his sinews and bones to hard work, expose his body to hunger, put him to poverty, place obstacles in the paths of his deeds, so as to stimulate his mind, harden his nature, and improve wherever he is incompetent.”

~Meng Tzu (372-289 BC), Chinese Philosopher

“Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better.”

“Difficulty is what wakes up the genius.”

“This is the tragedy of modernity: as with neurotically overprotective parents, those trying to help are often hurting us the most.”

“Abundance is harder for us to handle than scarcity.”

“Most humans manage to squander their free time, as free time makes them dysfunctional, lazy, and unmotivated—the busier they get, the more active they are at other tasks.”

~Nassim Nicholas Taleb, Lebanese-born writer and scholar,
in his book *Antifragile: Things That Gain From Disorder*

“Understanding the difference between healthy striving and perfectionism is critical to laying down the shield and picking up your life. Research shows that perfectionism hampers success. In fact, it’s often the path to depression, anxiety, addiction, and life paralysis.”

~Brené Brown, researcher and professor of social work

Worship through the Word

SERMON – “Laying Hold and Pressing On” – *Pastor Don Willeman*

SERMON PASSAGE – *Philippians 3:12-21 (NASB)*

¹²Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. ¹³Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus. ¹⁵Let us therefore, as many as are perfect, have this attitude; and if in anything you have a different attitude, God will reveal that also to you; ¹⁶however, let us keep living by that same standard to which we have attained.

¹⁷Brethren, join in following my example,

and observe those who walk according to the pattern you have in us. ¹⁸For many walk, of whom I often told you, and now tell you even weeping, that they are enemies of the cross of Christ, ¹⁹whose end is destruction, whose god is their appetite, and whose glory is in their shame, who set their minds on earthly things. ²⁰For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; ²¹who will transform the body of our humble state into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.