

ENERGY

LIFE ON LOAN | WEEK 4

John 4:31-38

ENERGY

- Energy, like everything, is a gift from the Lord that must be managed
- We all make energy choices in one of two ways: *reactively* or *reflectively*

HOW CAN I BRING MY BEST ENERGY
TO WHAT MATTERS MOST?

ENERGIZED BY GOD'S WILL

JOHN 4:31-38

“31 Meanwhile, the disciples were urging Jesus, “Rabbi, eat something.”

32 But Jesus replied, “I have a kind of food you know nothing about.

33 Did someone bring him food while we were gone?” the disciples asked each other

34 Then Jesus explained: “My nourishment comes from doing the will of God, who sent me, and from finishing his work. 35 You know the saying, ‘Four months between planting and harvest.’ But I say, wake up and look around. The fields are already ripe for harvest.

36 The harvesters are paid good wages, and the fruit they harvest is people brought to eternal life. What joy awaits both the planter and the harvester alike! 37 You know the saying, 'One plants and another harvests.' And it's true. 38 I sent you to harvest where you didn't plant; others had already done the work, and now you will get to gather the harvest." – John 4:31-38

TAPPING INTO YOUR BEST ENERGY

1. DEFINE WHAT TRULY MATTERS

- Jesus was laser-focused on the mission
 - Doing the will of the Father (v.34)
 - Finishing his work (v.34)

“Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. But he replied, “I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent.”

LUKE 4:42-43

DEFINE WHAT TRULY MATTERS

- In order to do this you must be listening to your Heavenly Father
- Do you have a God-directed vision for how YOU are supposed to invest your energy?
- Ebel Family Values: 1. Jesus first. 2. Courage 3. Joy 4. Generosity 5. Integrity

TAKING ENERGY INVENTORY

2. DECIDE WHAT NEEDS TO CHANGE

“We regularly underestimate the consequences of our energy management choices, failing to honestly acknowledge the foods we are eating; how much alcohol we are consuming; what quality of energy we are investing in our relationships...and how focused and passionate we really are at work. Too often we view our lives through rose-colored glasses, painting ourselves as victims, or simply denying to ourselves that the choices we are making are having a consequential impact on the quantity, quality, force and focus of our energy” Jim Loehr and Tony Schwartz, *The Power of Full Enagement*

DECIDE WHAT NEEDS TO CHANGE

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.” Psalm 127:2

- **Lord, where do I lack energy? Why might this be? What is broken right now? (Psalm 139:23-24)**
 - Physical Energy (Body)
 - Emotional Energy (Relationships)
 - Mental Energy (Focused Engagement)
 - Spiritual Energy (Walk with Jesus Christ)

SEEK NEW RHYTHMS

3. DEVELOP HABITS FOR RENEWAL AND GROWTH

“Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don’t be impressed with yourself. Don’t compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.”

GALATIANS 6:4-5 The Message

- MARATHON RUNNERS VS. SPRINTERS

SEEK NEW RHYTHMS

- MARATHON RUNNERS VS. SPRINTERS



RENEWAL + GROWTH

In each, what needs to be *RENEWED* and what needs to *GROW*?

A. PHYSICALLY

- Sleep, eating habits, exercise, water, breathing

B. EMOTIONALLY

- Who energizes you? Who brings you to life?
- Are there places you are stuck emotionally?

RENEWAL + GROWTH

In each, what needs to be *RENEWED* and what needs to *GROW*?

C. MENTALLY

- “Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8
- What’s most important for you to focus on and when are you freshest?

RENEWAL + GROWTH

D. SPIRITUALLY

- Are you being restored consistently, daily, in His presence?
- “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures: he leads me beside the still waters. He restores my soul” Psalm 23:1-3a
- Are you invested in His Kingdom, growing in knowledge and faith, and active in the community of believers?

LIFE ON LOAN: ENERGY

HOW CAN I BRING MY BEST ENERGY
TO WHAT MATTERS MOST?

- **DEFINE** What Truly Matters
- **DECIDE** What Needs to Change
- **DEVELOP** Habits for Renewal and Growth