

# The Chosen: part 4

## To Follow Him

The heart behind this series is that we want everyone  
“to get to know Jesus better this Summer”

Every Episode I watch....I want to be more like Jesus  
When we watch shows....we often relate to specific characters

For this series....it brings the words of Jesus to life  
Sometimes seeing the story helps us understand better.

IT HELPS US AS WE DRAW CLOSER TO JESUS

Peter is one of my favorite people in scripture  
He is kind of all over the place... a loose cannon

In this first clip we see exactly that: Peter has gotten himself into some trouble

In this Clip Peter's Wife calls him out for his lack of faith....and his actions  
-Trying to do everything on his own...doing it his way  
-He had gotten into some trouble and turned to the Romans for help  
-He was trying to fix it but it led to him being desperate to make money

So he was fishing on Shabbat....  
Sabbath is taken extremely seriously in Jewish culture!  
-Still practiced today with Orthodox Jews

Peter felt so in danger that he snuck out to fish on Shabbat  
His wife called him out....showing a lack of faith and honor to God

He was trying to fix things on his OWN

-In secret

-In the dark

We can't even blame Peter.....we all have tried it our way!!

We like to be independent

DO IT OUR WAY

We don't like to look weak...or helpless

We don't like to show our vulnerabilities...."I'm fine"

**THERE IS A COST IN DOING THINGS OUR WAY!!!**

Proverbs 14:12 (NIV)

There is a way that appears to be right,

but in the end it leads to death.

This is such a simple scripture but it is so insightful

There is God's way and There is our way

Our Way

Doing it on our own.....Not letting God into our lives to help

It seems ok in the moment

This can be sin....or even cutting God out of certain things in our lives

Trying to do it without him....which often leads to sin

This can be traced all the way back to Genesis 3

-It seemed ok to eat the fruit

God Said everything is yours but don't eat from that tree

Why....it seemed ok

In the end it literally lead to death, sin, destruction, pain

We can't trust OUR WAY!!

## **Drenched in our sinful nature....**

Jeremiah 17:9-12 (NIV)

9 The heart is deceitful above all things  
and beyond cure.

Who can understand it?

10 "I the Lord search the heart  
and examine the mind,

to reward each person according to their conduct,  
according to what their deeds deserve."

Our Hearts can not be trusted....

Sin has a preset to turn us from God's way!!

But the Lord searches our hearts.....HIS WAY

We surrender to his search

There is a battle in our hearts to surrender and ....To FOLLOW HIM

## **GOD'S WAY REQUIRES SURRENDER**

Turmoil....rage...frustration

Life can lead us here sometimes!!

Then the Doubt

-Does God even Care?

-Does he see me?

He lets us choose our path

In the light with him

....in the dark on our own

He also lets us feel the consequence of those free will choices

I think this is illustrated with Kids

It's like when you have a kid that wants to do something

You know better and you try to convince them.....

but they have to try it their way!

You stand there and watch them stumble and feel like...  
I TOLD YOU!

They wouldn't listen.....  
You wanted what was best for them.....but they couldn't see it!

Isaiah 53:5-6 (NIV)  
But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.  
6 We all, like sheep, have gone astray,  
each of us has turned to our own way

We have turned to our own way  
This is evident in our own culture as we look at the state of America

### **EVIDENCE FROM AN UNLIKELY SOURCE**

I absolutely love when science and non christian smart guys accidentally  
Affirm the truth we find in the Bible!

Steve Bartlett lead with facts on Depression  
Researchers estimate that 5% of the World Population is clinically depressed...  
What is clinically depressed?  
Google machine: a serious mental health condition that can affect how a person  
feels, thinks, and behaves

Much of the world is in really difficult places  
He said that number is 22% in America - almost 1 in 4!!

He went on to Scientifically explain.....this blew my mind!!!

He Said we have Substituted PLEASURE FOR HAPPINESS

We are obsessed in our culture with pleasure  
....leading us to unhappiness

What's the difference....

Things that bring us pleasure vs happiness, contentment, fullness

Pleasure is Short term

Happiness is Long term

Pleasure is felt in the Body

Happiness is felt in the state of mind

Pleasure can be attained through Substances

Happiness Cannot. No substance can bring happiness or fulfillment

Pleasure happens alone

Happiness happens in community/ together

Pleasure is from taking

Happiness is from giving

**When Pleasure is taken to the Extreme** it yields addiction

Happiness is impossible to be addicted to

<u>Substances</u>	<u>Actions</u>
Alcohol	Internet Gaming
Drugs	Pornography
Nicotine	Shopping
Sugar/Sweets	Social Media
Amphetamines	Gambling
Mountain Dew	Binging TV
	Adrenaline

All of these things are done to make people happy

Reward....it feels good....we want it

But it does not bring fulfillment.....only a desire for more!

Steve Bartlett goes into the scientific reason for it

Our Body processes Pleasure and Happiness completely differently

Neurologically totally different!!

Pleasure releases DOPAMINE  
Happiness releases SEROTONIN

Dopamine is like firing up the cells....getting hyped...jacked....  
But The more dopamine you get the more you need to get to the same level  
Tolerance increases and it leaves you wanting MORE

The More You seek Pleasure the Less Happy you become

Sounds like what scripture is teaching us!

#### IN CONTRAST

Serotonin is calming and gives a sense of Contentment/ Happiness/ Fulfillment

How do you get Serotonin if it isn't from those pleasure things?

He says 4 things....Scientifically proven to release Serotonin

-Connecting with Others:

-Godly Principle not to be alone

What Peter is wrestling with in these clips

-Contribute:

-Live for more than yourself

-Generosity, helping others

-Not living selfishly for pleasure

Care:

-Self care, sleep, exercise, mindfulness

-Reducing stress

-Healthy Food

Does the bible talk about food?

-Discipline, self control, body being a temple,  
gluttony

Crazy that this is his conclusion even from a non Christian perspective

How can so many be depressed?

Seeking Pleasure that leaves us empty, addicted and wanting more

Give God credit for the way he built us!

Literally if we follow him..... he keeps us from Evil

He Fulfills us - happy, content, sense of well being

Psalms 119:105 (NIV)

105 Thy word is a lamp unto my feet, and a light unto my path.

God's Ways are literally a map for life, A Light that keeps us from Evil

-Shows us how to live

Often we think his word Keeps us from things we want....

Keeps us from pleasure

It may feel that way, but you can't trust those feelings!!

-Sinful pleasures only lead us to want more

John 10:9-10 (NIV)

9 I am the gate; whoever enters through me will be saved.[a] They will come in and go out, and find pasture. 10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

His Path....His WAY is to keep us FROM the enemy

-Enemy's goal is only to kill and destroy us

God wants us to have life to the full!!!

That is why he says FOLLOW ME.....DO IT MY WAY!

FOLLOW THE PATH LAID OUT IN HIS WORD!!!

FOLLOW ME

Jesus Gave Peter a different path

-And Peter surrendered

God is saying the same thing to you and me today  
FOLLOW ME....MY PATH... MY WAY

Not to restrict but to bring happiness/Contentment/ Fullness  
-Fulfill your purpose, destiny, potential in Him

Look at Peters Response

Luke 5:8-11

8 When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" 9 For he and all his companions were astonished at the catch of fish they had taken, 10 and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people." 11 So they pulled their boats up on shore, left everything and followed him.

HE followed Jesus.....

Will you follow him?

Trust his way with every part of you, hold nothing back

Pull up your boat, your life, leave pursuit of pleasure

Trust God for fulfillment

SEARCHING FOR PLEASURE LEFT YOU WANTING?

THINGS DON'T GET FIXED IN THE DARK

God brings things out of darkness into the light and brings healing and restoration

-Pride Keeps things in the dark