

# Keeping The Main Thing The Main Thing - Part 1 - Doing or Being?

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January 1, 2021

## Part 1 - Doing or Being?

January 3, 2021

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**According to a Gallup survey, the percentage of Americans who rated their mental health \_\_\_ this year is not only \_\_\_ than last year, but the \_\_\_ it's been since the survey began.**

**The only exception was for folks who attended religious services \_\_\_.**

**Attending church \_\_\_ week makes a difference in our mental/emotional health.**

**We need the constant reminder of \_\_\_ we are and \_\_\_ we are!**

*The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.*

—Psalms 23:1-6 (ESV)

*Do you not know? Have you not heard? The LORD is the*

*everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

—Isaiah 40:28-31 (NIV)

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.*

—2 Corinthians 1:3 (NIV)

*Jesus: 'Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.... Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'*

—(John 14:1-3,27 NIV)

**Jesus says he gives us \_\_\_\_ peace.**

**We were created to be in relationship with God through Jesus Christ, by the power of His Spirit living in us, and when we aren't, we lack \_\_\_\_.**

*You have made us for yourself, O Lord, and our hearts are restless until they rest in You.*

—Augustine

**The more we are \_\_\_\_ Jesus, the more we can receive the comfort, peace and hope He offers.**

**It seems God is very consistent in \_\_\_\_ He created life and**

\_\_\_\_\_ our lives to work.

Our spiritual life is part of our whole life, and \_\_\_\_\_ in our life affects our spiritual life, just as our spiritual life affects \_\_\_\_\_ in our lives.

When we're not regularly investing in our spiritual life with Jesus, \_\_\_\_\_ takes the opportunity to deceptively draw us away.

Christ tells us that he can only make a difference when he \_\_\_\_\_ has our attention, when he isn't second or third or somewhere in the middle of the pack.

*'You must not have any other god but me.'*

—Exodus 20:3 (NLT)

*Jesus: 'Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.'*

—Matthew 6:33 (NLT)

Habits are good, but too often habits become the goal, when they're really just a \_\_\_\_\_ toward the goal.

Transformation increasingly into the image and likeness of Christ for eternal communion with God through the Holy Spirit is what we were \_\_\_\_\_ for.

When our lives are drifting away from God and who He wants us to be, "our hearts are restless," and instead of returning to the Source of my *being*, my Creator, I look toward His creations to fulfill me, and they were never \_\_\_\_\_ to do that - only God our Creator can!

Means of grace, various spiritual habits, such as worship, Bible reading and study, prayer, fellowship with other believers, communion, and more are tools God has given us to recenter ourselves on who He wants us to \_\_\_\_\_.

[Wesley Covenant Renewal Service for 2021](#)