

“Exhausted From the Weight”

1 Corinthians 4:7-16

Fractured: How God Restores a Broken Church

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We can all relate to how _____ emotional pressure can be.

- Every red light being a comparison contest due to needing to feel accomplished - *“Nice Jeep, peasant!”*
- The family reunion being a silent competition to avoid feeling judged - *“Living my best life.”*
- Measuring your life against highlight reels due to low sense of self-worth - *“Sorry you’re jealous.”*
- Keeping up with the Jones’ so as not to appear unsuccessful - *“Buy expensive stuff you can’t afford so the neighbors think you made it.”*
- Volunteering for the recognition - *“Serving... because somebody has to around here.”*
- Turning the conversation back to yourself for validation - *“Enough about me. Let’s talk about me.”*
- Not being able to celebrate another’s accomplishment due to being insecure - *“Must be nice.”*

CS Lewis

Pride gets no pleasure out of having something, only out of having more of it than the next man. We say people are proud of being rich, or clever, or good-looking, but they are not. They are proud of being richer, or cleverer, or better-looking than others.

The root issue is _____ and there is a cost involved. (Can’t relate? Well, pride can also wear ripped jeans and subtly brag about not caring what people think. 😊)

- Being an emotional roller coaster, not being able to rest, being easily offended, living a facade rather than authentically, inability to love deeply, validation = oxygen, your identity is built on something fragile...

“I’m exhausted from the weight of this emotional pressure. **Help!**” Sure, let’s learn from the Corinthian church.

1st Corinthians 4:7-13

1. **V 7...** Everything good in your life was _____, not self-created. (Jas 1:16-17) *So, what’s the answer?* There’s no need to become prideful about anything in your life.
2. **V 8...** _____ acts like it arrived. It will lull you into self-reliance. *So, what’s the answer?* Accept the biblical teaching that you are utterly dependent on God for your next breath. (Lk 14:11)
3. **VV 9-10...** Following Jesus means pursuing _____ over self-promotion, status, or recognition. (Mt 16:24) *So, what’s the answer?* Learn about who you are in Christ so you won’t need to appear impressive.

Okay, here's the big climactic main point to the whole message. *Ready?*

_____ makes the burden of prideful emotional pressure light!

- Pressure to feel accomplished, to feel successful, to be recognized, to feel validated, to feel secure... GONE!

Thoughts regarding being meek:

1. *Jesus said to come to Him if you are heavy burdened... well, this requires meekness. (Mt 11:28-30; 1 Pet 5:6-7)*
2. *Meekness is not weakness. Rather, it is strength under control and submitted to God. (Mt 5:5)*
3. *Meekness comes from understanding who you are in Christ. (Eph)*

If you'd like your burden to be light... develop meekness by following through with the following calls-to-action.

- Start a "gratitude journal." – Buy a mini notepad and write down 20 things you are thankful for every day.
 - Say goodbye to pride. Label your journal "The Pride Destroying Gratitude Journal."
- Identify someone in your life who is celebrating a success or achievement. How will you join in their celebration?
 - Say goodbye to jealousy.
- The next time you converse with someone you just met, ask them, "What do you like to do in your spare time?"
 - Say hello to meekness... because you ensured that the conversation won't be about you.
- When you're wrong, admit it without defending yourself.
 - Say hello to growth in godly character.
- Read Ephesians chapter 1 and identify all of the aspects of who you are in Christ. Example: "I am blessed." Then, study those aspects.
 - Say goodbye to needing applause, validation, etc.
- Write down the name of the person in your life that you need recognition from. Then, write over their name, "I am whole and complete in Christ with or without their recognition."
 - Say hello to the freedom to love deeper.
- Stop trying to appear more successful or accomplished than you are. This is a heavy burden.
 - Say hello to rest! Also, to authenticity which is an emotionally light burden.