

All This Matters

There's So Much More To Following Jesus
July 31, 2022

Matthew 28:19 Go & make disciples of all the nations...

Daily habits & practices of being a Jesus follower. A disciple.

Come - Near to Jesus; Hear - Pay Attention; Do - Obey, Practice

John 13:35 Your love for one another will prove to the world that you're My disciples.

God is counting us to show the world His love & goodness!

SOUL CARE - Mental, Emotional, & Physical Health

Allowing the Holy Spirit to take care of our souls.

Let's focus our life on more things that make room for our soul's wellness.

Your soul, your heart runs your life.

1 Thessalonians 5:23 MSG May God Himself, the God who makes everything holy & whole, make you holy & whole, put you together-spirit, soul, & body - & keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If He said it, He'll do it!

God wants to heal, speak, strengthen, answer, bring peace, etc.

Life is busy, anxious, volatile, out-of-control, uncertain, complex, etc.

We have to cultivate practices and rhythms to keep our hearts attentive. So many things take us away from what God wants to do in our life.

We live in a distracted culture. Everyone is so distracted, all of the time!

Our attention is for sale.

“What you pay attention to, controls your life.”

Focus on more things that bring life to our souls & healing to our hearts.

*Many of us are mentally and emotionally exhausted. We have little motivation, easily irritated, anxious, we feel empty, trouble sleeping, and no patience. **Unwell souls are destroying our lives...***

1. Are you challenged to stay “up” & be happy?

2. Have you accepted depression or despair in your heart?
3. Have you given up on your dreams and desires?
4. Are you often angry with your life or circumstances?
5. Do you blame others for how you feel?
6. Do you feel hopeless & helpless?
7. Do you feel empty & dry or thirsty?

As a society, we are losing, and we're thirsty.

Jeremiah 2:13 AMP They have abandoned (rejected) Me. The fountain of living water, And they have carved out their own cisterns, broken cisterns that cannot hold water.

That's us, trying to do life on our own. Instead of accepting the "fountain of living water" Only Jesus will satisfy our thirsty souls!

The Lord is inviting us into His Kingdom, This open invitation, for everyone, is into His presence. In His presence there is transformation for our souls. In His presence, we find wellness for our souls.

John 5:39 You search the Scriptures because you think they give you eternal life. But the Scriptures point to Me! 40 Yet you refuse to come to Me to receive this life.

The focus is Jesus. Life with God. He is the point. He is the treasure.

"The Gospel is less about how we get to heaven, and more about how we get to God."

The point is surrendering to Jesus, trusting Jesus, & giving Jesus control.

God is always calling us back to Him.

Isaiah 30:15b ... "Only in returning to Me & resting in Me will you be saved. In quietness & confidence is your strength. But you would have none of it. 16 You said, 'No, we'll get our help from Egypt. They'll give us swift horses for riding into battle.' But the only swiftness you're going to see is the swiftness of your enemies chasing you! 17 One of them will chase a thousand of you. Five of them will make all of you flee. You'll be left like a lonely flagpole on a hill or a tattered banner on a distant mountaintop." 18 So the Lord must wait for you to come to Him

so He can show you His love & compassion. For the Lord is a faithful God. Blessed are those who wait for His help.

*Waiting is not easy or natural for most of us...
because of our lifestyle, our personality, and our urgency addiction.*

The world's influence affect our body, our soul, and our spirit...

** If your body is hindered, your impact on your world is finished.

** If your spirit, soul, and body are "worldly inspired" you'll struggle to fulfill the plans & purposes of God in your life.

*Experience His presence; Hear the voice of the Lord; Know His call.
Live a "With God" life; Seek, find, & connect w/ Jesus.*

Mark 6:31b NIV ...He said to them, "**Come w/ Me by yourselves to a quiet place & get some rest.**" 32 So they went away by themselves in a boat to a solitary place.

Matthew 11:28 MSG Are you tired? Worn out? Burned out on religion? Come to Me. Get away w/ Me & you'll recover your life. I will show you how to take a real rest. Walk w/ Me & work w/ Me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company w/ Me & you will learn to live freely & lightly.

Just being w/ Jesus is transformational. Showing up is good enough.

Holy Spirit's role: comfort; help; counselor; empower; show; lead; point & guide; restore & refresh

Our role: surrender; submit; be present; give time; communicate - talk & listen; respond; open; humble; honest

Our hearts are healed when we communicate our heart to Jesus & enjoy His presence.

Psalm 40:1 I waited patiently for the Lord to help me, & He turned to me & heard my cry. 2 He lifted me out of the pit of despair, out of the mud & the mire. He set my feet on solid ground & steadied me as I walked along. 3 He's given me a new song to sing, a hymn of praise to our God. Many will see what He's done & be amazed. They'll put their trust in the Lord. 4

Oh, the joys of those who trust the Lord, who have no confidence in the proud or in those who worship idols.

*Spiritual practices create space we desperately need to make room for something different; something we need to know, or do, or experience... **something more life-giving.***

*So we set aside one thing, (like distractions, phones, schedule, Netflix, pride, isolation, negativity, or a meal) **so another thing can come alive.***

*Have some moments in our life & leadership when we're gloriously unavailable. **Turn off your phone!!!***

Take care of your soul & body! Some of us may want to sleep, others go on a nature walk, drink water, be still & listen, adjust our eating, memorize scripture, be less critical, change your environment, etc.

Our souls are made well & our hearts are healed when we enjoy His presence & communicate our hearts to Jesus.

Psalm 63:5 AMP My soul, (my life, my very self) is satisfied as w/ marrow & fatness, And my mouth offers praises to You w/ joyful lips. 6 When I remember You on my bed, I meditate & thoughtfully focus on You in the night watches. 7 For You've been **my help,** And in the shadow of Your wings, where **I'm always protected,** I sing for joy. 8 My soul clings to You. Your right hand **upholds me.**

Our purpose is to give people a magnificent vision of life with God. Our greatest witnessing tool is to give people a ravishing vision of Jesus. Let's show people what a "Life WITH God" really looks like.

"I want to pray and speak a blessing over you from scripture..."

Philippians 1:6 AMP I am convinced & confident of this very thing, that He who has begun **a good work in you** will continue to perfect & complete it until the day of Christ Jesus.