

THE BIG IDEA: God does his best work when we rest from ours.

The Take-Off

If I say “life hack” how many of you know what I’m talking about? How many of you don’t?

The official definition of a life hack is “a strategy or technique adopted in order to manage one’s time and daily activities in a more efficient way.”

Typically, they’re so simple that you find yourself wondering why you never thought of them.

Some of them are brilliant. [Pics of good life hacks]

Some of them you should never try. [Pics of bad life hacks]

But the reason we love life hacks is because they are born out of routine.

Something that is done all the time because it needs to be, and yet as it’s done over and over, people start figuring out how to do it better, or, as the definition said, more efficiently.

Let’s do a quick review and see if we can remember the one thing that God has called us to do over and over again.

We talked about it in part 1 - we’re called by God (sent, actually) to - MAKE DISCIPLES.

Matthew 28:19-20 - Jesus sent his disciples to make disciples everywhere they went

This is called the Great Commission, but we’ve done such a poor job of it, we should call it the Great Omission!

When we focus on the ONE thing we’re called to do, our focus gives us resolve.

And it also makes us reliable, doesn’t it? We learned that last week.

Receivers catch passes because they are looking for them - their focus makes them reliable.

And they secure the ball by making 3 points of contact.

The 3 points of contact for us would be worship, the Word and community. Those keep us from dropping the ball.

But what happens when we get tired, or we get hit so hard that we feel like we can’t get back up?

Well, God’s got a life hack for that!

1. The life hack for making disciples

- a. Let’s lay this right out there: making disciples isn’t easy.
- b. If it was, everyone would be doing it, and everyone isn’t because not many Christians live lives that match the lives of the disciples in the Bible.
- c. First, it can be hard to be a disciple, right? John 6:66 says many of his disciples left and no longer followed.
- d. 6:66 - did you catch that??
- e. So if it’s tough to be disciples, it’s even harder to make disciples.
- f. It takes time to find reliable men who will catch the ball.
- g. And if that’s not hard enough, what about making disciplers!
- h. That’s finding reliable men who will catch the ball and then find other reliable men to pass it to.
- i. I’m overwhelmed just thinking about it. So, again, making disciples isn’t an easy call.
- j. It involves disciplines done over and over so that they become habits. It’s not real ADHD friendly!
- k. But God knows this. He acknowledges as much in a curious verse in Galatians 6:9.
 - a. Let us not become weary in doing good. / Do what? Anyone ever get tired doing good?
 - b. We’ll reap a harvest if we don’t give up. / We don’t want to give up in the good times.
 - c. So what is God saying through Paul?
 - d. He didn’t say don’t get weary, but don’t grow weary.
 - e. So there must be something that we can do when we get weary that can keep us from growing weary
 - f. The question is, “What?”
- l. Before I give you God’s life hack for the strategy of making disciples, let me give you some hints from everyday life:
 - a. We talked about football last week, so let’s look there first.
 - b. What does a team do after it runs a play?
 - c. Right, they huddle. They don’t get up and run another play right away.
 - d. Maybe that one was harder to see, but this one won’t be.
 - e. What do you do every night when you get tired?
 - f. Right, you sleep. And if you try not to sleep, you look funny. [Video of girl with the nods]
 - g. Are you getting this?

- m. So back to Galatians 6:9 / we're not supposed to grow weary, and yet almost everyone in here would admit to being tired doing good at some time or another.
- n. God's life hack is found in Matthew 11:28. Weary? Come to me and find rest.
- o. Not fight through it. God's answer isn't, "Suck it up, Buttercup!" His answer is rest.
- p. I love how The Message puts it:
 - a. "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with 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 with me and you'll learn to live freely and lightly."
 - b. Did you catch that word rhythm?
 - c. Focus allows for rhythm.
 - d. Let's talk a bit more about that, and then wrap this up.

2. Why is rhythm so important?

- a. Think about all the places we find rhythm:
 - a. heartbeats / when they aren't regular, we get checked out
 - b. the beach / high tides and low tides
 - c. the seasons / 4 of them, even though in NC it seems we only have 3 (no winter)
 - d. music / really good rhythm makes a band "tight"
- b. Listen to God's rhythm in Eccl. 3:1-8
- c. If we're going to live out this call to make disciples who make disciples who make disciples - if we're going to last over the long haul as a church who makes disciples - then we have got to find a rhythm in it
- d. So here are some reasons we need to find a rhythm that allows for working and resting in the mission:
 - a. it allows us to learn from Jesus (Matt. 11:28 - "and learn from me")
 - b. It allows us to refuel / the word "rest" in Matt. 11:28 literally means "to cause or permit one to cease from any movement or labour in order to recover and collect his strength"
 - c. it allows us to work better (Exodus 23:12 - so that donkeys and workers can be refreshed)
 - d. because the never-ending nature of the mission demands it (Mark 6:31-32)
 - e. because God did (Gen. 2:2-3) and Jesus did, too (Luke 5:16)
- e. The very fact that we try to muscle through the mission reveals the idolatry of our own pride.
- f. The rhythm of rest from our labor reminds us that he is God.
- g. Psalm 46:10 does not say, "Work hard and know that I am God."
- h. It says that it is in our stillness - our rest - that we know he is God.
- i. Psalm 127 - it is precisely what happens while we rest that reveals God's greatness
 - a. if we were continually swinging the hammer, then we built the house
 - b. if we were continually standing watch, then we protected the city
- j. In essence, not working all the time gives God the margin to do what only he can.

The Landing

I know this idea of rhythm can be a little hard to wrap our brains around, mainly because we've so misunderstood this resting thing.

We rest from work, but God wants us to rest for work.

We rest to take a break from God, but God wants us to take a break with him. (2 Timothy 4:2)

A lot of us are like my phone, or, more specifically, like my phone's battery.

I can barely go a few hours without needing to charge it, but this past week something amazing happened.

I went hiking in the Smokey Mountains for hours - taking pictures with it and shooting video - and over that period of 3-4 hours, my battery went from 100% to 91%! And I was using it the whole time. Know why?

I had no service. Nothing was putting a drain on the battery.

My best ministry has taken place when I "gave up", and **sometimes God does his best work when we rest from ours.**

God's life hack for us as we live lives of discipler making? Find the rhythm in it!

Don't add it to your schedule, include it in your routine!

Serve one, worship one. Run a play, then huddle. Trust the process and the God who called you to it. Let him work even when you aren't. You may just be amazed at the house that he builds and at the harvest that you reap.

Let's pray.