

## Get Your Life Back Series - Part 1

"This isn't Working!!!"

January 10th, 2021

Intro:

- We are starting a brand new series today!
  - Talk about the Book... what it's meant to me.
- Explain our world & how we were never meant to absorb the noise & trauma of this world like we do today.
  - ILL - In 1 five minute scroll, our soul has "picked up" so much pain!
  - LINT BRUSH ILL.
- This world, & the way we're doing it, is literally killing our souls!
- We've got to get back to a More Sustainable way of living!
  - That's what this series is about!
  - I hope you'll prioritize being in God's House... that is unless we're too busy with our world! haha

PRAY

- **Big Idea: The Ultimate Goal of God is Union with Him.**
  - It sounds good & intellectually, we all agree with this.
  - But the reality is:
    - 1) We don't practically live like it.
    - 2) Modern Christianity has led us to an Insufficient Destination.

Typical Pattern for Most Believers:

- \* Faith - We put our Faith in God, then...
- \* Obedience - We begin obeying His commands... (which is good!) then...
- \* Service - We begin "serving" Him. (Time, Talent, Treasure)
  - Most People stop here!
  - All these things are Good... but they're just not enough!!!

**\* Most of us, Never get to UNION WITH GOD!!!**

- We get saved, learn some stuff, start serving but we never find this place of Union with God!
- This is the MOST IMPORTANT THING in our world today!!!

**A. FOLDED HANDS VS. ENTERTWINED HANDS ILL.**

- God doesn't want us beside Him, He wants us entwined with Him!

- Jesus taught it this way...

John 15:1 "I am the true vine, and my Father is the gardener."

John 15:4-5 " Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

v. 5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

- To abide, to be grafted in, to get our very life from Him!!!

- Think about these verses in light of our world today!!!

Psalm 1:1-4 " Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night."

v. 3-4 "That person is *like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away.*"

**\* The Primary Goal of the Devil is to Keep us from our Union with God.**

**A. He will do ANYTHING, good & bad, to accomplish that!**

- ILLs. - Gross sin, minor sin, but also, busyness, guilt, shame, grief, trouble, jealousy, noise, distraction, entertainment, amusement, addiction, hobbies, etc.!!!

**B. The devil can even find a way to turn Blessing & Good things into trouble if we are not careful and mindful of his tactics!!!**

**\* The Path to Greater Union is Greater Emptying.**

**A. OUR LIVES ARE LIKE A CUP... All day long it gets filled up with stuff.  
- Good, Bad, Noise, Stuff, Problems, Stress, Worry, etc.**

**B. God will Fill what is available to Him!**

**- The Only way to be Filled up with More of God is to be emptied of the other stuff!**

**? How in the world do I do that, living in the world today?**

**- I'm not a monk! I can't just go to a monastery!**

**- I have kids to raise, bills to pay, a marriage to work on, etc.**

**C. Exactly!!! We don't Need a Monastery, we Need a Strategy to Get our Life back!!!**

**- God hasn't called us to Leave our Life, He has called us to empty ourselves of it, so we can be filled up with Him in the Midst of our Life!!!**

**D. THAT'S WHAT THIS SERIES & BOOK ARE ALL ABOUT!!!**

**Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."**

**E. The simple fact is: God will fill up the space we open up for Him.**

**- 4 oz cup / 12 oz cup / Stadium cup / 5 gallon bucket!**

**- MIP: ? How much of God do you want this year???**

**2 Questions:**

**1. What Disrupts our Union with God?**

**2. How do we Increase our Capacity for More of Him?**

## Question #1: ? What Disrupts our Union with God?

### **1. Suffering & Chronic Disappointment.**

A. Satan uses these to introduce Mistrust between us & God.

- That was our 2020 for Most All of Us!!!
- We experienced so much suffering & hurt & pain & disappointment, that our Trust in God has been Shaken!

B. God wants to Heal you today.

### **2. Trauma.**

A. Suffering bruises us, Trauma damages our Soul.

- BUMPING A TABLE VS. ENDURING A CAR CRASH III.
- Some of us went through a car crash or 3 last year!

B. When we experience Trauma in our Life, the Enemy injects Betrayal & Abandonment deep inside of our souls.

- God wants to Heal you!

C. SIGN UP FOR FREEDOM THIS SEMESTER!

- I've been through it 10 x's & God healed me last Nov. right here!

**\* Fact: We are carrying around all of that hurt & pain & it is affecting our life, our relationships, our career, our hopes & dreams, our kids, our faith, etc.**

- But we don't have to live this way... there is a Better way to live!!!
- That's what this series is all about!
- That's what the book is all about!

## Question #2: ? How do we Increase our Capacity for More of God?

### **1. We must Believe... that God wants Union with us. (It starts w/ Belief...)**

A. Many of us:

- 1) don't believe that, or
- 2) no longer believe that b/c of the year we've had, or
- 3) have forgotten that!

**B. It's time to Believe again.**

## **2. We must Present... ourselves to God Daily.**

**Romans 12:1 (ESV) "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."**

**A. Being filled up with More of God is Not a Once / Week thing.**

- No more than only eating 1 meal a week is enough to nourish our body, only encountering God once / week won't cut it either.
  - Not in the world we live in now!!!
  - Maybe in the 1800's, but not today!
- We're going to talk about how.

**B. 21 Days of Prayer & Fasting!**

- Some of us need to Go Hard!!!
  - Turn it ALL OFF for 21 Days & then really seek God!
  - Turn off the notifications, delete the apps, Put your Remote Control in a safe... at your friend's house!

## **3. We must Release... Anything that is Taking Up Space that He could fill.**

**A. I'm learning there is a way to do this on an Hour by Hour, Daily basis that can bring Healing to your soul!!!**

**B. ONE MINUTE PAUSE APP.**

**C. He calls it, Benevolent Detachment.**

- We've got to learn the art of Benevolent Detachment with all that is "Filling us up" that is Not of God!!!

**Challenge:**

**SALVATION - GOD WANTS UNION WITH YOU... THAT'S WHY JESUS CAME!**

**MIP: What do you need to do?**

- Get the Book?
- Download the App?
- 21 Days of Prayer?
- Sign up for Freedom?

**PRAYER FOR HEALING FOR HURTING & WOUNDED HEARTS!!!**

**MERGE MOMENT - Make Room song???**