Series: **Recover Your Life**

Series Text: Matthew 11:28-30 MSG

January 20, 2019

Message 3:

**Catch Your Breath**

Matthew 11:28-30 MSG - “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.”

All of us from time to time get in a stagnant, stuck place of lifelessness. We’re not sure how we got here - we’re not sure how to get out.

God wants us to renew our life so we can be effective in serving others!

We smile - convince everyone we are ok - and we are faking it - dying on the inside. We need an injection of life.

There are some things we need - that God wants us to have -

- We need to have a love relationship with Jesus - a real, true love with Jesus - that is personal, intimate - goes beyond just the intellectual knowledge we have about Jesus.

- We also need to choose a Christ-like attitude - this is an every day choice - we have to choose to spend time with him and His Word in order to have an attitude like Christ throughout our lives.

- We need to learn to control our time. Schedules -

This is often why we have no breath - We don’t control our time - we don’t control our schedule - we have no time for our family.

Deuteronomy 30:19 - Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!

Average Americans -

* Eat out 14,411 times (including 1,811 trips to McDonald’s).
* Spend 13 years and 4 months watching TV.
* Spend 5 years waiting in lines.
* spend 1 year looking for misplaced items.
* Attend 35 weddings.
* Drive 627,000 miles.

This is how we live. No one on their deathbed wishes they would have done more of this.

We spend our lives wishing we had lived another way.

There was a time when the Israelites had been defeated in war … taken as slaves to Babylon - (Iraq) -

King of Babylon was Belshazzar - have you ever hear the phrase, “the handwriting on the wall”? - It comes from the Bible -

Story … words …

***Mene***

***Mene***

***Tekel***

***Parsin***

“Many, many tickle the parson.”

Knees knocked together … brought Daniel in -

Daniel 5:26-27 - This is what these words mean:

Mene means ‘numbered’—God has numbered the days of your reign and has brought it to an end.

Tekel means ‘weighed’—you have been weighed on the balances and have not measured up.

* Our days are numbered - our time is limited!
* When our life is weighed in the scale - is it out of balance as well?

Are you living a balanced life? Are you including in your life what God wants you to include?

What we have done in the past when we feel guilty and we feel like we need to be more pleasing to God - we add stuff on - I need to do more of this … more of this … more of this … Legalism and guilt mount up!

The truth is, for many of us, God would say - “Do less!” Do less - you don’t have enough down time - you don’t have enough time with your family - you don’t have enough time with me - you don’t have enough time with yourself.

I don’t want you to feel guilty - I want you to feel free! Stop living in guilt - be free!

When our lives are out of balance, it sucks the life out of us - bad things happen!

“If you’re burning the candle at both ends, you’re not as bright as you think you are!”

**5 things happen when our lives are out of balance:**

**> The risk of sinful choices increases.**

When we are tired, our resistance lowers. We can’t discern right from wrong as well. When we are tired, the enemy sets traps for us.

When ground becomes saturated, it becomes destabilized.

In Philippines - typhoon - mudslide - killed a man my age - had several kids -

We we become saturated (not with God, but with stuff) - we become destabilized.

Luke 21:34-35 - Watch out! Don’t let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don’t let that day catch you unaware, like a trap.

Isn’t it interesting that the worries of life can be just as dangerous for us as drunkenness - for some drunkenness is not a problem - but worries are - too many things to do - too busy - it’s a trap! It sucks the life out of you!

**> Our emotions become inconsistent.**

We get angry when we are hurried! True?

Road rage?

Try the opposite - give yourself plenty of time … no problem! You’re waving people through the intersection!

Our problem is our lives are too full!

Job 9:25 - My life passes more swiftly than a runner.

It flees away without a glimpse of happiness.

Some of you are living life so busy, you don’t have even a glimpse of happiness in your life.

Slow down - relax - look for the happy.

**> We become less productive.**

We think we accomplish more by doing more - not necessarily. We can accomplish more when we are sharp and well-rested - not when we are tired and always going, going, going.

If you’re chopping trees with a dull axe, it takes a lot of hits to bring the tree down - when your axe is sharp you get more done expending less energy!

Proverbs 21:5 MSG - Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

Proverbs 19:2 - … haste makes mistakes.

We are less productive when we are too busy.

**> We end up empty inside.**

We spend everything we have and we have nothing left. We do a bunch of things thinking we will be fulfilled, and in the end, we wonder what it was all for.

Psalm 39:6 - We are merely moving shadows,

and all our busy rushing ends in nothing.

Some people think that burnout comes from too much activity - not true - some activity does build us up - sometimes rest alone does nothing for us.

Burnout comes from doing activities that have no purpose.

What are you doing that has real purpose - that is really making a difference for eternity?

Next Steps - Dream Team - …

The tragedy is people who end their days thinking that their life is making no difference! This leads to depression - thoughts of suicide - find your gifts - get on a team that makes a difference!

This is not about us - it’s about you! It’s about your fulfillment - it’s not about keeping you busy - it’s about having purpose! This brings joy!

Busyness isn’t burnout - meaninglessness is burnout -

**> We can’t hear God.**

You want God to speak to you - He is - but you’re too busy to listen! There are too many other voices clamoring at you!

I know what this is - I need to step away and hear from God for this next season in the life of our church. God’s got a great purpose for us - great things ahead - more than we can dream - but we’ve got to get away to listen. That’s what I’m going to do.

Psalm 46:10 - Be still, and know that I am God!

Some of you need this - your life is crazy - chaotic - you’re going so fast you don’t know how to get off the crazy train - you need to stop so that you can hear God.

If you find yourself stressed -

**Stressed**

Have you ever reversed that word?

**Desserts (put on the next slide leaving Stressed above it)**

Mark 6:31 - Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat.”

Jesus cares so much about you, He wants to make sure you get some rest and get something to eat! Slow down on the busyness - this is His example to us!

**3 changes for renewal:**

1. **Stop the constant push for more.**

We are doing more to get more because we think more is better - more will make us happy - we need more now - we will go into debt to get more - then work like crazy to pay our debt - we create more stress - we are not living the life God wants us to live.

Average Americans spend 137% of our income!

We buy things we don’t need to impress people we don’t like.

Ecclesiastes 4:6 - And yet,

“Better to have one handful with quietness

than two handfuls with hard work

and chasing the wind.”

It’s better to slow down and have less - than to drive yourself crazy trying to get more!

Proverbs 14:30 NIV - A heart at peace gives life to the body,

but envy rots the bones.

When you are just grabbing to have what others have to keep up - it will rot your bones!

**2. Keep the Sabbath Day holy.**

This is not a commandment that God needs you to keep - this is a prescription God wrote - for your health.

It is a DAY - the entire DAY! Live your life differently on that day!

Exodus 20:9-10 - You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God.

IF IT IS POSSIBLE - 5 for your employer - 1 for you - 1 for God -

Doesn’t have to be a certain day - Paul …

Sabbath means CEASE! Stop! Do nothing! Just rest! Relax! Enjoy God. It’s not just going to church.

Stay off email for one day. Put your phone in a drawer for one day. Enjoy your family. Take a walk with your wife - leave all the tech behind. Share your lives with each other.

Doing nothing should be an item on your schedule!

Proverbs 10:27 LB - Reverence for God adds hours to each day …

Want to live longer? Take more time to give to God - not just attending church - not just working - not doing stuff - but resting as God rested as an example for us …

**3. Get close to Jesus.**

Jesus is a person - a living person - He is alive - He can be known - He wants to be your friend.

The Bible calls Him a shepherd - a shepherd cares for His sheep.

Jesus cares for you.

Psalm 23:1-3 - The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

When Jesus is our Shepherd, we don’t have needs!

He “makes me…”

If you got close to Jesus, He would make you lie down and rest - because He wants your soul to be refreshed!

Fresh Air! Fresh Breath!

I come to the garden alone

While the dew is still on the roses

And the voice I hear falling on my ear

The Son of God discloses.

And He walks with me

And He talks with me

And He tells me I am His own

And the joy we share as we tarry there.

None other has ever known!

We’ve got to stop!

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*Notes from Chris Hodges message - Fresh Air series*