

# RHYTHM OF LIFE

## "Living in Rhythm"

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- 1 Kings 19:3-4 (NKJV) And when he saw *that*, he arose and ran for his life, and went to Beersheba, which *belongs* to Judah, and left his servant there. <sup>4</sup> But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life, for I *am* no better than my fathers!"
- "*that*" is referring to when Elijah saw the threat of Jezebel to take his life.
- You know what life is like when we come to the point we say, "It is enough!"
- This series of messages is all about bringing balance to your life.
- Life - the way we live it today - is not normal, and is actually anti-Biblical, opposing the life God wants us to live.
- Life has become so fast-paced, but you don't have to live the 'rat-race'! You can get off of the 'gerbil wheel'!
- All of the technology of today has not made life easier, but has kept us so "connected" we have lost the art of "disconnection." We were not wired by God to be 'on' all the time! We are continually bombarded with information we were never meant to handle, especially if we are 'news junkies' . . . overloading our souls with information . . . we can hear so much 'news' of things we can do nothing about. Our soul processes things we were never meant to handle.
- In order to live a healthy life we must go somewhat against the grain of the way the rest of society lives.
- The pace that we live with cell phones (people get really emotional about when they lose them) is something we must learn how to use and not let it use us. Do you remember party-line phones . . . phones without a dial . . . crank phones? The pace of that earlier era was healthier.
- Don't let Facebook and Twitter rule you, and be better friends to them than we are with our family! Use Facebook and Twitter to keep people informed, but that is all.
- USE technology, but don't let it USE you!
- This is why I (Pastor) am an advocate of 'connect' groups: to connect with people face-to-face, love each other, walk together, share with each other.
- As a pastor, I will contend for us to live by Biblical patterns, because God did not intend for us to stay 'connected' all the time.
- In 1 Kings 19:3, when Elijah heard there was a threat to kill him, he said, "It is enough," (a statement that you make when you have been accumulating stressful things and this 'one thing' was too much). He had just done great and mighty things for God, living completely by faith every day, being provided for by God, healing the sick; praying and calling a drought over the whole nation; prophesied to the king; prayed the rain back in; God provided a brook with water, and had ravens feed him; when the brook dried up, God led him to a widow, who had little food and God provides daily; widow son dies, Elijah prays and raises the son from the dead . . . that is stressful! Then he calls down fire and kills 450 false prophets of Baal, then Jezebel threatens to kill him for it. He was the man of faith and power for the hour. He runs, taking his only friend, then leaves him behind and goes on alone into the wilderness, and wants to die. Why did this one threat send him over the edge? He had to be stressed, burned-out, etc.!
- In James 5, it says Elijah was a man with a nature like ours, of like passions as us. I believe it was put in the Bible for a reason. Publicly Elijah was 'it', had it all together; privately he was running down. You can be a public success and a private failure!
- Today in our society we applaud driven-ness, and busyness like it is a great character trait. We are even proud of ourselves for being 'workaholics'.
- Do you realize that 15-20 years ago a lot of books were published about stress, burn-out, etc., but not now. Why? We have learned to adopt that stressful life style as "normal!" We were not created to be 'stressed' all the time. We are to have stress and release! On and off! Get off the treadmill!
- Today, stress related illnesses are the #1 reason people go to the hospital. We are a doped-up society with medication for stress/anxiety, depression, etc. We medicate instead of dealing with it. These meds affect your will.
- What do we do?

- From the book, "Rhythm of Life," page 11, Introduction, "All of us, I'm afraid, are out of balance and are suffering for it. We succeed, but experience only a momentary sense of success before the old emptiness returns. Noted author Harold Kushner writes, ". . . many apparently successful people (feel) that their success is undeserved and that one day people will unmask them for the frauds they are. For all the outward trappings of success, they feel hollow inside. They can never rest and enjoy their accomplishments. They need one new success after another. They need constant reassurance from the people around them to still the voice inside them that keeps saying, *if other people knew you the way I know you, they would know what a phony you are.*"
- This paragraph hit pastor 'hard', because when he was getting stressed out, this was exactly what was happening to him. He 'crashed' in 1999, even though he was full of faith. Now, he is an 'expert' on all this and is standing "here today, full of faith and enjoying life more than ever!"
- What about me personally? Do I look good and seem good publically, but yet privately, things are different (internally feeling worn out, fighting depression, falling apart)? Don't keep pushing on, because it won't change. Bring it to the foot of the cross and let Jesus deal with it, and dramatically turn things around in your life.
- From the book, "Rhythm of Life," page 12, "It's a subtle trap, a mindset masked in the work ethic. A Jewish rabbi alluded to it while addressing the graduating class of the rabbinic seminary. He told those young people about to embark on careers in the rabbinate, "that there will be Friday evenings when you will rush your families through dinner so that you can get to services on time to give a sermon about the Sabbath as uninterrupted family time. There will be days when you will leave a sick child at home or a child studying for a test, while you go to teach religious values to the Temple youth group. There will be Sundays when you will cancel plans for a family picnic to officiate at a funeral, where you will praise the deceased as a man who never let his business interfere with his obligations to his family. And worst of all, you won't even realize what you are doing as you do it."
- Do you realize how much God values the well being of our body and emotions, that they were created to last a lifetime and not burn-out? 1 Corinthians 6
- Story of Gabe and the baby powder.
- Don't look at 'grass mowing' as more important than your children playing on it.
- We say "I don't have time" to live life the way God designed it to be lived. If you carry on too long on one track, you will burn out. You need marriage, family, personal quiet time (we are not made to live "on" all the time), growing, learning, friends.
- In his book, "Rhythm of Live, Richard Exley deals with four things: work, rest, play, worship. I want to add: people and personal well being/time.
- Our schedule is not too busy; it is how we approach our life that is the problem.
- There's a rhythm to everything: seasons, even the earth. There is time to let soil lay dormant; don't strip the soil.
- Live in the rhythm of all these dimensions, and don't value one above another (i.e., work over play).
- Recognize the seasons of your life and get the most out of them instead of trying to just get through them.
- Rhythm: A man was asleep and a man knocked on his door, knock, knock, knock, knock . . . Beethoven's '5<sup>th</sup> Symphony' came out of the rhythm of his knocks on the door, not the notes.
- Hit it hard, pull back, rest . . . that is the way to live! Stress and release; on and off!
- When we live our life with constant activity it is like one note played continuously. The pauses add depth to our life.
- What happened to Elijah is the same that happens to us. We develop a Messiah-complex, like Elijah, "I am the only one . . . "We say or think, "I have to do this!" We live by "ought to, should of, have to, need to" do this.
- Elijah was running on one track (ministry), but we have many we run on equally. We are multi-dimensional creatures: careers, husband, wife, parent, friend, made to play, work, worship, rest (solitude).
- If you play all the time you will be a 'fool'; if you work all the time you will become a 'dud'!
- Make a decision that we are not going to be a 'Messiah'.
- How arrogant to think that God hasn't made us to do all we are to do without burning out and destroying ourselves!
- When we die, life will go on without us! Why don't we let life go on in a healthy way now!
- God put us here to enjoy us and for us to enjoy Him, to fulfill what He put us here to do, without being burned out!