

RHYTHM OF LIFE

"Living From The Inside Out"

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- **I 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. ⁴ 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!"
- Life is all about rhythm - like a sheet of music.
- Elijah did so many things for God - constantly performing and achieving - so how did he burn out?
- Elijah was all about work: (ministry, ministry, ministry, work, work, work) running on one track only - running!
- We are spiritual beings and that is the most important: prayer, Bible study, worship. We are also husband, father (wife, mother), work, play, rest, learning and growing. All of these dimensions must be given attention or we will burn-out.
- Today burn-out and stress is at pandemic proportions. If we don't stop and get off the treadmill, we will burn-out.
- People have no extra energy to get them through any crisis. These things put them over the top - domestic abuse, road rage.
- Music - life is likened unto a song to be sung. Three elements of music are: 1) Rhythm - creates the flow proportion, (stress-release) pattern. 2) Melody - collection or notes, melody line. 3) Harmony - blending of notes together.
- All the facets of my life are the collection of the notes (like a song) of my life: family, work, rest.
- Write out the "notes" that make up your life.
- The notes of music are made to be played one at a time.
- Am I giving attention to all the notes in my life? Take inventory . . . If I'm not, the notes of my life are probably not very pretty.
- Our life must be lived in balance. Many learn that lesson too late. Best gift you can give your children is to love your husband/wife.
- The melody line without the rhythm won't work for a good life - it creates the flow . . . you're not made to play one note all the time (work all the time, be with your children or spouse 24/7, etc.). Don't let life revolve around one thing alone! Learn to play!
- Harmony - my life is not to live as a 'solo act', but in relationship with other people. People help complete the fullness.
- Be careful of pursuing one thing at the expense of the rest: money at the expense of the family, etc.
- In our culture we applaud workaholics, but what did God create us to be? God looks at us as a whole person of many facets, growing, learning, reading, playing, working, etc.
- We must learn the value of commitment to relationships: Friends are born for adversity!
- You can't play all the 'notes' at the same time. When we are multi-tasking, we don't do any task well!
- **I Kings 19:4 (NKJV)**, Elijah prayed that he might die, saying, "It is enough!" The angel came and touched him while he was asleep, saying, "arise and eat." The angel did that two times - "because the journey is too great for you."
- You can be a 'public' success, but a 'private' failure! You can look like you have it all together on the outside, but be 'dying' on the inside of you . . . "If people knew who I really was, or what I was thinking, they probably wouldn't think much of me." We are constantly on the go, thinking we have to perform, achieve, make good impressions, be approved by people, succeed. If we continue to 'run' like this, we will end up like Elijah, living an unhealthy life.

- Elijah had a mis-understanding of how he was to live his life - constantly running - always 'ON'!
- **James 5:17 (NJKV)** Elijah was a man with a nature like ours.
- Pastor Rick lives in a rhythm: work, rest, play . . . even though many don't see it.
- God's remedy for Elijah: **1 Kings 19:5-8 (NKJV)** Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise *and* eat." ⁶ Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. ⁷ And the angel of the LORD came back the second time, and touched him, and said, "Arise *and* eat, because the journey *is* too great for you." ⁸ So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.
- Elijah was flat on his back, wanting to die. God made him a meal, and gave him water. The angel cooked food, woke him up to eat, then he went back to sleep. Then, repeated the process.
- Elijah's spiritual problems were not just spiritual; they were also physical.
- It's hard to hear God when we are tired, weary, and sick, etc. God made us to be a 'whole' being . . . physical, emotional, relational . . . not just a spirit.
- Studies show that today in our culture we are sleep deprived.
- Your 'spiritual' man doesn't function well if your 'physical' man isn't functioning well and properly.
- Sometimes what we need so we can hear from God is a good night's sleep and proper nutrition.
- One thing we have lost is the 'beauty of eating' (not too much junk, or eating on the run!) - the meal-time fellowship! God built the nation of Israel around feasts . . . where they 'feasted'!
- Elijah runs for 40 days on strength of those meals . . . he couldn't stop running (verse 8).
- This is why we have difficulty getting people to volunteer - so disjointed and stressed - so they don't use their gifts.
- STOP! Stop the 'wheels of your mind'. Rest! Enjoy the moment you are in!
- I am not a pop psychologist - detest turning the church into receiving that kind of message - BUT I must let people know about the balance of our life.
- Define priorities: 1) live your priorities on purpose, and 2) avoid distractions.
- Rest is the dimension from which we live our lives.
- We used to have the "Blue Law" where no stores were open on Sunday. The Sabbath was holy, to be respected, a cessation. Now, Sunday is just another day of the week. This is the reason for the disorder in our lives.
- We become stressed trying to DE-stress our life!
- Just like with the 'tithe' . . . money doesn't work without tithing; 'rest' . . . life doesn't work without honoring 'rest' on the Sabbath.
- Read the book of Hebrews, last part of chapter 3 and chapter 4; it speaks of rest for the people of God, not just sleep, but a posture of our soul.
- God 'created' everything for six days, then He rested on the seventh day . . . BUT, man was created on the sixth day . . . on the seventh day was REST! The day of rest was on the seventh day for God, but the first day for man!
- God wanted man to 'rest' first, and then begin the week of work 'rested'! We are NOT to be working to deserve rest, but working out of a position of rest, out of the value God has already put in us, working in a position of resting in the finished work of Christ on the cross . . . not working to get somewhere, but working because we are somewhere!
- In **Ecclesiastes 3**, God has made everything beautiful in its time! Enjoy every moment of your life!
- The hardest thing that Pastor had to deal with was the 'internal drive' . . . to keep performing or all would stop and be lost!
- This is what happened to Elijah. When Elijah was rested he got up and RAN for 40 days and nights. When he got to the cave, God asked him, "What are you doing here?" **1 Kings 19:14 (NKJV)** And he said, "I have been very zealous

for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life.”

- God's word for Elijah was to appoint two kings to administrate the business, and a prophet to take his place, letting him know that everything didn't hinge on him. (We can be replaced!)
- **1 Kings 19:15-18 (NKJV)** Then the LORD said to him: “Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael *as* king over Syria. ¹⁶ Also you shall anoint Jehu the son of Nimshi *as* king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint *as* prophet in your place. ¹⁷ It shall be *that* whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. ¹⁸ Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”
- Elijah had a 'Messiah complex' . . . he thought it 'all' depended on him.
- God will never be on the throne of your life as long as you are still on it!
- Pastor never allowed himself to be happy with each success. He always felt he had to reach for a new one. He has learned how (through great adversity) to enjoy all parts of life, good and bad.
- Hebrews 4 . . . there is a rest for the people of God. Just rest! Get out of the rat race!
- **Philippians 4:4 (Message)** Rejoice in the Lord always. Again I will say, rejoice!
- Celebrate God all day, every day - revel in Him! God first! Intimate relationship with God!
- Relationships: Make it as clear as you can to all you meet that you're on their side, working with them, not against them. Relationships with people come out of an intimate relationship with God.
- Don't think of priorities as a list or you will stay stressed! Learn where the music of your life begins!
- Then, in our relationships, we must have an eternal view of it all, not so focused only on what is in front of our face. You will only rise to the highest view of your vision or goal. Live with a view of eternal! It will change your view of the internal and will affect how you live in the external! Your anchor is in God and eternity.
- Paul said these light afflictions work an eternal weight of glory!
- Formula: People who get offended with God are already living an unhealthy life.
- Learn to say 'no' to things.
- **Matthew 23**, love people, love God!
- (Referring to Pastor's drawing of the pie, God is the center circle; circle around God is the people in your life; and the rest of the pie divided into pieces.)
- Everything revolves around God, the 'core' of your life, and the people in your life. Everything else comes from the pieces! Your life is not to be lived from pie-shaped segments.