

Hangry: Life 2.0

02.26.2023

Interact with Scale

It reminds me of a famous phrase

From about 10-15 years ago

How many of you

Have heard of this phrase

"Nothing tastes as good as skinny feels."

Anybody?!?

I'm here to tell you

That's a complete lie

I can think of 100's of things

That taste better than skinny feels

Apparently

I did some research

Apparently, the British model Kate Moss

Was the first to come up with that phrase

Now I'm pretty sure

I have a better perspective than Kate Moss

I've been skinny

I'm not currently

So, I've been to both sides

Kate only knows skinny

Kate – this is a lie

Cake tastes better than skinny feels

Pie tastes better than skinny feels

Biscuits certainly taste better than skinny feels

In fact, I can't think of a single thing

At one of our local Mexican restaurants

That doesn't taste better than skinny feels

Let me alter it slightly for Kate

Let's try this one:

"Most things taste as good as skinny feels."

"Kale doesn't taste as good as skinny feels."

In fact:

"Skinny feels *much* better than kale tastes."

But this

And this

Is a picture

Of how we make decisions

Isn't it?

We weigh it out on the scale

Is this piece of pie worth it?

Should I get a glass of sweet tea?

Or unsweet tea?

Or maybe half & half?

By the way...

Should I get the loaded baked potato for my side?

Or the broccoli?

We also weigh out much more consequential things

Like do we purchase this?

Or wait?

Do we let our kids sign up for this activity?

Or tell them no?

Do we agree to bring the cookies for the bake sale again this year?

Or do we pass this time?

All of a life is a balance

And we have to decide which priorities

Are most important

And which good things

Get in the way

There is a great temptation

In our day

To run around after lots of things

And miss out on what matters most

Consider how unique

Our spot in history is

1876 – Alexander Graham Bell receives patent for the telephone

1879 – Thomas Edison invents the light bulb

1886 – Carl Benz patents the first automobile

1903 – The Wright brothers take their first flight

1971 – Ray Tomlinson sends the first email

I hate that guy

I never knew his name till this week

But I am not a fan

1973 – Motorola engineer makes first cellphone call

2007 – Steve Jobs presents the iPhone

Imagine how much different

Your life would have been

Prior to 1876

When the sun sets

The day's over

Unless you were extremely wealthy

You likely would *never* travel outside your home town

You only were able to interact

With people standing near you

No one texted

No one called

No one emailed

Thanks a lot, Ray

Let me say that again

You only were responsible

For the people standing near you

You were only communicating

With the people standing near you

But it's different today

And it causes people

In our day

To run around after lots of things

And miss out on what matters most

In the process

How much easier it must've been

In Bible times

To balance out the scales

And yet

Look at these words from Jesus:

Matthew 6:31-33 (NIV) - So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans *run after all these things,*

Pagans

People who don't know God

and your Heavenly Father knows that you need them. But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

Act differently

Because you *do* know God

People in Jesus' day

Were tempted to "run after all these things"

Just like we are... today

They didn't have lightbulbs

Or automobiles

Or smartphones

But they were *still* tempted

To run after all these things

Just like we are

I love the Message translation here:

I'm going to read it slowly

Matthew 6:31-33 (MSG) - If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. *Don't worry about missing out.* You'll find all your everyday human concerns will be met.

"Don't worry about missing out"

Let me say that again

“Do not worry about missing out”

I think one of the biggest obstacles to faith today

One of the biggest obstacles to a Godly life

Is the fear of missing out

Another famous passage

Is in Jesus’ interaction with Martha

Her sister Mary was listening to Jesus teach

While Martha was fixing dinner

An exasperated Martha

Demanded that Jesus

Make her help

Jesus replied:

Luke 10:41-42 - “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

Martha was worried and upset about many things

And she didn’t even have social media

Picture Martha on I Heart Spring Hill!

Our technology is new

But our temptation to worry
Our temptation to run after these things
Our temptation to worry about missing out
Is age-old
That temptation is nothing new

We've been in a series
That's ending today
Called Hangry
Where we're looking at habits
That God designed us to need
In the regular flow of our lives

These habits
If they're not implemented
Won't disable us
Many people today
Don't give them a second thought
But they will *affect* us
Greatly
They will make us hangry

Consider what a life would look like
If our life included:

Regular times of worship

Not just 15 minutes

A couple times a month

But taking moments to honor and remember God

Were just a part of the regular flow of our days

What if Studying the Bible

Was a significant priority

That we built a life with

Your knowledge of God's word

Grows over time

So, don't regret what you don't know

Don't regret what you haven't done

Start now

You know the best time to plant a tree?

20 years ago

The 2nd best time?

Today

Study the Bible

What if Sabbath was the norm

Every week

To rest

To reflect on God

To have downtime

With those we love

Smaller moments of sabbath each day

To rest

To reflect on God

To have downtime

With those we love

What if we understood the power of words

And we used them

To encourage people in our life

People in our home

To tell people about Jesus

And share our faith

Our confident trust in God

With others

What if together, we lived a life of generosity

And we battled, consistently

The urge to be self-centered

We lived our life

With enough margin

That we could freely give

Of our time and money

And what if we chose intentionally

As a group

To live on less

What would this life look like?

To help frame that

Let me ask us 2 questions:

#1

If you really thought these things were right

Could you do it?

Not do you want to

Not would it be easy

Just – is it possible

#2

If you did it

Would your life improve?

If we *could* do it

And life would be better *if* we did do it

What's stopping us?

Weigh it out

What would have to change

What would have to go

How much would it cost you

Time, money, energy

We could do it

And life would improve if we did do it

So, when are we gonna start?!?

Hang on to that a second

Let me come from a different angle

Turn to Galatians 5

Page 798 in these Bibles

Read Galatians 5:22-23a

Now I want you to notice a couple things:

First of all, notice

This is what your life would look like

If we were allowing God

To grow His fruit in us

If we were allowing the Spirit access

And authority

Over our time, attention, focus

Notice

That's a good life

A life filled with love

And kindness

And joy & peace

That's a good life

That's a pretty compelling result

When you're considering the scales

Second

And these verses aren't as well known

But I want you to glance up

Just above this section

To verse 19-21

Read Galatians 5:19-21

Notice they're not direct opposites

It's not like you can pick love or hate

Gentleness or rage

Good or evil

You can let God lead your life

And you'll get love and joy and peace

Patience

Goodness

Gentleness and self-control

Or you can go it alone

Be in charge of your own life

And we all follow similar steps

We're going to be drawn to sexually immoral things

Look at our culture

We're going to be drawn to idolize things

Look around

We're going to have hatred, discord

Fits of rage & selfish ambition

Our culture is going away from God

And Galatians predicted what that would look like

But we have a choice

Teach Galatians 5:24-26

Earlier in the message

We considered several key inventions:

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Alexander Winton – one of the first auto manufacturers in America

Writing an article in 1930 for the Saturday Evening Post

Things are very different today. But in the '90s, even though I had a successful bicycle business, and was building my first car in the privacy of the cellar in my home, I began to be pointed out as “the fool who is fiddling with a buggy that will run without being hitched to a horse.” My banker called on me to say: “Winton, I am disappointed in you.”

That riled me, but I held my temper as I asked, “What’s the matter with you?” He bellowed: “There’s nothing the matter with me. It’s you! You’re crazy if you think this fool contraption you’ve been wasting your time on will ever displace the horse.”

Everyone knew

That traveling by horse

Was just better

Than traveling by car

Everyone

They just couldn't imagine

Life a different way

Look at this:

In 1985

The New York Times published an article

Declaring emphatically

That the laptop computer

Was on its way out

I quote:

The limitations come from what people actually do with computers, as opposed to what the marketers expect them to do. On the whole, people don't want to lug a computer with them to the beach or on a train to while away hours they would rather spend reading the sports or business section of the newspaper. Somehow, the microcomputer industry has assumed that everyone would love to have a keyboard grafted on as an extension of their fingers. It just is not so.

Everyone knew

That people didn't want to be connected

Digitally

Outside the office

Everyone

They just couldn't imagine

Life a different way

Is it possible

That all these inventions

Have escalated our lives

To such an extent

That a correction is coming

That a potential crash is coming

Looking at reports

About the mental health of Americans post-covid

It's possible that a crash

Has already begun

Is it possible

That 50 years from now

People will look at our lives today

And laugh

At how silly we all are

But in this case

It won't be the new way that's better

But the old way

The ancient paths

That God has known all along

How to make life flourish

How to make families flourish

How to make nations and cultures flourish

Galatians 5:25 (NLT) - Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.