

Rooted: A Rooted Life

09.12.2021

Welcome to Rooted

Starting today, we're going to be focusing in on 7 spiritual rhythms

I hope you've been doing these your entire spiritual life

But most of us probably aren't doing all 7

As we go through them

You'll see that maybe you're doing this one or that one

But you're missing a couple too

Some of you may be doing them all

Some of you may not be doing any of them

I'm going to be asking you to commit to try all 7 spiritual rhythms this season

And just see what difference it makes

Try all seven

Test-drive that

And see if it adds value to your life

I'm not asking you to just trust me on this

I want you to jump in

And try them yourself

Psalm 34:8 (NLT) – Taste and see that the Lord is good. Oh, the joys of those who take refuge in Him!

When I added this verse

Verse 8 - to my notes

I realized that the context was even better than the verse by itself

This is verse 8

He's confident in the goodness of God

But how did he get such confidence?

Look at verses 4-7:

Psalm 34:4-7 (NLT) - I prayed to the Lord, and He answered me... In my desperation I prayed, and the Lord listened... He surrounds and defends all who fear Him.

David is saying

I trusted God

And when I did

He came thru

And now – now that I know, David says

I want you to trust God, too

So that when He comes thru for you

You can enjoy the same building of *your* faith

That I enjoyed when I put my trust in Him

Psalm 34:8 (NLT) – Taste and see that the Lord is good. Oh, the joys of those who take refuge in Him!

I remember a few years ago going to a Crossfit gym...

Some of you are just new WellSpring

Maybe you're brand new to faith

Or you're – if you're honest

You're on the outside of faith looking in

If so – man, you got here right on time

The series we're starting today

Will lay a foundation for your spiritual journey

For months and years to come

And I promise you

This is like the WellSpring guarantee

I promise you

That if you go along with us in this journey

If you incorporate these seven rhythms into your life

You will see a difference in your life by the time we get to Thanksgiving

And closer to home

I promise you that no one will take their shirt off today

So there's that

As we start out this series

Let me give you two pictures from Scripture

God gives us the freedom to chart our own course

So I want to give you two pictures of where your life is heading

I am unabashedly biased towards picture #2

But I want to give you a sense of the options before you:

Picture #1 – I call the Yukon Cornelius option

This picture is from the book of James in the Bible

Chapter 1

James 1:6b (NLT) - Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

I think many of us feel this way right now

“a wave of the sea blown and tossed by the wind.”

James says that wavering comes from divided loyalties

Like Yukon Cornelius

Your feet are in two separate places

That are dividing underneath your feet

I believe that God is shaking our world

Or allowing us to be shaken

Now, I don't believe this is the hardest time in world history

There are certainly people who've had it worse

I also don't believe this is the hardest time in American history

It'd be difficult to say that this is harder – more divided – than the Civil War

Or the Revolutionary War for that matter

It'd be difficult to say that this is harder than the 30 years that gave us WWI, the Spanish Flu, the Great Depression, the Holocaust, and WWII

But – in many of our lifetimes

Certainly in the last 40 years

This is pretty bad

And when we're shaken

We crave stability

We crave foundation

And James is giving us a picture of an unstable, foundationless life

Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

The second picture is different

Before I put that second picture up

Let me say something

There are seven spiritual rhythms that we'll be talking about this series

Seven – they're all vital

We'll focus on different ones on different weeks

But there are two very important rhythms that we need to try to incorporate for the entire series

One of them is prayer

And it is the core of this second picture:

Ephesians 3:16 (NLT) - I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit.

Paul is praying for his friends

In the Ephesian Church

This has been my prayer for you this week as well

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit.

Ephesians 3:17 (NLT) – Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong.

Notice the contrast from wavering of the first picture

To roots going down deep in God in this second picture

Verse 19:

Ephesians 3:19 (NLT) – May you *experience* the love of Christ, though it is too great to understand *fully*. Then you will be made complete with all the fullness of life and power that comes from God.

I love this

This is Paul speaking

One of the most philosophically astute

And theologically brilliant

People in all of history

He says – God is too much for me to understand fully

I can't do it

Neither can you

But you don't have to fully understand Him

Because you can *experience* Him

And then you "will be made" complete

"Will be made" – it's passive

It will be done for you

You will be made complete

And full

Full of life

Full of God's power

He says I'm praying you'll just be willing to experience it

This is a picture of Rooted

And it's a whole lot better than being blown and tossed by the wind

OK – so I told you a moment ago

That although there were seven rhythms

That we would look at on specific weeks

There were two rhythms

That we want to utilize throughout

We mentioned prayer

That's going to be a focus later today

And there's also community

Which is why we've worked so hard to get everyone in a group

I figure in this room right now

There are four groups of people

Most of us are in

You've found a group

And you're committed over these next 10 weeks

To changing your story

To find spiritual stability

And a rock-solid foundation

For your life and faith

Let's call that group 1

And I'm going to pretend that's you guys

There's another group that's committed

But honestly – your life is probably over committed

So you want to be in a group

But you've not locked that down yet

There is a table in the lobby to help you

And you can get a book there too

That's group 2

And I'm going to pretend that's you guys

I'm saying you guys

And you guys

But honestly

Most of us are in group one or two

No pressure on you guys over here

Then there's group 3

I'm going to pretend that's you

You guys cringed when you heard me say 100%

Because you felt like you should

You kinda wanted to

But adding one more thing seemed a bit much

So you guys came in – probably a no

And you guys were an absolutely not

Let me speak to both of you

And it's not really you

I'm just being visual

If you're a {ehhh} no

Or an {ABSOLUTELY NOT} no

Let me say a couple things

First of all – we're glad you're here

I'm glad you're here

I'll push you – because I care about you

But we don't use guilt

And we won't on this

Now – don't misunderstand

I think you're probably wrong on this one

I think you should join a group

And I'm not changing my mind on that

I mean, if I changed and agreed with you

We'd both be wrong

But we can disagree and still be friends

Still be family

That's the first thing I'd want you to here

You guys in this group 😊

Second – it's not too late to change your mind

I know for me

When there's something I know I should do

But I don't feel like doing it

I love it when the deadline passes

So I can say – oh no, it's too late now

I get it

We all get it

That moment's coming... this week

But not today

I want to ask you one more time to consider it

Pray about it

Some of our groups don't meet until Wednesday or Thursday of this week

So there's still time
Scott & Keith are out in the lobby
Go talk to them
They won't push you
There's nicer than me
Not nearly as handsome
But nicer

When I look at the early church

I see that they modeled these rhythms that we'll be talking about
And I see that they had a hidden quality that we don't have today

In Acts 4...

Verse 29 tells us:

Acts 4:29 - Now, Lord, consider their threats and _____.

What would you put in the blank?

Consider their threats and keep us safe?

Consider their threats and guide the courts to tell them to quit?

Consider their threats and what – what?

What would you put in the blank?

Acts 4:29 - Now, Lord, consider their threats and enable your servants to speak Your Word with great boldness.

We've lost this, friends

They were feeling threatened

Their freedoms were being limited

They spent the night in jail because of their faith

And yet, when morning came

When more threats were issued

When more freedoms were taken

They rallied the church to pray

Not for their safety

Not for comfort or convenience

They rallied the church to pray for more boldness

And their prayers were answered

Verse 31:

Acts 4:31 - After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

This is our heritage, friends

This is in our DNA

This is how the church began

And I want you to notice a key word

Look up there - what do you think it is?

“After they prayed, the place where they were meeting was shaken. And they were *all* filled with the Holy Spirit and (they all) spoke the word of God boldly.”

The heritage of the church is not Peter & John

The heritage of the church is not buildings and programs

The heritage of the church is ALL of the people being filled with the Holy Spirit

And ALL of the people speaking the word of God boldly

And remember, the church was about 15,000 people in Acts 4

But they weren't all from Jerusalem

Acts 2 records:

Acts 2:5, 9-11a - Now there were staying in Jerusalem God-fearing Jews from every nation under Heaven... Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome (both Jews and converts to Judaism); Cretans and Arabs

Literally, "from every nation" in the known world of that day

And in chapter 8 – if not before

They all went home

This is 15 different cities listed

Plus Jerusalem

And they ALL went home

Where they were ALL filled with the Holy Spirit

And where they ALL spoke the word of God boldly

This is our heritage

This is in our DNA

This is how the church began

The difference is prayer

The prayed for boldness

And God answered

In fact – I don't remember a time in the Bible

You can tell me if you think of one

I don't remember a single time in the Bible

When authentic followers of Jesus
Asked God for boldness in spreading His word
Where He didn't answer their prayer... affirmatively
Not one time!

As a church

Let's put that theory to the test – ok?
Over these next 10 weeks
You pray that I speak the Word of God boldly
Right here – at my job
And I'll pray that you speak the Word of God boldly
When you go to yours
Let's just see what God does, ok?
Let's put that to the test

If we do that

The place where we're meeting *will be* shaken {SHOW Acts 4:31}

And we will experience the infilling presence of God like never before
But it starts with prayer
Not just any prayer
It starts with prayer asking God for boldness

Look at Hebrews 4:

Hebrews 4:16 (NLT) - So let us come boldly to the throne of our gracious God. *There* we will receive His mercy, and we will find grace to help us when we need it most.

Where is it talking about?

It says, “there” we will receive mercy

There we will find grace to help us

Where is it talking about?

In prayer

Let us come boldly to the throne of our gracious God. *There* we will receive His mercy, and *there* we will find grace to help us when we need it most.

But we’ve got to pray

Keller – prayer illustration...

We’ve got to pray

Colossians 4:2a – Devote yourselves to prayer

Devote yourselves

Paul wouldn’t have to say that

If we all did it naturally

But it’s not natural

It requires devotion

Now I won’t do it

But I bet if I asked for a show of hands

As to how many of us feel like we need to pray more

It would be most of this room

If I asked how many feel like they’re not very good at praying

It would be most of this room

Friends, we’ve got to devote ourselves to prayer

We’ve got to pray

**“How do we learn to pray? By praying. If you want to pray better, you must pray more!” –
Mother Teresa**

With all due respect to Teresa

I’m not sure that’s all of the answer

It’s a good answer

It’s a convicting answer for me

I’m just not sure it’s the whole story

Because we read in Luke 11:

**Luke 11:1a - One day Jesus was praying in a certain place. When He finished, one of His
disciples said to Him, “Lord, teach us to pray.”**

Jesus didn’t tell him just to pray more

Jesus gave him a pattern

The words that follow

We’ve called the Lord’s Prayer

And many people recite it

And that’s fine

But I don’t think He gave it to us to recite

I think He gave it to us as a pattern

One of our goals for this series

Is to give you some patterns of prayer

I’m going to walk through the one Jesus gave here in Luke 11

And every Sunday of this series

We’re going to give you a different one

So that at the end of this series

You'll have a whole quiver full of arrows

To pray with

Luke 11:2-4 - He said to them, "When you pray, say: "Our Father in Heaven, hallowed be Your Name,

Take a moment to honor God

Honor Him for specific traits *in Him*

And thank Him for specific things *from Him*

Our Father in Heaven, hallowed be Your Name,

Luke 11:2-4 - Your Kingdom come. May Your Will be done on Earth as it is in Heaven."

Tell God He's in charge of your day

Maybe pull out your calendar

Pull out your phone

And walk through your day with God

As I go into that meeting, God – your Kingdom come

As I take the kids to school

As I pay the bills or clean the house or commute to the office

May Your Kingdom come in my life.

May Your Will be done today in my life

As it will be done today in Heaven.

Luke 11:2-4 - Give us each day our daily bread.

Ask God for what you need:

Pray for your family

Pray for your work

Pray for your kids

Ask God for what you need

Luke 11:2-4 - Forgive us our sins, for we also forgive everyone who sins against us.

Ask God to help you forgive other people in your life for things you're hanging on to

And ask God to forgive *you* for specific sins in your own life

By the way – one of the great things we'll get to in a few weeks

If you have a specific temptation that you keep asking God to forgive you on

The Bible calls that a stronghold

We're going to help you get rid of that in a couple weeks

Forgive us our sins, for we also forgive everyone who sins against us.

Luke 11:2-4 - And lead us not into temptation, but deliver us from the evil one.

Jesus understands better than we do that we're in a battle

We have an enemy

Who's strategic

And powerful

And literally hell-bent on destroying you and your kids and your marriage
and your life

You should pray about that

Pray about temptations that you are aware of

Pray about temptations that you may not be aware of

Because your enemy is looking for ways to attack

Looking for ways to bring destruction & pain to your life

The Bible – when it describes our enemy

Uses an analogy of an attacking lion

That's what you call a bad day

Lion – reality show...

How often do you talk to the guy in the helicopter?

If we're going to live the bold life that God calls us to

We've got to pray

We began this message with the beginning of the church

At the start of the Book of Acts

I want to end this message

With the end of the Book of Acts

In Acts 28, Luke writes that:

Acts 28:16, 30-31 - When we got to Rome, Paul was allowed to live by himself, with a soldier to guard him... For two whole years Paul stayed there in his own rented house and welcomed all who came to see him. He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance!

It says that

And then... that's it

People have questioned why it ends like that

Some think he sent this letter to Theophilus before Paul was executed

Some think when he got to this point, they beheaded Paul and he was forced to flee

Some think he stopped here

Because the story wasn't over

This was the end of Paul's ministry

But not the end of the church

Paul's life ended

And then he handed it to the next guy

Who handed it to the next guy

Who handed it to the next guy

And now it's our time

This is our moment

Boldness is in our DNA

The church began and thrived through bold prayers

What are we going to do with this moment

That God's given to us