

## SUSTAINING YOUR SOUL IN DIFFICULT DAYS PART I

### JUNE 20-21, 2020

#### INTRODUCTION

- Starting a new series on how to manage your life, your emotions, your thoughts, your spirit, your will.
- Life is a battle; a battle for your thoughts, your mind, your feelings and your faith.
- Matthew 11:28-30, “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

#### I. WHO SETS YOUR PACE?

- We all function at different paces.
- Who sets your pace?
- Romans 12:1-2 NIV, “Therefore...in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God...be transformed by the renewing of your mind.”
- “Therefore” summarizes the first part of his letter to Rome: live in relationship with Jesus and out of the Holy Spirit’s power.
- “In view of God’s mercy” - God has come after us and has been kind to us.
- Key to managing your mind is surrender it to God.
- God gave mercy in Jesus; you give your life, your will.
- Vs. 2 - yielding our will.
  - “Do not be conformed to this world”
  - “Do be transformed by renewing your mind”

#### II. ARE YOU CONFORMING?

- Are you conforming? To the world?
- Do you hunger for other’s approval and without it feel discouraged?
- Do you yield to the pressure of others to look good?
- Do you adopt behavior you know isn’t life giving because others do?
- Do you run at an earthly pace; the race others set?
- Do you live by earthly standards?
- Finally do you strive for earthly results?
- Are you always looking to achieve what others are after?

#### III. ARE YOU TRANSFORMING?

- Do you walk at Jesus’ pace?
- Matthew 11:28-30, “...take my yoke upon you and learn from me...you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”
- Jesus’ pace is gentle, humble, easy, light, and gives rest to my soul.
- How are your emotions doing?
- Jesus’ pace transforms us from the inside out.
- Romans 12:2 is talking about a radical reorientation that begins deep in the human heart.
- It begins with new thinking.
- Colossians 3:2, “...set your mind on things above...”