

Message: “Unshakable Living”, Week 4 of “Unshakable Series”

Presented by Rev. Kristen Lowe on 09-11-2016
at Crossroads United Methodist Church, Waunakee, WI.
With gratitude: from Nelson Searcy’s book Unshakable.

In our last sermon in the series “Unshakable” we look to the prophet Jeremiah who tells us in chapter 29 verses 11 through 13:

Jeremiah 29:11-13

¹¹I know the plans I have in mind for you, declares the LORD; they are plans for peace, not disaster, to give you a future filled with hope. ¹²When you call me and come and pray to me, I will listen to you. ¹³When you search for me, yes, search for me with all your heart, you will find me.

So God hears our prayers and offers us peace. Jesus ensures us that this peace will not come in the form of temporary fulfillment. In John chapters 14 and 16, he says:

John 16:28, 33

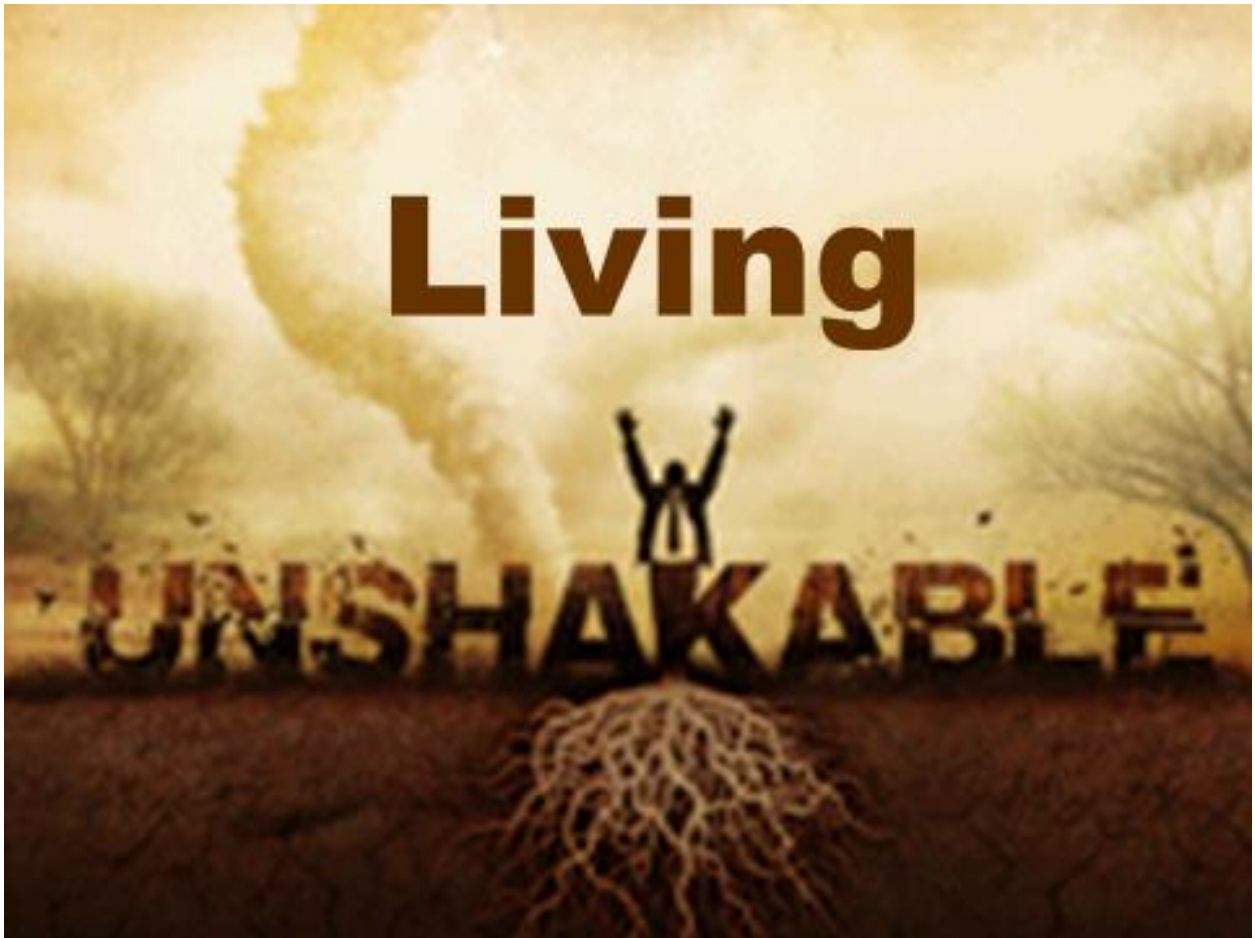
²⁸I left the Father and came into the world. I tell you again: I am leaving the world and returning to the Father.” ³³I’ve said these things to you so that you will have peace in me. In the world you have distress. But be encouraged! I have conquered the world.”

John 14:27

²⁷“Peace I leave with you. My peace I give you. I give to you not as the world gives. Don’t be troubled or afraid.

May God’s word strengthen our hearts. Amen.

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle I

Build your life on a solid foundation

Building your life on a solid foundation of faith is the first and most important principle of being able to stand strong when circumstances are spinning out of control. Just by stepping off of shifting sand onto bedrock, you'll be more equipped to handle the challenges you face. But there's more. Once you have secured a solid foundation, there are **six** additional principles that can reinforce your ability to walk through every storm of life unscathed.

Principle 2

Sidestep Surprise



Principle II

Sidestep Surprise

- We didn't see it coming
 - Accident
 - Unexpected diagnosis
 - Surprising layoff
- It leaves us feeling vulnerable and helpless
- We can choose not to be surprised by negative events
- Fallen world is full of these circumstances
 - Life on this side of heaven isn't easy.

Message: “Unshakable Living”, Week 4 of “Unshakable Series”

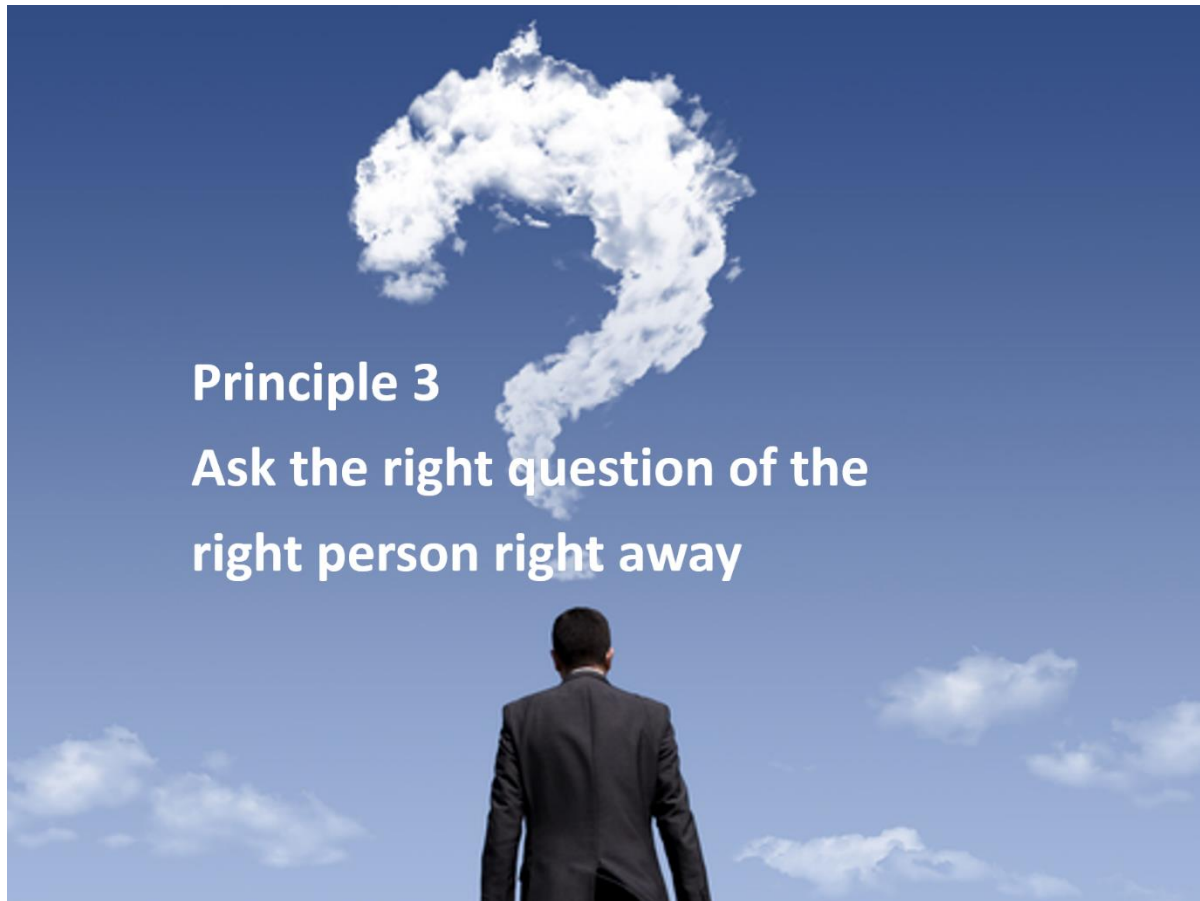


John 16:33

I have told you this so that you may have peace in me. Here on earth you will have trouble. But take heart, I have overcome the world.

- John 16:33
 - I have told you this so that you may have peace in me. Here on earth you will have trouble. But take heart, I have overcome the world.
- Sidestepping the surprise means letting go of some of the pain
- Equally so – not over escalating the inevitable
 - Hannah’s shots
- God will be with us in every circumstance

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle 3

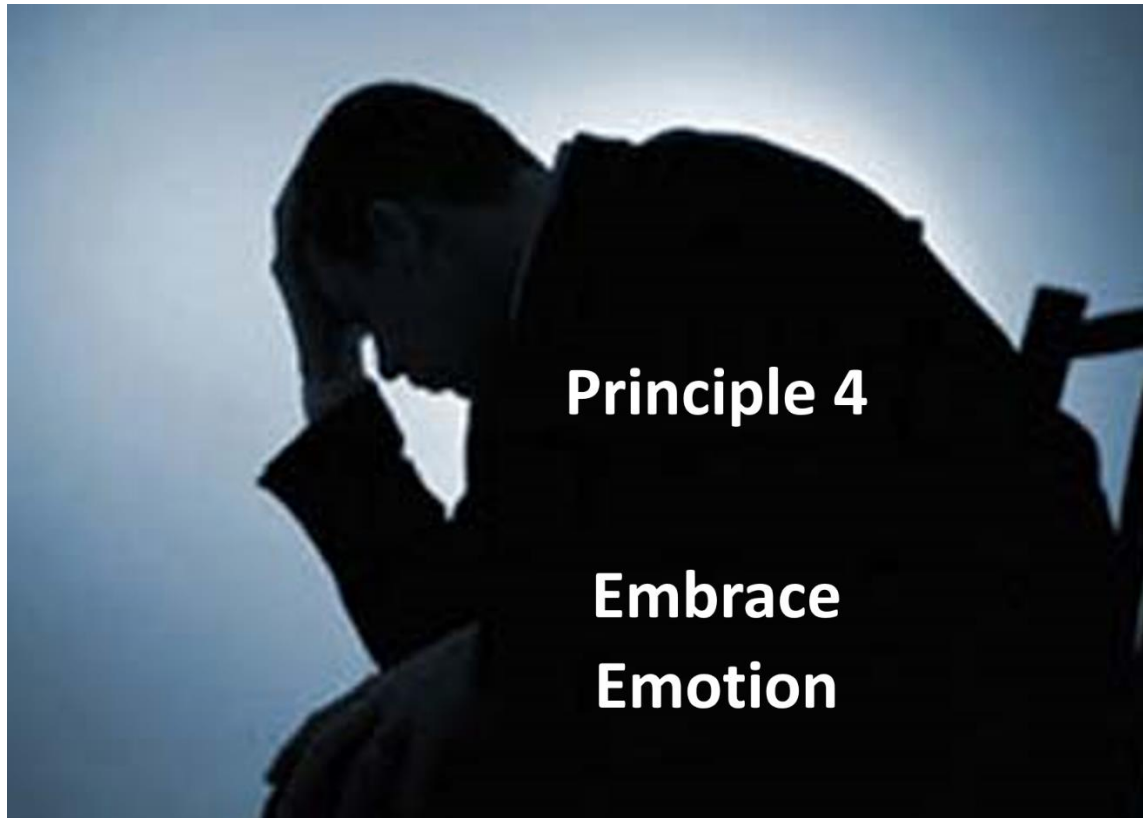
Ask the right question of the right person right away

Principle III

Ask the right question of the right person right away

- Our first instinct should be to turn to God (Turn to God first)
 - Instead we look to every other possible source for comfort and insight
 - Friends advice
 - Self-help books
 - Unhealthy coping
 - God first
 - James 4:8 Draw close to God and God will draw close to you.
- Ask God the right question.
 - How will you spend your energy? Interrogating God Why? Why? Why?
 - Asking why doesn't accomplish anything
 - Ask what rather than why
 - What can I do to move through this
 - What can I learn?
 - What can I do to inspire others
 - Then listen

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle IV

Embrace Emotion

- Once you've done III
 - Embrace the emotions you're feeling (tune into heart and mind)
 - Ecc 3:1,4 To everything there is a season, a time for every purpose under heaven. A time to laugh, a time to cry, a time to grieve, a time to dance.
 - You don't have to muscle through
 - He will use what you're feeling to draw you closer to him

Hebrews 4:14-16 ¹⁴since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle 5: Borrow From others

Principle V

Borrow From others

- When feeling depleted, be quick to lean on the faith of others for strength.
- Strength of community
 - Exodus 17:12-13 Moses' arms soon became so tired he could no longer hold them up. So Aaron and Hur found a stone for him to sit on. Then they stood on each side of Moses, holding up his hands. So his hands held steady until sunset. As a result, Joshua overwhelmed the army of Amalek in battle.
 - There will be a time when you won't be able to hold your arms up anymore.
 - Network of strong, faithful friends.
 - This is one of the purposes of the church – sharing life

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle 6 Be a willing witness

Principle VI

Be a willing witness

- Your story can be an incredible inspiration for other people – if you allow it.
 - Everyone is going through painful stuff
 - How to be a lighthouse
 - 1 Peter 3:15: In your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Principle VII

Turn pain into purpose

- Romans 8:28
 - ALL things! God constantly weaves circumstances in our lives together to create beauty
 - We can shine God’s light into the world by the way we live into the peace that passes all understanding that God gives us.

Message: “Unshakable Living”, Week 4 of “Unshakable Series”



Weathering the Storm

Has nothing to do with how strong you are and everything to do with how strong God is.

All that we have (smart, rich, connected, etc.) can't protect us against life's storms. Only God can.

