



SERMON NOTES

Rhythms of Renewal

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Following Jesus means we seek to love the sick, broken, and needy. That work is often emotionally draining. At times, we will care for those who experience traumatic situations.

Trauma – a difficult or painful experience that causes mental, emotional, physical, and/or spiritual problems, often for a very long time.

- Trauma can put the fight-or-flight system in an always-on state resulting in a number of physical, mental, and emotional problems.

The Scriptures are full of traumatic stories

Possible Symptoms of Vicarious Trauma or Mismanaged Stress

- Feelings of helplessness
- Hyper-vigilance
- Minimization
- Inability to empathize
- Anger or Cynicism
- Addiction
- Chronic Exhaustion / Illness
- Deliberate Avoidance of Tasks and People
- Martyr (or Hero) Complex
- Excessive Guilt

Biblical Foundations for Self-Stewardship

- God rested (*Genesis 2:1-3*)
- Love of neighbor is tied to how one loves self (*Mark 12:31*)
- Jesus exercised self-care (*Matthew 14:13; 22-23; Mark 1:35*)

Rhythms of Renewal – Activities and Relationships that Restore the Soul

Boundaries – Saying NO to certain requests

Physical Health – Rest, Nutrition, Exercise

Relationships – We NEED community (*Luke 4:16*)

Right Perspective – Healthy Thinking

- Must view God, Self, and Other in appropriate context
- Responsibility TO vs. Responsibility FOR (*Matthew 10:11-15*)
- Let God be God
 - o The Holy Spirit is responsible for changing hearts and lives (*John 16*)
 - o God will right every wrong and bring true Justice (*Romans 12:19*)
 - o God will judge the living and the dead (*2 Timothy 4:1*)

Practice of Stillness (*Psalms 46:10*)

- Reconnecting with God through meditating on Scripture
- Stillness with the Father reminds us:
 - o He's still good
 - o He's still at work
 - o He still loves us passionately and desires relationship
- Stillness allows us to re-enter the chaos of life with renewed hope