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Easter Season, 2021

*How's it Going?*  
"Rhythms"

-Paul was writing to a young Church in Philippi  
-people were all 1st generation followers of Jesus  
-a lot of encouragement about MATURITY for this little church in Philippi.

- there must be a shared effort between God and the believers there as they strive toward maturity. God always starts, God always moves first, but there is effort required on their part, too.

**The Question:**

My main question for all of you today is simple – how are you doing in your walk with Jesus?

1. Have you been listening to Him?
2. Have you been spending time with Him?
3. Have you been obeying Him when he prompts you to serve or speak?
4. Have you been resting and recharging with Him?

**The Promise:**

Matthew 11:27-30 (from week 5 – Simplicity)

All things have been entrusted to Me by My Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal Him.

28Come to Me, all you who are weary and burdened, and I will give you rest. 29Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. 30For My yoke is easy and My burden is light."

Remember those questions we just asked? Here's a plan of action for today -

1. Listen to his call today; "Come"
2. Sit in his Presence and spend time with Him.

3. He has a yoke – *work that he has prepared for you and prepared you for.*
4. And rest – recharge so you can go out and do that work.

That's what the rhythm series was encouraging – a way of life that balances between rest and work.

### **The Problem:**

Some of us may be able to admit today that even after working through a several month series on "Developing Healthy Spiritual Rhythms" the truth is **we haven't put in the effort that we could.** We all struggle with getting started and then keeping up the momentum for more than a few days.

Annie Dillard - "How we spend our days is, of course, how we spend our lives."

If *your* day and *my* day don't look any different then your life won't look any different.

-this is hard - hard because it actually means we need to do something, and not just once, but regularly.

- **God has given it to you. God has given each of you just enough time to do what He has planned for you.**

-In another way, this is an easy change for us- because it doesn't involve going and changing your world in one day – we're talking about changing one small part of your day - praying, studying, serving, or meditating - *wherever God prods you.*

### **The Recovery:**

Look at Philippians 2:12 with me: - I'm reading in in the ESV

**"Therefore my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your salvation with fear and trembling."**

- this verse today comes immediately after one of the earliest "hymns" or "creeds" ever written in the church ( Philippians 2:6-11)

- In this hymn we are reminded that Christ's LOVE and acts of service and sacrifice are "for me" and "for you" – that's why Paul introducing this Hymn by saying we are to have the "this mind" – **Christ's actions as told in this hymn are for OUR transformation.** ---

-Paul knows that this is the strongest possible motivation any of us can have to compel us to love and obey Christ –

It's not threats of hell, it's not the promise of a good and rich life to come, but the pure LOVE of Jesus self-sacrifice to win you back.

Professor Robert Johnstone puts so well:

"Salvation, then, in its fullness is a *future* blessing, yet in its beginnings, **is a blessing of the present.**"

Salvation is of its very nature a PRESENT and future reality.

To be SAVED – present tense is primarily about experience the **spiritual blessings** of being **transformed** day by day into the image of our glorious saviour - or as we often say around here - to become more like Jesus in our attitude, behaviour and character. The ABC's of following Jesus IS the present form salvation.

- "Because it is GOD WHO WORKS IN YOU". (v. 13)

Through these exercises we become spiritually fit. It happens because these rhythms open us up to life-transforming experiences with the power of God through prayer, meditation, study, simplicity and so on!

- disciples of Jesus should always be practicing our faith for the glory of God, the building up of the church, and the blessing of others.

We do this by being servants, by confessing, by worshiping - these rhythms are our work - they form the UP - IN - and OUT of our lives as we live on mission for Jesus.

-Working out our salvation with fear and trembling is a ***plural*** statement – and Paul is encouraging the church to work out these things not for the sake of their individual spiritual health but for their corporate spiritual health.

Paul is giving the great concluding instruction to a plea he began in 2:2 – be of the same mind, have the same love, be in full accord and of *one* mind” – I’m not elaborating, Paul puts it that many ways to get his point across... UNITY!!!!

Each of us need to see the examples of other people following after Jesus, we need to encouragement of other godly people, and we need to become more closely united so that we can stand together both to bless, and to invite others to follow Christ.

**- new people will begin following Jesus here at UTMC when we begin following Jesus with greater unity – working TOGETHER for the kingdom.**

My encouragement to you is to be brave, trust that the Holy Spirit is at work and wants to build up this church. Remember where we started today – listen to Jesus – answer his call to you today. Either for the first time and turn from your old way of life and follow him – or return to him