

0 (1s):

Well, yes, I hope you did have a happy Thanksgiving this week, whether you spent time with family safely, or you did some Thanksgiving over zoom either way. I hope you had a great Thanksgiving and did have the opportunity to really dive in and thank God for the many blessings that we all have and experience. And as I said, yeah, we're going to be wrapping up our Untangled series, looking at the things that entrap us, the worries of the world that capture our minds, that wrap up our hearts. Right. But before we jump into that, I have a little bit of a game to get us started. There's a lot of different TV shows and game shows that have you guessed that tune, right?

0 (43s):

And, and maybe it's one note or a couple of seconds, but I think if I whistle maybe like two or three seconds of this song, all of us will know what it is. So are you all ready? If you're ready online, you can leave a comment, right. Once you know, okay. Ready?

1 (1m 10s):

Okay.

0 (1m 10s):

There you go. You guys did better than this than the first service you see that they didn't say anything to me. It was like, Oh yeah, I knew that song. Yeah, no, you guys said it. Don't worry. Be happy if you're unfamiliar with the song, it's a 1988 classic by Bobby McFarren written for the movie Cocktail with Tim cruise and it has the highest grossing acapella songs of all time. All of the sounds, all the noises that you hear on that song are all made with his voice.

1 (1m 42s):

And

0 (1m 42s):

Even 32 years later, just a few snippets of the whistle brings to mind this phrase, don't worry, be

1 (1m 51s):

Happy.

0 (1m 53s):

And I think unintentionally though, creating a very catchy song, a song that I'm sure is still stuck in our heads right now, Bobby McFerrin is pushing that this is the truth that in order to get rid of Worry in order to find freedom from the worries of the world, that all we have to do is to be happy. So be happy. And thank you so much for joining us at Arise Church Denver we will see you next week. I don't think that's enough. I don't think being happy, a simple platitude that when we're faced with worrying to be happy is not enough.

0 (2m 38s):

You see of 2020 has shown us anything. Is that being happy when we're face with a year, such as this

1 (2m 48s):

It's not enough.

0 (2m 51s):

When we were faced with a pandemic that we never would have expected in January or February, that we're faced with the reality of

1 (3m 1s):

New lives, a new normal,

0 (3m 7s):

And we've had more difficulties and frustrations and pain and hurt and illness and disease and death,

1 (3m 16s):

We thought could be thrown at us.

0 (3m 21s):

If our former selves back in January of 2020, we look at us now we would be desperately and utterly confused. And what is happening right now that we're sitting separated with fabric on our faces, that the majority of people who call Arise Denver, their Church home are now watching online or going to Church on Facebook and YouTube. When we were faced with the reality, like what 2020 has handed us. I don't have to tell you, but being happy is not going to cut it Because our worries are heavy.

0 (4m 5s):

They hurt the occupy, our minds, perhaps it is you're seated here right now, or watching on your phone or computer. You're kind of listening to my voice, but in the back of your head, the worries are spinning even now.

1 (4m 23s):

But the great thing is,

0 (4m 25s):

Is that our God doesn't leave us with a claim to be happy. The Jesus actually offers something so much more, better, and so much greater. Then the simple platitude to be happy. And as we've gone throughout this series of Untangled, I hope it has impacted you.

1 (4m 50s):

I want

0 (4m 50s):

To do a quick review, and then we're going to dive into how Jesus wraps up to the section, because I think it is so important. The first week we talked about how it's really easy to make our appearance on the outside. Look good. That it's so easy for us to focus on looking good on the outside. But we really need to do is to be transformed by God on the inside the bowl of cereal that Matt had, that is not enough to just look good on the outside. We need to clean that gross spaghetti crust on the inside of our lives. We need to let God to transform us. Then the same vein two weeks ago, we talked that we can be so wrapped up in the opinions and the fears of other's our reputation, our ideas of success that we fear

1 (5m 40s):

Mann. And

0 (5m 42s):

The only thing that can free free us from that is to replace that fear with a reverence and a respect and in a healthy fear, have the God of the universe who spoke everything in the being That only the fear of God, us from the fear of man. And in the last week, we talked about something that we don't really like to talk about, right? Money. The idea that if we only, we can only put our money in the right perspective of our first rich towards God. If we acknowledged, as we hopefully did this week and Thanksgiving, that all of our blessings, everything that we have comes from God.

1 (6m 23s):

And I want you to keep that in your mind,

0 (6m 25s):

Because these passages that we talked about last week, what we're going to talk about today are really connected that Jesus is not taking the U-turn, but he's actually just continuing on the same course and saying, you know what? If in order to be rich towards God, we also need to do this. And if we put our money, our ideas of success, our reputation in the right mindset, then we can actually do what our Siri says that we can find freedom from the worries of the world. And that sounds pretty nice, right? It sounds better than just somebody shouting or singing at you, be happy.

0 (7m 8s):

So we're going to jump in, were in Luke 12, starting in verse 22, it starts off like this. Then Jesus said to his disciples, therefore I tell you do not worry about your life, what you'll eat, or what your about your body. What you will wear for your life is more than clothes in your body. Excuse me. Your life is more than food and your body is more than clothes. Consider the Ravens. They do not store or reap. They have nor storeroom or

barn, and yet God feeds them. And how much more valuable are you than birds? I'm going to give you guys a tip. Whenever you read the Bible and you see the word, therefore, we interpret it as the word.

0 (7m 50s):

Therefore, we look at what was previously said before, because what Jesus is doing, he's connecting the ideas of being rich towards God and pushing them to their conclusion. Because even though many of us have encountered this verse before what Jesus is saying is let's be honest, it's radical. We might have had a series of investigating Jesus radical, but Jesus continues to be radical. Maybe it's not as radical to us because we heard this before. Or because for many of us, we never had a question about the food on our table or the clothes that are on our backs.

0 (8m 34s):

That for many of us, we have pantries full of food and closets full of clothes. But if you're out there and you've experienced a time when you can't put food on your table, or when you're wearing threadbare clothes or like the disciples, they were working class people, The regular guys with regular jobs, trying to put food on the table and for Jesus to say that to his disciples and do people for, or wrestling with food scarcity, with not having clothes, to not worry about the basic necessities of life.

0 (9m 19s):

That's a pretty bold claim to not worry about the food, the things that allows you to live, to not worry about your clothes or the things that protect you from the elements that allow you to function in society, right? These are some basic necessities. And for many of us, we don't have to worry about those things.

1 (9m 45s):

We can eat what we want. We

0 (9m 48s):

Have closed that we don't even wear, right? Our worries, our other things, Jesus is going to claim that these basic necessities, we can't even worry about things that we don't even think about how much more insignificant ultimately are the things that we often do,

1 (10m 12s):

But keeping it in our minds

0 (10m 14s):

That we're interpreting this passage as a continuation of being rich towards God, Jesus continues on

1 (10m 25s):

In verse 25. He says,

0 (10m 27s):

Two of you by worrying can add a single hour to your life. And since you cannot do this very little thing, why then do you worry about the rest? Once again, Jesus has making a big claim Because we want an extra hour, right? Think about how many times you said, well, I wanna do that, but I don't know what I'm going to a time. I love to join a community group, but my week is so swamped. Like I'd love to exercise, but I don't have enough time. We often worry about time an extra hour.

0 (11m 10s):

It sounds nice next to our hour in our life before COVID to really enjoy being with one another going and sitting and eating in a restaurant. And it sounds nice, but Jesus is saying just one hour in our lives. I don't know about you, but I haven't added an hour to my life. In fact, often when We, or Worry, we'd do the opposite,

1 (11m 39s):

We

0 (11m 39s):

Take time away or productive hours that we could be doing good things, and we take hours away.

1 (11m 49s):

I just want

0 (11m 49s):

To put this in perspective for all of us.

1 (11m 55s):

So

0 (11m 55s):

There's eight, 8,760 hours in a year. And the average life expectancy for us to in the United States in 2019 was 79 years. So that means that you and I have an average of 6,900 CME, 690, 2040 hours in our lives. Good amount of time, right? That's what an hour of differences, 0.0000014, four or five,

1 (12m 31s):

Nothing

0 (12m 33s):

Historically, no difference that all of the stress that we have, all the worries all the time that we spent stewing

and thinking and working out scenarios, doesn't even net that amount of difference. And as Jesus puts it, so plainly, if we can't even add an hour than why do we worry about the rest?

1 (13m 0s):

Okay,

0 (13m 3s):

We can't even do this very little thing. We can't even make a mathematically statistically zero amount of difference. Why then do we worry about everything else?

1 (13m 18s):

Because,

0 (13m 19s):

But the reality is that though Worry is common. It's widespread. I'm sure every one of us have done it this week. Maybe even the smell,

1 (13m 29s):

It's not helpful.

0 (13m 32s):

Jesus knows this. And you know what? The scientific community knows this as well in an article released in the clinical psychology and psychotherapy journal, they did a long-term study that found that 85% of what their participants worried about. Didn't happen. Think about that 85% of the things that they were focused on, the things that were dwelling in their mind didn't happen. And even more than this, the other 15%, the stuff that did happen, the stuff that maybe we should worry about 79% of the subjects found either one of two things first that it, it wasn't as bad as they were expecting or second, that the difficulties that they went through taught them a lesson that was learned learning.

0 (14m 25s):

That means, according to this, long-term study that about 97% of what the subject is worried about was insignificant. Either didn't happen. It was less than what they thought, or it taught them a lesson that was worth going through 97%. And that's just one study. There's so many studies out there that show that the things that we spend our time on, the things that Stuck on our mind, the things that come when our head hits the pillow and we are trying to fall asleep, or is it worth it that our minds, our God given imagination has the ability to take a small thing and turn it into the end of the world.

0 (15m 8s):

Right?

1 (15m 12s):

But I don't want you to hear me wrong. Okay?

0 (15m 16s):

I don't want to diminish the things that we're going through. And I don't think Jesus does either what Jesus is saying. That the things that we go through, the pain, the hurt this year, that we never expected our significant, they have a point, but our response to worry about them, it was pointless is statistically makes no difference.

1 (15m 50s):

And yet we Worry, right.

0 (15m 55s):

We Worry, we chew, we'd run the scenarios over and over and over again in our heads. And let's just lay it out on the table. 2020 has given us a lot to worry about a pandemic disease, connection, loneliness, what our governments, both of the federal and local level, or doing or not doing, or maybe you've lost your job this year. Maybe you've been laid off. Maybe you've cut, had hours cut. Maybe you've had to switch careers. Maybe you had to move, or maybe you're trying to figure out at home what it looks like for both of you to work from home while you're, while your kids are going to school.

0 (16m 40s):

And you're trying to be both the parent, a teacher, and do your job, or maybe you're sending your kids the school. And that is not any better because you're just worried the whole time you're there or the whole time that you're at the office. So the whole time you're at church or the whole time, you're not at church, maybe you're worried about your quarantine 15, right? The gyms are closed. They got 10%. I can't make it to the gym. Maybe you're worried about another lockdown. Maybe you're still worried about murder Hornets. Maybe you're worried about wildfire fires, climate change, hurricanes. This is all just this year. Folks in the list goes on and on and on.

0 (17m 26s):

We have so much to worry about so much to worry about The thing is, is that our worrying isn't helpful. I love the way the French philosopher puts it. He says that my life has been filled with terrible misfortune. Most of which never happened. Most of which never happened. Jesus continues. And he says, consider how the wild flowers grow. They do not labor or spin. And yet I tell you not even Solomon in all of it, the splendor was dressed like one of these, that is how God clothes, the grass of the field, which is here today.

0 (18m 14s):

And tomorrow is thrown into the fire. How much more? Well he clove you? Do you have a little faith Is as

widespread and is unhelpful. And ultimately we think of Worry as just something that is a reality. We have life that we leave busy, difficult, hectic lives and a by-product. That is Worry. But Jesus sees through this. It's not that worrying and happiness or at odds that if we're just more happy than we're going to worry less, or if we worry that our happiness goes down down, that's not what is at stake.

0 (19m 4s):

It's Worry in faith. Because think about it. If you've lost your job this year, if you've been laid off, you've had some thoughts wondering, and if God is still in control, wondering if you've been trying to follow him, trying to be good, and then you lose your job and you feel let down. If you're like the rug has been pulled out, not from underneath you, your faith, maybe it goes down a little, right? You had to deal with worries that you never expected. You never imagined a reality. What do you, maybe wouldn't even be able to go to church when you're trying to figure out your family dynamic with all of your, at home, trying to balance your jobs, your school kids that want to just go out and play with their friends.

0 (19m 57s):

And you wonder if God is still really in control. Sometimes it doesn't feel that way, right? Or maybe this year you were faced with a diagnosis or a test result, or you tested positive, or you've lost a family member to this awful disease. And you'd begin to wonder God, are you still good? Do you still care about me? Do you see what I'm going through? Because that's Worry increases.

0 (20m 38s):

Faith begins to decrease. 'cause each of us have a scale in our life and it gets heavy. And we get burdened down with the problems and difficulties and frustrations and pain in our life. The scale pushes down in our faith gets lighter and lighter and lighter, right? And we're left with a life where we begin to question the character of God, whether God really is who he claims to be.

0 (21m 19s):

But the amazing thing is that God doesn't leave us with our scale in the wrong position. That's through the power of Jesus, coming to sit, save us, to give his life, to deal with the biggest worry that each one of us have our sin that we have direct access to God. A God. That is good. A God that is in control a God that is still holding all things together. Even in 2020, we have a God that we can put our faith in, even in the midst of what we're facing in this moment.

0 (22m 1s):

And when that happens, the scale begins to move and our faith begins to get heavy and it begins to get rooted. It begins is to be grounded in who God is that we can deal with the problems that we're facing. That it's not any less significant or hurtful that we've lost our job, that we're dealing with a reality that we've never experienced before that we've maybe lost a loved one.

1 (22m 28s):

Okay. We no longer have to face it alone.

0 (22m 34s):

We have a God and that we can believe in God that is still in control

1 (22m 43s):

Because the truth is,

0 (22m 45s):

Is that what Worry does is it tries to put us in control. It says, you know what, God, I know you've maybe taken care of things in the past, but I got this one. I'm going to figure this one out. I'm going to let my mind go in and figure it out. And if I run enough scenarios, I can choose the right way to proceed. But when we take control, we're faced with the consequences, right? This was evident to me couple of weeks back when I had a simple stomach ache and in a regular ordinary year, a stomach ache, I would just interpret it as a matter of, you know, maybe I ate something bad, not the healthiest eater.

0 (23m 30s):

I could probably be better. I don't know, but I don't have to tell you that in this year, a stomach ache is different, right? My mind began to spin. I began to run scenarios in my head Temptations, starting to slip in the devil, used what it was a simple stomach ache. Begin to wonder what if my family gets sick? What if my mom that comes out to watch Lucy get sick? What are we going to do? Then? What if I actually have COVID and everyone that I came in contact with the church, get sick.

0 (24m 17s):

The church get shut down because that's what happens, right? Our imagination takes over and we turn a simple stomach ache into the end of Arise Church Denver right. And as I sat there on the sixth side, waiting for my COVID test, my faith felt like nothing. And I just said, God, I don't know what the future holds, but I can't do it myself.

1 (24m 50s):

<inaudible>

0 (24m 56s):

That was negative. I didn't have COVID. But even if I did, I could still put my faith in God, because God's answer to our Worry. Isn't just calling us to be happy. Look, look at what Jesus says. I love this so much. He continues on. He says, do not set your heart on what you'll eat or drink. Don't worry about it for the pagans. The people that are far from God, they run after these things, they spend their life chasing them. Your father knows what you need, but seek first his kingdom and all of these things will be given to you as well.

0 (25m 37s):

All these things, Because Jesus doesn't respond to our Worry with denying the things that we're going to going through. He loves us. He cares about us. He doesn't just call us to be happy. He sits with us and the difficulties that we're going through. And instead of a simple call to be happy, I think it's time for a rewrite because here's a simple song that I wrote. You may want to sing it. Note for note, don't worry. Be faithful that in the midst of our Worry God is calling us to replace the stewing that goes on in our minds.

0 (26m 28s):

That takes hours away from our life with a call to the life that he wants for us, a call that seeks his kingdom. First, that above all else, no matter what happens, even if 21 is worse, that God is still who he says. He is that when we get the call that we're being laid off, that our hours are being cut. That we don't know what the future holds, but God is still in control. And that God is calling us to a life better than what we could ever imagine. As Jesus puts it a life to the full, a life that calls us on a mission to bring about the kingdom of God right now, not the God needs us or the God needs me.

0 (27m 17s):

Not the God needs. Matt not the God needs the best preacher or pastor or anyone at God's will, will be done that God kingdom is going to come, but that God, so graciously invites us in. It says, come on, we're doing this. That the kingdom of God is not just for people like me, that work at a church that it's for all of us. As we usher in the kingdom of God, in our relationships, in our family, in our community, in our neighborhoods.

1 (27m 56s):

And it, Jesus says to the ends of the earth,

0 (28m 1s):

We were invited in to the kingdom of God that God will transform us the power of the Holy spirit to make us more and more like Jesus, that we no longer have to face our worries alone, but that God is always with us. It sounds just a little bit better than be happy, right? And that's exactly what we pray when we pray the Lord's prayer, this prayer that Jesus used as an example, to show us what to pray about in Matthew six, nine through 10, he says this then is how you should pray. Our father in heaven, hallowed, be thy name, your kingdom, come your will be done on earth as it is in heaven that we, as followers of Jesus, get to make earth more like heaven.

0 (28m 52s):

You get to live in to the love that God has for us and show it to others. We don't have to rely on the ways of the world, but we're transformed by the renewing of our mind that we have a God who is filled with love and grace and mercy and justice

1 (29m 15s):

And peace,

0 (29m 17s):

And that we get to help make earth more and more like heaven. And Jesus wraps up the section showing us how to do that. He says, do not be afraid. Little flock for your kingdom has been pleased for your father has been pleased to give you the kingdom that we no longer have to live a life of fear and trepidation, But we can replace our fear with faith. That God is who he says. He is that the kingdom of God is coming and is here now. And we get to be a part of it.

0 (29m 59s):

But even more than that, he continues on is this sell your possessions and give to the poor, provide purses for yourselves that will not wear out a treasure in heaven that will never fail where no thief comes and no moth destroys. Jesus is a good speaker, right? He's tying it back to what we talked about last week. That in order to be rich towards God, we have to put our money and our life and our success and everything that we have under God, that when we do that, we can move from a scarcity mindset to one of generosity, to one of love, to one that gives to the poor.

0 (30m 41s):

That's what we do. These Christmas outreaches, so that we can show the love of God and deliver hope to people who need it. So what we do outreach here locally and globally to bring the good news of Jesus to the nation's, to partner with people who are doing amazing work throughout the world to raise up missionaries and pastors,

1 (31m 5s):

To see the world

0 (31m 6s):

Transformed, to see God's kingdom. Come

1 (31m 13s):

Last week,

0 (31m 14s):

Matt mentioned where we're having a new fund in our giving our Christmas fund that we can use to provide these hopes, sweet hope boxes that we can use to help make a further impact with our ignite stockings, with Ashley elementary, to help this family. Who's moving to Denver who has faced a life that we can't even imagine. We get to deliver hope And Jesus wraps it up so perfectly. He says for where your treasure is there. Your heart will be also,

1 (31m 44s):

Yeah.

0 (31m 47s):

When we begin to seek God's kingdom, first, we can move from fear to faith. We can move from scarcity mindset to the mindset of generosity, and we can move from Worry to worship, have the God of the universe who cares about you. I love the way that Rick Warren puts it. He says, living in light of eternity changes our perspective right now that no matter what we are facing, no matter what we are going through, whether your life is at its lowest point, right at this moment, that God is not done with you yet, that God is still working.

0 (32m 32s):

That God is still in control.

1 (32m 38s):

But as Jesus up his message

0 (32m 40s):

Where your treasure is, is there. Your heart will be also, we have a really important question. The question that I hope it sticks with you past the end of the series. And it's where is your heart? Where is your heart? Was the band comes forward. I want all of it. All of us you're in person, or are those watching online? It might be a little weird depending upon where you're watching online, but I don't know you do hold up your hands like this. And we want all of us to close our eyes because I think we got some work to do that.

0 (33m 22s):

If we're really honest, this year has been something that we never expected. And we find ourselves in a couple of places to go this morning. And so maybe this morning, you feel like you've been so wrapped up in the things that you can do with the appearance that you put on in front of other people, with your desire, for success, that you find your treasure in, what you can do in what you produce the zeros in your bank account. The things that you have, if that's you this morning, if that's us this morning slowly, open your hands and begin to say, God, I'm not what I can do, but I have my treasure.

0 (34m 16s):

My heart is because I'm yours because of the ways that you see me, because I am a child of God. And so maybe for you this morning, you're way down. Your scale of worry is heavy. It hurts. It's painful that throughout this whole message you're mind has been going or even still, and as hard as it may be to let go of control and begin to put your faith in the God of the universe, slowly, open your hands and begin to say, God can't do this myself anymore.

0 (35m 2s):

I trust you. I want to replace my worry with worship and my faith. Excuse me, and my fear with faith. And maybe this morning, some of us for the first time are beginning to, to see that the God of the Bible really is who he says he is that God doesn't want to judge us for the worries, but the God sees the difficulty and pain and hurt that we're going to add just once to love us that in Jesus, the biggest worry, the worry beyond all worries.

0 (35m 44s):

Our sin that separated us from God has been met with Jesus coming down from heaven, being born as a baby, living a perfect life. Speaking truth to the worries that we deal with daily and then giving up is life on a cross and declaring that there is no need to worry anymore. And he was raised by God. Three days later, conquering our sin, death worry, and the devil, and maybe for the first time. And you're like, I'm ready for that fullest life.

0 (36m 26s):

I want to experience that right now. And if that's you this morning, I want you to repeat after me, dear God, thank you for loving me. I'm a sinner filled with worry and I can't do my life alone anymore. I need a savior. Save me, forgive me, make me new. I declare that Jesus is Lord. Fill me with your Holy spirit. Jesus. I believe you died from me so that I could live for you. Help me follow you the rest of my life.

0 (37m 6s):

And slowly say, God, I'm yours. That you said that prayer for the first time this morning, I want you to raise your hand in the air because we are excited to celebrate that. God is with you, that God is for you. And that you can experience a life fullest that you no longer need to worry anymore. That you can turn to worship. If you're watching online, you prayed that prayer for the first time. I would love if you would go to a rise in denver.com/follow that you filled out that form. We want to celebrate you. We want to get you plugged in. We want to rejoice because Worry no longer has a hold on your life.

0 (37m 51s):

Your life is Untangled God. We thank you for today. We thank you that you are who you say you are, that you are good, that you are in control. That nothing is a surprise to you. God, I pray that we would let go of our worries that we would let go of control, that we would trade fear for faith and that we would trust in you transform us. Love us, make us more and more like Jesus. Allow us to live more in tune with your spirit. Thank you for being a good, good father. It's in your name that we pray. Amen.