

0 (0s):

Man. There's not enough. Mom jokes are there. There's a lot of dad jokes out there, but we need more mom jokes. So I hope you guys enjoyed that. Welcome everybody. Happy mother's day. We're so glad that you're here today on this mother's day. And I'm welcoming my beautiful wife, Melissa, and the mother of our three kids who are home with my mom and dad watching them. So would you guys welcome Melissa to the stage?

1 (21s):

Thanks guys. Okay. So I don't know if you guys know this, but we're giving away a hundred dollar gift card to hand and stone. Did you guys know that You better take out your phone and do something?

0 (37s):

Yeah, Jay right now go to arise. denver.com session mom. So usually if you're here right now, we're going to pick the winner at the end of this service. So whether you're online or in person, this is for any woman, any woman can enter into this. So go to rice and Vodacom slash

1 (49s):

You're, entering for a woman

0 (50s):

Or entrance for a woman yet for service. I was joking with somebody in the front row of their mom. Their wife was like, come on. And they actually won in the first service. So you do it for somebody else, a rice in Broadcom session. Mom, fill it out right now. We're going to pick the winner at the end of the service. So if you're watching this after the fact too bad, missed out.

1 (1m 9s):

All right. So I got a question for you. If you had one day left to live, what would you do

0 (1m 15s):

One day left to live? This is a great question. Cause if you think about it, you don't have much time. I think for me, I would want to go take our family and do something really fun. Like go into the mountains, go on a hike, go to a lake. Maybe that we'd never visited before, splash around, have fun and then go to a restaurant and spend a ton of money. Right. Because I'm not taking it with me. Right. Let's just spend a ton of money, eat some really good food and just have a blast together as a family. I think I probably picked something like that.

1 (1m 38s):

Yeah. Same. All right. I want to know what you guys would say though. So turn to the person sitting next to you and tell them what you would do if you had one day left to live

0 (1m 46s):

Or leave a comment online.

1 (2m 7s):

All right. I guess you've my guess is you guys probably said something kind of similar to us, like hanging out with loved ones, bucket list, item, eat some good food, but do you guys know, do you know what Jesus did on his last day on earth? What did

0 (2m 19s):

He do?

1 (2m 20s):

He washed a bunch of stinky man feat.

0 (2m 24s):

That's right. Jesus. Knowing that he had one day left to live, he didn't try to knock a, check, something off his bucket list or spend a ton of money. He washed his disciples feet and we're actually going to look at that passage from the scripture. So if you have a Bible, go ahead and open with us to John chapter 13, John chapter 13, we're going to start in verse one. If you have a smartphone, you can find the Bible. You can use the YouVersion Bible app. And if you hit on the bottom right hand corner, it says more than you can find events, search for Reiser, Denver. And you can find our event for this week and you can take notes right there in the app. And we're going to be in John chapter 13, starting in verse one together. So I'm going to read one. It says it was just before the Passover festival.

0 (3m 4s):

Jesus knew that the hour had come for him to leave this world and go to the father. So Jesus knew it was his last few hours. It was his last day. And he's like going to be very deliberate as all of us would do, but not to go have a ton of fun, but to wash his disciples feet. In fact, that's what he does. Next look at verse four with me says, so he got up from the meal, took off his outer clothing and wrapped the towel around his waist. After that he poured water into a basin and began to wash his disciples feet, Jesus with one day left to live, washed his disciples feet.

1 (3m 44s):

Raise your hand. If you said you would wash someone's feet. Nobody.

0 (3m 48s):

We had one in the back.

1 (3m 50s):

Awesome,

0 (3m 52s):

Impressive. Great.

1 (3m 54s):

You know, this kind of reminds me of changing diapers a little bit and you know, I've changed a lot of diapers in the last two years with twins. In fact, the other day when we were practicing this message Canaan and Evie literally like both pooped at the same time. And I had to get up and like change diapers side note. If anyone has any tips for potty training twins, see me afterwards, Sometimes, sometimes serving it can be kind of a dirty job.

0 (4m 20s):

Yeah. And I think changing diapers is a great analogy to what Jesus did because washing his disciples feet was gross. I mean, for one, these are men's feet. Okay. That's hard enough. But these guys would have worn sandals, no closed toed shoes. They would have walked around in the middle Eastern desert. And this takes place right after the triumphal entry, meaning they walked all day to get into Jerusalem behind a donkey. Okay. Just imagine what's in those toenails. Right. And Jesus decided to get down and wash their feet. That's crazy. So why did he do that? Well, Jesus actually tells his disciples and intern us why he did this with his last day, verse 12.

0 (5m 3s):

It says that when he had finished washing their feet, he put on his clothes and returned to his place. Do you understand what I've done for you? He asked them, you call me teacher and Lord and rightly so for that is what I am. So he said, Hey, I'm the Lord. I'm the teacher. I'm the big guy. I'm, I'm in charge. I'm the leader. But in verse 14, he says, now that I, your Lord and teacher have washed your feet. You also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly. I tell you no servant is greater than his master, nor is a messenger greater than the one who sent him.

1 (5m 43s):

Yeah. And the interesting thing about this versus that this is the only place in the whole Bible where Jesus himself says to follow my example.

0 (5m 54s):

Yeah. And it's when he's washing feet, he wanted to shoot. So an example, just with this one specific act of service, but with the idea of selfless service, that that is how we are supposed to do. If we want to follow Jesus to he's our master, we've got to do it too. But being selfless like that is pretty hard. Isn't it? To just the thought of washing someone's feet, that that's difficult and it's even harder when it's like changing diapers. Cause it's not just like a one-time thing. Some of you are like just washing one set of feet. I can do that. Or 12 steps. I can do that one time, but doing it again and again and again and again and again and again and

again, without any breaks and keep going, like what moms do, that's pretty hard, isn't it?

1 (6m 30s):

Yeah. Sometimes to continually put in so much without ever any breaks, it can get kind of tough. I always joke about the fact that we're going to have to repaint our dining room after the twins are a little bit older. Cause they just like throw food everywhere and then they get food on their hands and they smeared all over the walls. But you know, the fact of the matter is I didn't realize how much of motherhood is just wiping the freaking dang floor all the time. And like it's like three times a day at our house. And like by the third go around on my hands and knees, I'm kinda like I'm a little bit over it, but yeah. You know, in verse 17, listen to what Jesus says is the reason for our service where 17 says, now that you know these things, you will be blessed if you do them.

1 (7m 16s):

You guys know what blessed means yet.

0 (7m 19s):

All right. Some of you have been listening that's right. The word blessed oftentimes in scripture means happy. And we can show you this in a Bible dictionary. If you look at it, it's the Greek word Makarios, which means pertaining to being with the implication of enjoying favorable circumstances. I E that's right. Blessed here means happy. Jesus is saying, and you can see this in the commonest, common English Bible translation of it. It says, since you know these things, you will be happy if you do them. That's what Jesus is teaching. If you serve others like Jesus did washing feet being selfless. That's the way to happiness. Jesus teaches the same thing. Just a couple of chapters later in John chapter 15 in John 15 verse 11, Jesus says these things I have spoken to you that my joy may be in you and your joy may be full.

0 (8m 9s):

This is my commandment that you love one another as I have loved you. He's saying if you love one another, you'll have joy. And what is joy? A lot of happiness. Okay. The way to a lot of happiness is to love people. As Jesus loved us, to serve people as Jesus served us. So here's our big idea today, guys, you ready for it? Helping others is the way to happiness. Helping others makes us happy. Helping others makes us happy. Very simple. Helping others makes us happy.

1 (8m 42s):

And you know, studies are showing that what Jesus taught are true psychologist, Bernard Rimland conducted a study where he asked the participants to write down 10 people they knew. And then next to each person, they were to write whether the person was happy or unhappy. And then they had to go through that same list again and write down whether each person was selfless or selfish. And he discovered that every single person who was labeled happy was also labeled selfless. And so this is what he said, those whose activities are devoted to bringing themselves happiness are far less likely to be

happy than those whose efforts are devoted to making others happy in a remarkable conclusion.

1 (9m 30s):

He said, do unto others, as you would have them do unto you. Hmm. Sounds kind of familiar.

0 (9m 36s):

Did Jesus say

1 (9m 37s):

That? Yeah, I think maybe he did. Yeah. It's not every day that we see a direct quote from Jesus in a psychological study.

0 (9m 47s):

Another non-believing irreligious psychology professors, Sonia Lee, Uber Mirsky, who is Stanford educated, a professor in California. She performed a study where she would have a group of people perform five acts of kindness in a day. And the other group would do none the control group. And what she found out at the end of the day is the people who had performed five acts of kindness, reported feeling much happier than the group who didn't perform the acts of kindness. And it wasn't just that day. They track those people for several days. And those people continue to report higher levels of happiness when they did acts of kindness and service to other people.

1 (10m 26s):

Yeah, Arthur Brooks is another researcher and he discovered that our brains are actually wired to serve others. When we give charitable money or service, our brain releases several stress hormones, which elevate our mood and can cause us to feel happy, serving and giving help to others makes us happier, healthier, healthier, and more prosperous. And this is what he actually said. Research has proven that if you want to be happy, serve others, people who volunteer and give become happier as a result, because the key to happiness is to labor for the happiness of others. I think it's pretty amazing that psychologists continue to find that their research backs up what the Bible has said all along.

0 (11m 11s):

Yeah. Maybe God knew what he was talking about.

1 (11m 14s):

Yeah. Helping others makes us happy.

0 (11m 17s):

That's right. Okay. That sounds great. Theoretically like in concept, that's awesome. But the thought of actually having to serve other people, wash their feet, change their diapers, do all those acts of service. Like

sometimes that's the last thing that I want to do. Right? So the last thing we want to do with sounds annoying, terrible, awful. I want to do something else. I want to treat myself whatever it is. And I think that's especially true for moms. Okay. We read from Hannah Carpenter. Who's an author. She's a contributing writer to the website, her view from home. And she wrote this about being a mom. She said, let's be clear. I love my children. I love them more than life itself.

0 (11m 57s):

I would die for them. But some days, some days I want to leave. I want to say SIA and go do something more exciting, more fulfilling. She continues because let's be honest. Motherhood is not glamorous days and weeks go by without an ounce of appreciation without any special moments, without any it's all worth it. A Piffen niece. She concludes maybe it's just me. Maybe I'm some sort of defective woman who is selfish and a fraud, or maybe, maybe a lot more women struggle with this. And we just feel tuitioned to talk about it. Is she effective?

1 (12m 36s):

No. I think a lot of women and moms can relate, but I think just people in general who serve a lot, I think can relate to that at times it can be overwhelming and draining. So what are we supposed to do? Because as a mom, we can't just say I'm tired or I'm sick or I have to work.

0 (12m 56s):

Yeah. W with sick. I mean, when dad's sick, who takes care of him, mom, when the kids are sick, who takes care of him, mom, when mom's sick, she still takes care of herself. Right? I mean, let's be honest. Okay. Yeah. It's, it's gotta be hard for moms and it's hard for anybody serving. So what are we supposed to do? Well, I think the key is to keeping our eyes focused on the why, the bigger purpose to things, when we can see the why it actually helps us in those moments, when we want to do something different when we don't want to surf, I think a good analogy for that is like rationing during the war time. Okay. Most of us haven't lived through a war. We don't have familiar with it, but it's happening right now in Ukraine.

0 (13m 38s):

And what you see is not only are the men going to serve on the front lines and fight in battles, but the women, the children at home are doing their part in the war effort as well. They're serving, they're growing their own foods. They're rationing things. They're going out without creature comforts. They're having people that are refugees stay in their homes. And they're doing all these things, knowing they're going without, because they're serving the greater purpose of winning the war. And when you can see the bigger picture like that, it makes it so much easier to do those acts of service, Friedrich, Nietzsche. The philosopher said that he who has a why to live for can bear almost any how it's the why that keeps us going in those moments. When we want to quit, we got to keep our purpose in front of us.

0 (14m 20s):

And guess what that's exactly what Jesus himself did. Not only with his last few hours, he washed his disciples feet feet, but he also went to the cross and it says in Hebrews 12 two, that for the joy set before him, he endured the cross scorning its shame and sat down at the right hand of the throne of God. He kept his eyes on that bigger picture. This is for the joy of all mankind. And for my joy, if I can save the world through dying on the cross and forgiving us a presence and he, he couldn't do her all of that and serve us very selflessly because he kept his eyes, the bigger purpose of what was going on.

1 (14m 54s):

Yeah. And as hard as motherhood or any service is at sometimes it's equally rewarding and good. My hardest days as a mom are still a thousand times better than before we had our kids. CS Lewis said children are not a distraction for more important work. They are the most important work. One night after a pretty long day, when the twins were about nine months old, I was on the phone with my sister-in-law. And I think she could kind of tell that I was in need of some encouragement and some reminding of my purpose and why. And so she read a little excerpt from this book it's called every moment.

1 (15m 35s):

Holy. And it's a really great book. It's just a collection of prayers and writings for just everyday life kind of things. And so the, the little prayer that she read to me was called a liturgy for changing diapers. And I just want to read a portion of it. It's not the whole thing, but it says heavenly father in such menial moments as this, the changing of a diaper, I would remember this truth. My unseen labors are not lost. I am not just changing a diaper. I love and service. I am tending a budding heart, opened my eyes that I might see this act for what it is from the fixed vantage of eternity. Oh Lord.

1 (16m 15s):

How the changing of a diaper might sit upstream of the changing of a heart, how the changing of a heart might sit upstream of the changing of the world. Amen. You know, every moment we spend with our children has such purpose. They need us to wipe their tears away, to give them comfort, to give them advice. I still ask my mom for advice like daily. She, she is still in the dredge with me. And you know, one of the most important jobs that we have as moms or really serving anybody is to show people the love of Jesus and share the gospel with them. And even if it's never acknowledged our sacrificial love for our kids or for people, we'll get routed down deep and grow into something beautiful, even world changing

0 (17m 1s):

That's right. Changing the diaper could change the world. Okay. Keep, keep that in mind. And here's the thing. Everybody, somebody changed your diaper. Okay. Somebody changed your diaper. In fact, I admitted this. I confess it first. There's, I'm really embarrassed by this, but I didn't get potty trained until I was four years old. Oh yeah. Okay. My mom, Lisa was here for service. Thank you again for being an incredible mom, but man, that's a lot of diapers she changed, right? I'm very grateful. And I'm sure I didn't think her at the time, just 30 years late. Right. Just two years late. But every single one of us had someone change our

diapers take care of us, whether it was a mom or a dad or a caregiver, somebody loved us and was a sacrificial as they served us.

0 (17m 44s):

So we too must learn to serve others.

1 (17m 49s):

Yeah. The other night I was awakened by EVs cries. And I looked over at Matt and of course he was snoring. So I went in there and she just needed like a buddy or something. I don't know. But then Canaan sat up in his bed and he said, mommy, just a sweet little soft voice. And I went over there and kind of bent in patted his tummy and he was soaking wet and his diaper had leaked. So I pulled him out of the bed and laid him on the changing table. And you know, I wasn't thinking about how much sleep I was missing out on or that five 30 was going to come early. I was just thinking about helping this sweet little dude who was shivering and cold and needed to get back in bed and have a good night's sleep.

1 (18m 31s):

And you know, sometimes serving is like that. It's rewarding and feels good in the moment, but sometimes it's not, sometimes it's hard and it helps me a lot to remember it in the moments when it's hard that I'm doing what Jesus said to do in that verse. And I'm being obedient to him. And there's great reward in that. I was stopped by the thought the other day that Jesus would have had to bend low to wash his disciples feet, crouching down knees crunching on the hard, hard floor, not unlike the posture that I'm in, when I'm wiping the floor or cleaning toys up or changing a diaper, digging laundry out of the dryer and Jesus's knees would have been grinding on the hard floor in the same way.

1 (19m 16s):

You know what I'm doing? That stuff I'm bent low in a humble posture of service. And if it was good enough for my Lord, then it's good enough for me

0 (19m 26s):

Helping others makes us happy. And men, kids, all of us we've got to serve to, okay, PJ O'Rourke a writer once said that everybody wants to save the world, but nobody wants to help mom with the dishes. Okay. Right. So we all need to help mom with the dishes we need to serve. And it's not just a day on mother's day, but it's every day realizing that we're all serving, that we're all helping. And it's part of the bigger picture that we all need to be a part of. And it makes us happy in turn. You know, I've counseled a lot of sufferers. People that have gone through some horrible, awful things, some sometimes way harder than anything I've experienced. And often I ask them a question, if they're just kind of stuck in that miserable misery and being unhappy, I'll ask them a tough question.

0 (20m 11s):



I'll say, where are you serving? Where are you serving? And it's tough because a lot of them are like, cause there's focused on their own problems. And I get it. I mean, they're going through stuff way harder than what I've gone through. But when we actually help other people, it takes us out of our own mind and out of our own misery Arthur Brooks, who we mentioned earlier that expert on happiness. He said that selfless service is a wonderful antidote to the ills that flow from the worldwide epidemic of self-indulgence the answer lies in helping to solve the problems of those around us rather than worrying about our own. And when we do that, when we're saying, okay, I will find a place to serve.

0 (20m 54s):

Even though I don't feel like it. I don't feel good. I'm not happy when we do it. It's amazing how much our demeanor our feelings can change in that process might take a little while, but it's worth it.

1 (21m 4s):

I think there's a lie. That's pretty prominent in our culture that says the more you do for yourself, the better you'll be. The more you get, the more money you make, the more you buy for yourself. It's that whole like self-indulgence thing. But the truth is self selfless service will ultimately leave you satisfied and happy. Not self-indulgence.

0 (21m 22s):

That's true. And that concept is actually at the heart of what we believe as followers of Jesus. It's at the heart of our gospel. The good news that God loved us so much that even when we were not nice to him and thanking him and following everything, he said, he sent his own son, Jesus Christ to love us, to serve us, to wash our feet. Jesus himself said, the son of man came not to be served, but to serve and to give his life as a ransom for many Jesus came to serve. And he did it even more incredibly by going on the cross and dying in our place for our sins. Part of the gospel is selfless service.

1 (21m 59s):

Yeah. And Jesus even washed Judases feet. The, the ultimate betrayal was about to come and he was serving Judas anyway. And you know, I can guarantee you, none of our kids are as bad as Judas. So

0 (22m 12s):

It's true. It's true. It's incredible. Jesus knew what was about to happen. Still washed Judas his feet. It's such a great example for all of us to follow because helping others makes us happy. So where are you serving? Okay. Where are you serving? Where are you helping others might be at home? Good. Keep doing that. It's important. It's incredible. That's maybe our most important work to serve at home to help. So keep doing that, keep at it. Kids, men help in the home. Okay. Maybe you need to find a place to help outside the home. Now maybe you need to start serving or volunteering somewhere. You could serve somewhere at a rice church, Denver too, right?

0 (22m 54s):

Okay. Maybe on Sundays or throughout the week. Maybe through us. We love sending people out to serve our local community. Yet. Ashley elementary, down the street, we did a bunch of stuff this week to show the teachers that we appreciated them for a teacher appreciation week, maybe it's with Denver rescue mission, serving a meal at the crossing. We do that three nights a month. Find a place that you can serve others. And you will be amazed to find out if you keep at it. And if you keep doing it that helping others makes us happy and moms keep doing what you do. Okay? We love you moms. You are incredible. You serve all of us without the thanks you deserve. So thank you. Can we give a hand to all the moms, all the women in our church.

0 (23m 34s):

We appreciate you all so much. And in fact, because of that, we want to say a special prayer of blessing for the women in our church. So if you're a woman here today, and even if you're online, we want you to stand up. We want you to just stand up for a moment so we can pray over you. A special prayer blessing. So women please stand up.

1 (23m 55s):

Lord Jesus, thank you so much for all the women here. Thank you God, for their heart, for the ways that they serve for the ways that they help others and, and, and their children and others, children, and Lord God, right now, I just pray that you would fill all these women up with peace and joy that you would give them the tenacity that they need to keep serving in the, all the ways that they are. God, I just pray that you would fill their homes with peace. I pray God that you would bless their families. Lord Jesus. I pray that you would help us to all know just how to share the gospel, to share your love God with our kids, with other people's kids and with all the people that we serve.

1 (24m 46s):

Got an, I just pray for the salvation of each kid that's represented here today. God work in their hearts, help them know you, Lord Jesus. I pray. I pray for your favor and blessing on all of these families that they would feel your presence with them and be comforted by you and in the hard moments and in the good.