

Reboot Your Life

Spiritually – Starts in the heart/ Dr. Tracy Spaur 1-10-21

Bumper video:

Greetings to you all, my name is Tracy Spaur and I'm wearing my sermon on my tee shirt today. "Life is good, but zoe life is better!"

I'll explain what Zoe life is in a moment.

God made you and I to experience life and share a loving relationship with him. If you don't understand that, you will miss the most important part of life!

SLIDE 1 We were created to live out of our DESIGN not just our DESIRES.

We were made to live in union with God. To walk with him in loving relationship as He guides us through the joys and uncertainties of life.

If you ignore that key fact, you're walking down a dark road with no light.

Walking in the Dark: I experienced that one dark night out in the country. I live in rural Powhatan, where there's not street lights and house lights.

The moon is our night light so when it turns to a new moon and cloudy night sky it gets very, very dark!!!

I remember one night when I was walking home from my daughter Nena's house. She lives down the road about two football fields. So, we have a path that shortcuts through the woods to walk there.

That night, as I was walking home, it was so dark, that I couldn't walk through the woods because I couldn't tell where the path was. Phones didn't have flashlights on them in those days. I held my phone down to the pavement so I could see the faded yellow line. It was a little scary. I'm normally not scared but I heard something rustling in the leaves and so I started whistling because I was afraid that an animal or skunk might be on the side of the road. There were no cars on the road that night. Where are cars when you need them! It was so dark that I walked past my driveway! So, I backed up until I could find the gravel of my driveway. Then I had a hard time following my driveway and ended up walking into some bushes!

I needed a bigger, better light!

As we walk through this life, sometimes the way gets dark and difficult and we are not sure where we are going. We need God's big light to show us the way.

Gift of life: Life is not usually that difficult. Most days we enjoy the walk. The sun is shining bright and we don't feel scared.

Life is good! Life is a gift. It's not a guarantee.

Have you just thanked God lately for giving you life?

Physical life: You've seen the brand of Tee shirts with that slogan, "Life is good."

That slogan became popularized in 1994 by two brothers, Bert and John Jacobs who owned a tee shirt company. **SLIDE 2 (SHOW PICTURE OF LIFE IS GOOD GUYS)**

One day they were talking about all the negativity in the media and how it produced a lot of anxiety.

They decided that they would combat anxiety through optimism. So, they developed the three-word optimistic slogan "Life is good" and put it on a tee shirt. It was an instant hit.

Life is good! God gave us the gift of life and it's a good gift. The Bible tells us that God pronounced His creation as good and his creation of man as "very good."

But, God has a greater gift to add to his gift of life!

He has spiritual life called Zoe that he made to complement our physical life!

We were made like a two-cylinder motor. We need both cylinders to really experience life to the fullest!

That's why I created my own slogan. "Life is good, but Zoe life is better!"

Zoe is the Greek word for the supernatural "really-living-kind-of-life" that Jesus came to put within our hearts!

Jesus said, “I have come that you may have zoe to the maximum level.”

In other words, Jesus wants you to have Zoe to the Max! Which would be a great title for a book! **(Hold up book)**

Zoe life begins in the heart.

SLIDE 3 (PICTURE of Augustine) In the 4th century AD, Augustine of Hippo wrote, “Our heart is restless until it rests in you.”

How true. Only when our heart is at rest in Christ, can we experience the zoe life that completes our design!

Without that completion we will never be inwardly satisfied. We will be like a 2-cylinder motor trying to run on one cylinder! It’s a “jerky” existence!

SLIDE 4 (PICTURE of Pascal) 17th century philosopher, Blaise Pascal is often quoted when he said, “There is a God shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator, made known through Jesus.”

There are a lot of people trying to fill that God-shaped vacuum with other things that can’t fit. They are living a one-cylinder existence.

Every year for the past 50 years, the National Opinion Research Center at the University of Chicago has asked American adults the following question:

“Considering your life in general, would you say that you are: very happy, pretty happy, or not too happy?”

Last May, the survey results found that only 14 out of 100 American adults said they were “very happy.” That was the lowest recorded level in 50 years.

Unhappiness can come from a lot of sources. Living a one-cylinder life is one reason.

But even after you get both cylinders working, there are still other sources of unhappiness. That's why we are doing this Reboot in January to get our lives tuned up.

Unhappiness can sometimes be the result of emotional pain. Last week Pastor Lankford talked about our emotional health and how we can get emotionally burned out. Sometimes we need an emotional reboot.

Today, as we are considering how to Reboot our lives for 2021, we are going to look at how to reboot our spiritual lives.

That takes us to the subject of our hearts. Not our physical hearts but what we call the center of our will and affections.

Heart: One day, Jesus was approached by one of the experts in the law of Moses (the Torah) and asked a trick question. This was a very important story because all 3 synoptic gospels (Matthew, Mark, and Luke) retell it.

In **SLIDE 5** Mark 12:28, "One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

This was a trick question because the experts were trying to catch Jesus saying something that could be held against him.

Kind of like our news reporters are today. They ask "gotcha" questions which are really not sincere questions, but are designed slant stories or to trick politicians into giving answers that can be used in sound bites or taken out of context.

The question asked of Jesus had been debated for centuries. The experts of the Torah had documented 613 commandments in the Law.

Of those **SLIDE 6** 613 commands, 248 of them were positive laws and 365 were negative laws.

No one could ever hope to even know all 613 commandments, much less fully obey all of them. The Pharisees were the ones who attempted to know and obey the Torah. They spent full-time doing this and pointing out to everyone else any infractions.

Jesus answered this trick question giving the correct answer and quoting the familiar, **SLIDE 7** “Shema” from the law (Torah). The “Shema” was the name given the passage from Deuteronomy 6:4-5.

The word “Shema” means “Hear.” It acted like a preamble to the most important commandment in the Torah.

The “shema” was a confession of faith that was recited twice daily by every orthodox Jew.

It begins with, “Hear, O Israel!” “Hear” meant more than just an auditory response. It meant. “Obey this.”

When I grab Lydia **SLIDE 8 [SHOW PIC OF LYDIA]** and ask her, “Are you listening to me?” I don’t mean auditory hearing, I mean “are you paying attention?”

Deuteronomy 6:4 “Hear, O Israel: The Lord our God, the Lord is one.”

This is a confession of Yahweh as our God. Our one and only God.

“Shema, O Israel: Yahweh is our God, Yahweh is one.”

The Shema goes on next to say, **SLIDE 9** “Love the Lord your God with all your heart and with all your soul and with all your strength.”

-Deuteronomy 6:5

The greatest commandment is to love God with everything we have.

-Not just “wave at God” like Pastor Hancock used to say.

-Not just join God’s fan club.

-He wants a permanent, “all-in” committed relationship → like a marriage.

-An all-consuming, loving union of “all you are” with “all He is.”

-He’s not interested in a casual relationship.

SLIDE 10 You can’t lease God.

To Love God on His terms means to love him with all of your HEART.

Love is a volitional commitment to God that is

1. Personal – “with your heart.” It’s YOUR personal volitional choice. You choose.
2. Wholehearted - it is comprehensive – love with your “whole” heart. Not partial. Not divided.
3. What does heart mean?

SLIDE 11 *kardia* – is the center of your affections and feelings and it includes your will. The power to choose comes from your heart. Your heart chooses what or who you will love.

-It is the area where our moral and spiritual decisions are made.

SLIDE 12 **Your heart determines your eternity.**

So that’s why the condition of your heart is critical to your spiritual health.

Jesus talked a lot about the condition of people’s hearts.

He talked about:

A hardened heart: This is a condition of the heart that makes it resistant.

SLIDE 13 Mark 10:5 “Because of your hardness of heart he wrote you this commandment.”

The heart can become less responsive. It can lose sensitivity to God’s ways and God’s voice.

A hardened heart can lead you away from wholehearted love for God.

Let me ask you about your heart. Has your heart become more hardened these days? Our hearts can become gradually more hardened and we must be vigilant to keep our hearts sensitive before God.

Hearts cannot only become hardened they can become...

Evil heart: The heart can become evil. Jesus said...

SLIDE 14 Mark 7:21 “For from within, out of the heart of men, proceed the evil thoughts, sexual sin, thefts, murders, adulteries.”

The heart is the center of all moral decisions. And every sin begins in the heart.

Our hearts start out good but can gradually become hardened and then evil. It can happen to anyone. Even the best of us can have heart trouble.

(Fly in my coffee story) I love a good cup of coffee! One day I started out with my morning coffee as I worked on some online banking. As I got down to the bottom of my coffee, I felt something in my mouth like a coffee bean or something. I spit it out to see what it was. It was a dead fly! Ugh! What a disgusting end!

That cup of coffee started out great. But then I left it unattended and neglected. So, a fly dive-bombed into a glorious drowning! What a way to go!

Our hearts are like that. If neglected, evil can dive-bomb into our hearts and corrupt them.

Jesus summed up the morality of the heart in **SLIDE 15** Luke 6:45,

“The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.”

Perhaps you have found “something dead” in the bottom of your heart. Your neglected heart has been contaminated.

The good news of Jesus Christ is that he can give you a new heart!

SLIDE 16 “Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh.” Ezekiel 36:26

The gift of a new heart and new spirit means a trade-in and removal of the old – a divine heart transplant, if you will.

Today can be the day of your heart transplant!

Many of you, have already received a new heart transplant. But today, as you enter 2021, I’m asking you to do some honest heart examination.

Maybe your heart needs some renewing by the Holy Spirit. A new refreshing of your screen. A new reboot, if you will.

The Bible calls this renewing sanctification.

SLIDE 17 Sanctification is the continual purifying of your heart by the power of the indwelling presence of the Holy Spirit.

The goal of the Holy Spirit is described in 1 Thessalonians 5:23.

That goal is to... **SLIDE 18** “sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. **SLIDE 19** Faithful is He who calls you, and He also will bring it to pass.” (1 Thessalonians 5:23,24)

The Holy Spirit wants to sanctify you “entirely” meaning “through and through.” It means your whole being, entirely sanctified. A sanctification that affects your spirit, soul, and body.

This sanctification is not a one-time experience. It begins as an experience, but it must be continuously maintained as a life-long RELATIONSHIP!

VanSycle wedding. Many of us enjoyed attending the wedding ceremony of Chase and Alaina VanSycle. **SLIDE 20 (SHOW VanSycle pic)**

A wedding is an event and an experience. It is “One and done!”

-But marriage is a life-time relationship.

-A wedding is easy. A marriage requires effort and maintenance!

-Your love relationship with God requires maintenance as well.

Maintenance is required for a lot of things. Hey, guys, does your engine ever need an oil change? Sure it does! Some of you people just drive your car until the “check engine” light comes on and then you add another quart of oil and keep on going.

Engines require maintenance!

All relationships require maintenance. They need renewal.

Maybe you’ve found that a fly has dive-bombed into your cup of coffee?

Do you need the Holy Spirit to do a refreshing of your heart?

Have you done maintenance on your heart lately? It doesn’t mean that you have backslidden. It means that you want to keep your heart fully in love with God!

OR maybe today you need a heart transplant. “Life is good, but Zoe life is better.” Open up your heart to God and ask for a transplant.

Prayer:
