

TAKE HOME SHEET



Series: The Real Flex
Message: Work vs. Play
Speaker: Rusty Coram
Date: November 17, 2024

When I think about being a faithful follower of Christ, what emotions do I associate with it (be honest with this!)? Joy? Drudgery? Excitement? Guilt? Fear of failure? Hope? Other...

The Bible tells us that God has given us His Spirit to live within us and as a result we can have real joy (among other valuable character qualities) available to us regardless of our circumstances and how difficult our work may be.

²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control.

Galatians 5:22–23 (NLT)

Developing and maintaining these attributes requires deliberate action on our part. Look at each of the four areas below and write out one or two specific choices that would help build and strengthen a healthy perspective.

A growing understanding of my purpose. (e.g. study passages in the Bible that explain it; ask a leader to help)

A deeper connection with His church. (e.g. join a volunteer team; commit to regularly support financially)

A handy collection of God's promises. (e.g. memorize a verse from this message; write out a promise and post it on my computer screen)

A readiness to embrace joy and humor along the way. (e.g. look for ways to laugh at myself; look for how God is working and tell others about it)

BIBLE TRANSLATIONS:

NLT – New Living Translation

NIV – New International Version

MESSAGE NOTES



Series: The Real Flex
Message: Work vs. Play
Speaker: Rusty Coram
Date: November 17, 2024

As long as it is day, we must do the work of him who sent me. Night is coming, when no one can work.

John 9:4 (NIV)

³³ For John the Baptist didn't spend his time eating bread or drinking wine, and you say, 'He's possessed by a demon.' ³⁴ The Son of Man, on the other hand, feasts and drinks, and you say, 'He's a glutton and a drunkard, and a friend of tax collectors and other sinners!' ³⁵ But wisdom is shown to be right by the lives of those who follow it.

Luke 7:33–35 (NLT)

A side effect of cooperating with God in the work He has assigned us is joy. As we align closely with Him and His work, we will experience it. Not everything God wants us to do is joyful but ultimately, all He asks of us will lead to joy. (See Galatians 5:22, 23)

To be joy-filled in following Jesus, I can build these into my life:

A growing understanding of my purpose.

'You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind.' And, 'Love your neighbor as yourself.'

Luke 10:27 (NLT)

A deeper connection with His church.

The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.

1 Corinthians 12:12 (NLT)

A handy collection of God's promises.

And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.

2 Peter 1:4 (NLT)

An eagerness to embrace joy and humor along the way.

A cheerful heart is good medicine, but a broken spirit saps a person's strength.

Proverbs 17:22 (NLT)