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GOOD MORNING – Bobby Schuller (BS) and Hannah Schuller (HS)

BS: This is the day the Lord has made. We will rejoice and be glad in it.

HS: Welcome, church family. We are so happy to have you here. So, you know, my dad once told me, Hannah, sometimes you have to say no to good things to say yes to the best things. You know even good things can overload our lives. Today, we hope you leave here with a fresh vision of the light and easy life of Jesus. We love you.

BS: Let's pray together. Father, thank you so much for calling us to this space, and Lord, we do know that you love us, despite what we do and what we have, and what others say about us. We're so thankful, God, that you do love us as your children. Father, we pray that we would leave here walking in the easy yoke of Jesus with a spirit of Sabbath rest. We love you. It's in Jesus' name we pray, amen.

SCRIPTURE – Matthew 11:25-30 – Hannah Schuller

In preparation for Bobby's message, the words of our Lord found in Matthew 11:25: At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to the little children. Yes, Father, for this is what you were pleased to do.

"All things have been committed 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.

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

You, child of God, do enough. You are enough. Amen.

DECLARATION – Bobby Schuller

Would you stand with me? We're going to say this creed together as we do every week. Hold your hands like this as a way of receiving, and let's say this together: I'm not what I do. I'm not what I have. I'm not what people say about me. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share His love with the world. Thanks, you can be seated.

MESSAGE – Bobby Schuller "You Do Enough – You Are Enough"

Well today we're continuing on a series on my new book that comes out Memorial Day weekend, and it's on this creed. I felt compelled to write about it because so many people, both here in the church and on the Hour of Power love the creed, as I do, and the whole reason I brought the creed to the church is because I was using it in my own life for several months, in my own prayer life, and noticed it had made such an impact on my life that it begged the question: why is this creed impacting me in such a way? It helped me recognize the power of putting.. you know so many of us, we put our personal value in what we do, in our vocation, what we have and what others say about us. And so anyway, I thought it would be a great time, especially bringing two churches together, to talk about this creed, especially, because it's really at the heart of what we do as a ministry; that we value people just as they are, not as we should be, and that's how God values us, too. Isn't that good news?

Well today we're going to talk about that first line, and it's usually the one that people take most issue with, and in my opinion, it's the most powerful part of the creed, and that is that you are not what you do. You are God's beloved. There's no amount of doing that can make God love you more, and there's no amount of doing that can make Him love you less. We are a part of the new covenant in which all of our sins and mistakes have been atoned for.

You Do Enough – You Are Enough

We live in a time of grace in which God's love and grace is poured out on us in its fullness. Isn't that good news? And no matter how much people want to say rotten things about us, or put our value in what we do, I want you to know more than anything that you do enough, that you are enough, and you don't have to prove anything to me or to anyone else, and especially to God, and that is good news.

So much of us, I think, are a bit neurotic in our work and in what we do and we don't recognize it unconsciously. A lot of this doing is trying to prove ourselves. We're hustling for worthiness.

We're trying to show sort of a life's report card to the world from our ego that's kind of like see, look how good I am. Look at these things that I do that bring me value. And although achieving great things is a worthy thing to do, in the end it's not going to be what matters. What is going to matter is your family and your friends and your relationship with God. We should never, ever forget that.

Our executive pastor from Hour of Power, Russ Jacobson, he said he didn't sign a release, so we'll call him Ross Jarredson. When Russ was actually here at Irvine Presbyterian Church, I believe, and was working towards his ordination at Fuller Seminary, he had to do some intern time in order to get his ordination, and part of that was serving as a chaplain at what he called the Rolls Royce of nursing homes here in Orange County. And he said it was there that he, as a chaplain, got to hear the intimate stories of some of these elderly men and women. And these were people who were titans. They were chancellors at major universities, judges, attorney's, multi-millionaires, people who had succeeded above and beyond, and achieved all they had set their mind to. And he said that in the end, he saw these people who were there all alone in a 10x12 white room with only a television, and asked himself, was that worth it? Because even though many of those people achieved their dreams and goals, and did amazing things with their life, they had also neglected their family, their kids or their spouses, or their friends, and there they were alone in the world. And I don't know about you, but I don't want that to be me.

So as Russ was ministering to these people, he asked himself, is this what I want to do with my life? And because of that, I think Russ really dove into two things: ministry, which can also be a type of proving yourself, so don't get fooled there, but even more importantly, he's a great dad. And there are few people that I know that do as much for their children as Russ does for his kids.

That's the lesson, isn't it. That we do all this stuff to prove ourselves to others, but we do it at the cost of our friends, of our family, and most importantly, our relationship with God. We care more about the acclaims of our peers than we do about what God says about us. And you want to know something? God isn't patting you on the back when you achieve great things. I mean He likes that, but He just loves you just the way you are. You don't have to do anything to prove your goodness or your value to God.

I think many of us, we're like on this roller coaster where we put our identity in what we do, so when we get a great job, or we win a major award, or we get a promotion, we're on this high. We're like way up here, and we're really excited about it for weeks or even months. And maybe we have a party and we celebrate and our friends come together and they congratulate us. But then we lose that job, or we miss out on that nomination, or we don't get the promotion we'd hoped we'd get, even though we worked so hard to get there, and then we hit this low because our identity is found in what we do. You're not what you do. You're not what's been done to you. No amount of doing can make you more worthy than you already are, and friend, let me tell you, you are worthy of love and belonging just as you are. You do enough, and I'm so proud of you.

And I actually noticed that in the Bible, the most common moral command in the Bible is to honor the Sabbath. When I see that that tells me that God cares more about our rest than He does about our doing. He cares more about our prayer than our vocation. When we look at Jesus, we see a guy who takes naps. Yes, Lord. Somebody who rests. And in fact, one of the great curses in the Old Testament that prophets proclaim over evil nations is they will never enter the Lord's rest. There is something really good about living every day and every moment in God's rest. Amen?

In Matthew chapter 11, Jesus famously says, "I praise you, Father, Lord of heaven and earth because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do. All things have been committed 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." And then the famous line: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble at heart. And you will find rest for your souls, for my yoke is easy and my burden is light."

You Do Enough – You Are Enough

Jesus calls us to put on His easy yoke. A yoke is this thing that ties together oxen or cattle, and it helps them move in the same direction, and pull with lots of power. When you yoke your life with Jesus, even though in many ways you don't do as much as you used to do, you actually accomplish more. That is the power of the upside down kingdom, is that when the world says try harder, do more, God says do less, relax, rest and pray, and watch how you achieve more with more joy and energy in your heart.

When we yoke ourselves with Jesus, we let go of the world's way, which is grind away, prove yourself, hustle for worthiness, and we put on His way, which is we're His beloved sons and daughters. Nothing we can do can prove that, and so we walk in the easy rhythms of grace. We don't live to prove ourselves to others, but rather, we just want to live a life that's pleasing to God, and that's the best most joyful, peaceful life you can live.

You are not what you do. You are not what you do. You're not your job, you're not your hobbies, you're not your vocation, you're not being a mom or dad, or a boss or any of those things. But we find our identity in what we do, don't we. When we go to parties and things like that, what's one of the first things you ask somebody to get to know them better? Hi, my name's Joe. Hi, my name is Bobby. What do you do? Right? That's like one of the first things we ask to identify someone. Right there, you see in the culture that the first and easiest way to understand or label someone is to look at their job! And so when someone says I'm an attorney, or someone says I'm a nurse, or someone says I'm unemployed, or someone says I'm a stay at home mom, or whatever, we instantly make assumptions about that person. And when you're on the receiving end of that assumption, that feeling that what I do is my identity gets reinforced, and that only then reinforces the behavior that I've got to hustle in life for worthiness. If I want to be worthy of love and belonging, I need to contribute. I need to make a difference.

You are making plenty of a difference. You are contributing plenty. You do enough and you are enough. You don't have to hustle anymore. You don't have to prove yourself. God cares more about your rest than He does about your vocation.

These labels happen all the time. I remember not long ago, I was golfing at Riverview, which was by our old church. Now for all the people who are watching in Europe and they hear me talk about golfing, they think I'm rich. The thing is that's because in Europe you have to have like a license, and like only rich people golf. I was golfing for \$13. That gives you a picture of the kind of golf courses I go to. And you're like well where can you golf for \$13? It's Riverview at twilight. You got to carry your bag. And a \$13 golf course attracts a certain golfing clientele, shall we say. Guys like me.

And one of these days, I was golfing; we'll just call him Gus. I was golfing with a guy named Gus. We got paired up. And in golf what happens is they pair random strangers into groups so they can golf in groups of as many as four. And so I got paired up with this guy. We were a twosome. And when he showed up he was already drunk. By like hole two or three, he took his shirt off and like put it in the back of his shorts, probably because he didn't want a tan line on the arms. He had sunglasses, one of those like Hawaiian hat things, and he was golfing in flip-flops.

Gus kept drinking the whole time, and let me tell you, he cussed so much, he would have made Kanye West blush. I mean the guy was like.. and what was great about the whole thing is I loved Gus. This guy was hilarious, and the drunker he got, the funnier he got. He was so cool and so nice, and I have to be honest with you, I'm not sure I ever had so much fun golfing in my life. And so we were actually becoming pretty good friends, to the point where it was almost like maybe we should exchange like cell phone numbers and do this again sometime. This guy's cool.

And then it happened. You know what happened? Very casually he said, "So what do you do for a living?" I can't tell you, as a pastor, I've always hated getting this question because one of two things usually happens - either the person puts on their best behavior and all of a sudden they start acting awkwardly Christian. I don't know how else to say it. Like, O you're a pastor, that's interesting. I read my Bible this morning.

Or they get, well like this guy did. They just kind of feel awkward. They assume a lot of things about me, about my views, about the world and life and what's moral and not moral. They probably label me a labeler. Anxiety always goes up. I hate answering that question. I really do. And it's because of that. I either become someone's pastor, rather than a friend, or I become someone's I don't want to say enemy, but there's like this no man's land between us. And that's what happened with Gus. I could see it on his face right away. I don't know if it was anger or embarrassment, but he said something like oh, that's interesting. He wasn't mean about it. But then the rest of the time, there was this space between us where he wasn't telling jokes anymore.

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He stopped saying that that was a really f-ing awesome drive, which was super encouraging to me! I'm like it was a great drive. Thank you.

And that's the sad thing, isn't it. And that's what happens in our relationships with one another and with God, when we find our identity in what we do. So here's Gus, he's like well I've been drinking a lot and I was just trying to have fun, and I was cussing a lot, and this guy didn't tell me. He's a pastor and he's a Christian. He's judgmental like my dad, or something like.. who knows.

And that's the sad thing about putting our value, our personal value in what we do. It never helps anything. We rely so heavily on what we do that when we can't do that thing anymore we lose a sense of worth and value. So let go of any of this nonsense that your value has anything to do with what you do for a living, with your hobbies, any of these things. All of those identities are ultimately false because in God's eyes, and that's the truth, you are not what you do. You are worthy of love and belonging, just as you are, not as you should be.

Look it's like my kids. Like I love my kids, and they make me stuff all the time: drawings. And to be honest, they're not very good, these drawings. They're stick figures and crayons and stuff. Is that bad to say that? The reason I say that is I don't go oh, now that you made these great drawings, I love you now. Oh you behaved so well, so now I love you. No! I like the drawings, and I keep every single one of them because I love my children. God likes the things you do because before any of that happened, He loved you. The same thing that He said over Jesus and His baptism, He says over you. This is my beloved son, in whom I'm well pleased. This is my beloved daughter, in whom I'm well pleased. Did you know that's at the beginning of the gospels, not at the end? The Father says that over the Son, before He even does anything. And notice how then out of that place, out of being the beloved, Jesus does the work of the Father. Isn't that good news? It's the same thing God does with us. He loves us before we do anything. And our lives are meant to be a response to that. Not proving anything, but living from a place of grace and fullness, life.

We judge ourselves so much, don't we? Whether you're a mom or whatever your role is, there's so often you're just like I'm not doing good enough. I'm not doing enough. I'm not a good enough spouse, I'm not a good enough son or daughter, I'm not a good enough parent, I'm not a good enough colleague, I'm not good enough at what I do for a living. And that beating ourselves up, that shame, that doesn't help anything. It doesn't give you more energy, it doesn't help you do better, and it certainly robs your life of joy. It's so important that we learn that when we let go of our work, we actually become more productive. When we let go of trying to prove ourselves to others, we become more joyful, more centered, and more alive.

The soul is like a tulip in winter. We are summer people, aren't we? Americans, we're summer people. We always want to be producing, we're so industrious, and that's a good thing. But the dark side of that is we find so much of our value in what we do, in our busyness. Busyness is a virtue. Notice how if you said to a friend, like 'hey I want to get together with you, but I know you're so busy. You're so, so busy all the time, and if you can find some time for me, that would be great.' Notice how that's a compliment. It is, like it's a way of respecting someone. You can hear it in the opposite when you say 'hey, let's go out and do something. I know you're not very busy.' You hear it, it's an insult, see! So at the heart of it is that there's this idea that being busy is somehow a value in our culture. That's because we're summer people. But there is a gift in the winter. Winter is a time, not when plants die, but when they stop and when important, natural things happen to those plants so that they can bear fruit in their season. So we, too, if we want to walk in Jesus' easy yoke, we have to learn to be people who stop trying to hustle and prove ourselves to others.

Here are five things in five minutes you can do to do this really well.

The first thing is to rest on purpose. Sunday is supposed to be a day to relax and have fun and play and pray. A lot of us work on Sunday, so find one day a week that you really can dedicate to your friends and your family and to God. Make it important that you notice that you have at least some time in your life where you're thinking and resting, a time when you can put your feet up on the couch and drink a glass of iced tea and not do anything. It's important. God cares more about your rest than He does about your work.

Number two, and Dallas Willard said this, ruthlessly eliminate hurry from your life. Hurrying through life takes all the joy out of life. Hurrying through life is like hurrying through a great meal. Why would you do that? Enjoy it. You can't be compassionate if you're in a hurry. If you're in a hurry and a friend needs a listening ear, or if you're in a hurry and someone on the side of the road or something like that needs help, you're not going to have the ability to help them. You won't be present.

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Number three, practice this thing that the monks used to do back in the day called statio. Everybody say statio. It's like pistachio without the "pa". It's the spiritual discipline of arriving early. All of us, we feel so short on time. We're like if the meeting is at 9:00, I need to get there at 9:00, right? So many of us, if there's an accident or if there's traffic, we arrive behind. So much better to arrive somewhere ten minutes early, and in your car, turn the music or your podcast or whatever off, and take a moment to pray, or think, or turn the car off and if it's a nice day, roll the windows down and just enjoy the weather. Watch how you'll go into whatever thing it is that you're supposed to go into with more energy, you'll be more present, and you'll be a lot smarter.

Number four, keep your boundaries. Boundaries are a good thing. You can nicely keep your boundaries. You can say no with a smile on your face. Keeping a boundary doesn't mean you have to be mean, you just say I can't do that right now. Sorry. I do it all the time.

And actually, it was important for me to learn to do this because when I first planted a church, and we only had a hundred people, I did everything for everyone and had zero boundaries. I did every wedding and funeral. I did so many weddings, and I didn't know most of the people I was doing weddings for, because these people weren't going to my church, they were friends of people that went to my church. I was the accountant, and the web designer, and the worship leader, even, for a time, and the preacher. And those boundaries were not healthy for me. They weren't helping me do a better job. It's important that you understand what matters in your life, what's good and what's best. And learn that what Hannah said was true, that sometimes you have to say no to good things so you can say yes to the best things. Many of us are saying no when we don't have a no to give.

And five, and finally, everything you do, do it for the Lord. Live your life to please God and not people. When you live your life to please the Lord, you'll live a good life and you'll stop living from this neurotic place of always having to prove yourself to your enemies, to your parents, to your colleagues, to your friends, to everyone.

Just let that go and learn that God loves you just as you are, and not as you should be, and that it's okay to have seasons where you're not producing, so that you can have other times where you can bear tremendous fruit.

Father, we thank you and we love you, and we're so grateful that you love us, not because of what we do, but because we're your beloved sons and daughters. Lord, we thank you that no vocation, no accomplishment, no trophies, none of those things can make you love us more. You love us just as we are, and we're thankful for that and it's in Jesus' name we pray, amen.

BENEDICTION – Bobby Schuller

And now the Lord bless you and keep you. The Lord make His face to shine upon you and be gracious unto you. The Lord lift His countenance upon you and give you His peace, in the name of the Father, and of the Son, and of the Holy Spirit, amen.