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GOOD MORNING – Hannah Schuller

This is the day the Lord has made and we will rejoice and be glad in it. Good morning, church family. Bobby is on his way; he will be here soon.

But we are so grateful to have you here. We love you. You know a few years ago, I decided that I needed to memorize the Ten Commandments. I'm like I've been a Christian long enough, I should know these things. So I wrote them all out on a massive banner and I hung it on the back of the wall in our bedroom, and one day I walked in, I saw Bobby just standing there, like looking at them all, and he said, Hannah which one of these do you think Christians struggle with the most? So we started looking at them, we're like maybe its idols; it's easy to make things idols in our lives. And after studying them long enough, we said you know what? I think its keeping a day of rest. I think Christians in the western world really struggle with keeping that day of rest.

And today, Bobby is going to be speaking on this, so it's a great day to be here. Thank you for coming. We love you. Would you join me in prayer?

Lord Father, we worship you today and we thank you for your goodness to us, Lord. Help us to be bold as Christians, Lord. Help us to protect our days of rest, Lord. We worship you and we give you this time, this time is for you and for your glory, and your honor, and in your holy and powerful name we pray, amen.

Turn around and shake the hand of the person next to you and say God loves you and so do I.

SCRIPTURE – Hebrews 4:9-12 Hannah Schuller

The words of Paul the apostle in Hebrews 4:9:

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rest from their works, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitude of the heart.

Church family, rest is not a waste of time. God desires to meet us in places of rest. Amen.

DECLARATION – Bobby Schuller

Thank you all for being here today. Let's say this creed together. Would you hold your hands out like this as a way of receiving? 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 "Rest And Invest You"

Okay, well today we are continuing a series on my new book Change Your Thoughts, Change Your World, in which we really are trying to teach and train ourselves to think differently. And we believe that our circumstances are the result of our thinking; that if we want different circumstances in life, we have to change our thinking.

And today, one of the big changes we want to talk about is the importance of investing in you. The importance of rest, of play, and of making sure you have time for you and God, time for you to recharge, time for you to grow, and to be a person; to be an individual.

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Those of you who are parents of young children, you know it's easy to not feel like a person anymore. Right? No, maybe.. no.. I feel that way all the time as a father of young kids.

No, there are so many times when in our giving, in our helping, in our sharing, we forget that we need to have a full glass, and that God has given us, even commanded us to Sabbath. Sabbath is not meant to be something that cripples us, or something that should be legalistic. Jesus Himself said God made Sabbath for people, not people for Sabbath, right? So very clearly Sabbath is a gift for us.

And so we're going to talk about how Sabbath informs the value of a human life and how we should make sure to always take time to invest in ourselves. You are worth investing and you're worth growing and developing. So I want to start with kind of an embarrassing story. Those of you may or may not know, I love games. I love all sorts of games. I enjoy board games. Chess is my favorite, but I actually have to chill out with chess because I start to actually go crazy. I really do. Life becomes this thing and.. I enjoy video games, too. I always have. Lots of adult men like video games, all right? Before you go on and..

And I had this one game called World.. this is so embarrassing.. it's called World of Warcraft that I enjoyed immensely. It's hard to explain how much I enjoyed this video game, World of Warcraft. Its one of the nerdiest things someone can do, but ten million of us nerds gathered everyday in a place called Azeroth online, which was a grand, beautiful online world, very much like the Matrix where you go in and you create this character; you're this fake character, and you can gain powers, and you go on quests, and it's actually a lot of fun. And people would ask how do you win the game? And the answer is you don't win the game, you just live in the game. It's like going into the Matrix. It's a world full of games.

Anyway, all of this to say that one of the most impressive things about this game, World of Warcraft, is that not only is probably at the time the most successful video game ever, but was also the most addictive game ever. Apparently there are three people who died playing World of Warcraft because they were so into it, they forgot to get food and water. You laugh, this is serious. This is serious stuff. Cause as we all know, playing video games for days without sleeping is a very joyful, life giving thing to do. Just kidding. One of the questions that emerged from it is why is World of Warcraft so addictive? And why are a lot of these games so addictive? And one of the findings was that there is this innate human need for personal progress. This need to feel like I am making progress in my life. And what a lot of games do that make them so addictive is give the person a sense that they're making progress. You level up, you get new weapons. I know I'm sounding dorky. I'm going to move on pretty soon. But my point is simply to say that one thing I learned from this is that measureable progress is addictive. And it's addictive because we all want it. We want to feel like we're growing. We want to feel like we're further along now than we were a year ago. We want to really feel like we're learning, we're achieving, that our life matters. And this is important. This is not a bad thing. It's not a bad thing to have a desire to learn. It's not a bad thing to have a desire to grow. It's not a bad thing to want to go back to school or to excel at your job, or to get a promotion. These are all wonderful things that can help us really feel like we're making progress.

But the thing I want you hear today is that yes, we are all to make a measureable progress, yes we all want to grow, but the way that God measures progress, and the right kind of progress is different than the way the world measures progress. The world measures progress by the outer life, but God measures progress by the inner life. Obviously.

So much, and we keep saying this, so much of the outer life experience is a manifestation of the inner life: of your character, of your work ethic, of your worldview, of your values, of your intelligence, of your desire to learn and grow, of how amiable you are and how good you are with people. What we forget is though the world may look at you and say oh he's a doctor and he's rich or she's successful, or she's been whatever – president of a company or something like this. Those things are impressive to the world, but to God what's impressive is to see your heart. Is to see how you've changed. And I think on a long enough timeline, we will see that our outer life will ultimately reflect our inner life. And then if you have a choice to measure your progress, measure what's happening in your heart, in your character. Are you growing in integrity? Are you smarter? Are you learning? Are you braver? Are you closer to God? And these things matter.

Jesus actually, in fact teaches us to not pursue treasures on earth, but treasures in and I want everybody to say this – the heavens. So in the Bible, when God talks about treasures in heaven or the kingdom of heaven, in Greek it's actually plural. It's 'the heavens.'

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The kingdom of the heavens, treasures in the heavens, and this is important because when an English translator converts that word to heaven, they are imputing their own worldview.

So in America, we view earth as here and heaven as up there where we go when we die if we trust our lives to the Lord. I was going to make a joke about heaven but then I backed off. So that's good. See I'm making progress. We're all growing! We're all growing.

So in Jesus' worldview, in the cosmology of that day, heaven wasn't just a place I go to when I die. There were actually sort of three levels in the cosmology of heaven. There was the third heaven, which Paul sort of oddly refers to in one of his letters: I had this experience when I went to the third heaven. That's the heaven we think of, right? And then there's the second heaven, which is the sky and the stars and the dome, the firmament over earth, which is how the first century Jews would have viewed the world. But then there's the first heaven, which is the air around us. So that the same space of heaven where I go when I die, is in many ways similar to the heaven I experience all around me.

All this to simply say when Jesus talks about treasures in the heavens; everybody say treasures in the heavens. That sounds different than treasures in heaven, doesn't it. Because treasures in heaven, when we think of it, we think when I go to heaven, I'm going to get like a report card, and the better my grades, the bigger my pile of gold and I'm going to have like a mansion and a Ferrari and I'm going to breathe under water. All of that is hogwash.

When Jesus is talking about treasures in heavens, He's talking about treasure you can access now from heaven. It'd be like saying putting money in the bank. If you put money in the bank, you don't actually take cash anymore and bring like a wad of cash to the teller and then they put it in like a vault, and then you got to go back to the vault and like take out your money. No, that's not how it works, is it. Most of us get a direct deposit from our job – we don't even technically see the money, and then we access the money today here and now through cards and checks and things like that. This is very much how treasures in heaven are. It is spiritual treasures that cannot rust or.. I know this is very philosophical. Just stay with me – you're going to like this. That there are treasures we access now. That's it's not just something we get when we die, it affects our lives today.

So a great heavenly treasure that is so obvious is wisdom. Right? Wisdom. It's something no one can take from you. It's something you'll always have. Education – it's something nobody can take from you. It's something you'll always have. Integrity, character, favor from God, faith – these are heavenly treasures that not only affect our lives when we die, but they affect our lives now.

This is important because Jesus, in the Sermon on the Mount, makes it so important that we make sure so much of our life is storing up treasures in the heavens. The way I interpret this means spending time with the Lord and growing as a person. To not feel guilty or to not feel like it's selfish to learn to grow and to want to make personal progress. That quite the opposite that God really wants us to grow as people, not only in our character, but in how we think and how we deal in the world around us.

And gosh, there has never been a better time to grow personally, has there. I mean there are a lot of negative and bad things out there, but think about all the availability you have through the internet to information and YouTube videos and all sorts of exchanges of ideas. It's an amazing time to be alive and to grow and to learn. Isn't that awesome? And we're just thankful to God that we get to live in such a time like this that such a vast body of knowledge is available to anyone who wants it.

And so today I want to encourage you – the message today is invest in you. Learn that when you invest in yourself in personal growth God's way, in your character, in faith, in knowledge, that it will reap a harvest the rest of your life. You don't have to feel guilty about having some you time. You don't have to feel guilty about taking a break. You don't have to feel guilty that you need some time away from your kids, or your spouse, or your best friend. It's okay to say no sometimes to people you love so you can have some you time. Can I get an amen from anybody who feels exhausted sometimes? Disciples of Jesus should not feel exhausted all the time. We should be recharging our batteries so that we can be everything God has called us to be.

Now in the Jewish history, this is key to who they are as a people, and it's located squarely in the Shabbat, in Sabbath. That for Jews, one day a week is always dedicated to not doing any work, not doing any trade, and resting and learning. Learning is a big part of it;

that you gather in the synagogue, and that you study the Torah, and that children and women and everybody, even back then, were invited to teach, learn and grow in the word of God, and to contribute to the body of knowledge from that community.

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I think it's so funny because when Jews started doing this, there were very few groups, at least in the orient that really had a day off like this. Most people in the Roman empire, for example, worked every day. And so this really caused the Jewish people to stand out and to be different. When a guy would go down to the Jewish shoe maker and want his shoes fixed, and there's a sign on the door – sorry. I got the day off. That was weird back then! That was totally foreign, and it made them stand out and in fact probably annoyed some people. But I believe is one of the many reasons why the Jewish people have throughout history been so successful is they learned that work comes out of rest; that good decisions come out of learning and growing.

In fact this fits squarely in the Ten Commandments. I think it's very funny how many people, especially in LA and Southern California, as a pastor, I talk to people and they say what do you do for a living, and I say I'm a pastor, and I hear this a lot – I'm not religious, I'm just spiritual, I just follow the Ten Commandments. And I hear this all the time. I think you don't follow the Ten Commandments. That just means you don't murder. You follow one of the Ten Commandments. Congratulations. Such a moral person.

I remember once when I was working with a TV crew in LA, and you know it was LA, LA; we were working on a secular television show, and the executive producer was a pretty good friend of mine, and we were talking about religion, and he grew up Catholic, but he's not religious anymore. And he said this exact thing: I love the Ten Commandments. We were at this big meal with the cast and crew, there's probably twenty of us there, and we started having this religious conversation probably because I was there, and I was making it feel awkward, probably, but he said I just follow the Ten Commandments. And everybody sort of nods, and says yes. I'm like that's amazing. I say if you guys are following the Ten Commandments, you're like 99% of the way. Congratulations. And then they're like oh thank you. And I go what are the Ten Commandments? And this guy started.. he's like everybody erupted in laughter the way you did because no one at the table could name like six accurately, let alone ten. In fact they named two right and one wrong, and then they just like gave up, and it became a game – people were going up. The most popular wrong one was thou shall not commit immorality. Like thou shalt not do bad stuff. Commandment nine.

So I looked at them and I said do you honor God as your only God? Do you honor the Sabbath? Do you honor your father and your mother? These are some commandments that are not very popular, you see. So I don't mean that to be judgmental at all. I mean it simply to say that God wanted His people, His covenant people to set aside a day, not just to honor God. To honor the Sabbath means, in many ways, to not just honor the value of God, but honor the value of a human being. That a human being is not a slave, that a human being is not a machine, it's a living person with a soul and a heart and emotions that needs to play and rest and enjoy life, not just work. And it's so important that in a very industrious, achievement oriented place like the United States, we need to regain some of this idea of what Sabbath means for us.

And so I was really trying to get across what Sabbath means, and this is Bobby language, okay? This is not pulled from a theological dictionary. But to honor the Sabbath means to pray; to pray to God, to play, to do things that are joyful, fun, that are not work oriented at all. To learn, particularly to learn the Bible. To gather around God's word. And instead of putting rest, I used a new word because I think we need some fresh language: to chill. To just chill. Now when I wrote this down, to chill, that is what God wants us to do. There's an inner rest to it. It's not that I'm just not working, but that I take a day to just like.. it's that feeling you get if you're like sitting on a porch in a rocking chair with a glass of iced tea, you're just chilled, not worried about everything. You're not worried about work. You take a mental and soul break from all your worries and you just chill because you can just trust it to the Lord.

So to Sabbath means to pray, to play, to learn and to (AUDIENCE RESPONDS: chill) just chill, guys, just chill. And that's what we want to do. We want to regain some of this. The author of Hebrews.. we don't know who the author was. It could have been woman, by the way, and I really hope it was. But anyway, the author says, "There remains then a Sabbath.." so this is New Testament, okay? It's not Old Testament. "There remains then a Sabbath rest for the people of God." So what he or she is talking about in this book, by the way, is this promise that God's people shall enter His rest. And that doesn't mean death. It means that there will be.. it's the opposite of restlessness. That those who are cursed will never enter God's rest. They'll always be restless and anxious and worried. Even when they're not fighting, they'll be afraid. But that those who honor the Sabbath will enter God's rest, which has this bigger arching thing to it that they'll have a relaxed, restful, peace of mind in life, and in their society and how they treat one another.

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Imagine how that would affect our political dialogues, our religious dialogues if everybody would just chill. That would help. Amen, thank you. Everyone just needs to chill. Everyone. Okay, anyway. So then talking about this promise of entering God's rest, this author says "there remains then a Sabbath rest for the people of God. For anyone who enters God's rest also rests from their works, just as God did from His." That's a big part of the Jewish thing. It's like to never rest is to be like I'm tougher than God. Because even God rested. This is a big part of the Jewish narrative. "Let us therefore make every effort to enter that rest so that no one will perish by following that example of disobedience." And then "for the word of God is alive and active, sharper than any double edged sword. It penetrates even to dividing soul and spirit, joints and marrow. It judges the thoughts and attributes of the heart."

So the reason he or she finishes with this is because part of that Sabbath rest should be studying God's word. So there could be - think of it even that way - there could be in your life some time where one day a week you just decide I'm not going to answer the phone. I'm not going to respond to emails. I'm going to bond deeply with my friends and family. Or I'm going to have a day to myself to just be with God, to pray and to sit quietly, and to do what I want to do. And I'm not going to just spend it watching TV, unless it's the Hour of Power.. a running gag. But I'm going to enjoy this day in a way that God has called me do, so I can feel like I'm growing and making progress personally in my life.

So don't feel guilty for having a time or having a day set apart for you. You deserve it. You deserve a break, you deserve rest, and God just can't wait to spend some time with you.

I remember once when Hannah and I went on a vacation, I remember that for so long, we were both just frazzled for days because I had to get the rental car, and then I had to get my luggage, and then we had to check into the thing, and we had to go here, and I really was like hurrying up to rest. And I remember thinking for so long - I need a vacation. I need to get out of this place I'm in and I need a vacation. I started to realize if I need a vacation all the time, something in my normal life needs to change. Vacations are great. If anything, this message is about take a vacation. But if every single day we're like I won't be happy till I have a vacation, we probably need to rethink how we're living our life to make sure that we have some time to grow personally, to pray, to play, to learn, and to chill. Just chill.

It's interesting because there was a skit that my sister Brittany sent me on SNL with Adam Sandler where he has this thing called Romano Tours, and it's a commercial, and he starts talking about all these great things that you do in Italy, and then he's like 'but I want to warn you, if you're sad at home, you will be sad in Italy.' And he just keeps going, he's like 'if your marriage isn't working at home, it's not going to start working when you're in Italy.' He's like 'I want to remind you that I can take you on a hike, but we can't make you a person who likes hiking. I can take you to the beach, but I can't make you a person who all of a sudden looks good in a swimming suit.' And it just goes on and on.

And it really strikes at home because I feel like so many of us just begin to fantasize in our work and other things about some other life I'll have someday. And I guess my encouragement to you is this: you have all the power, everything you need today to have the kind of life you want right now. Because the kind of life you want doesn't require more money, it doesn't require more of the things that you think. I find so often that when people finally get more money, or finally get retirement, or finally get a vacation, they carry into that place the restlessness, anxiety, fear, worry, anger that they didn't deal with when they were in the valley. This is so, so important. It's not a judgment. It's to say that I feel like the Lord wants to tell you can find rest, joy, life wherever you are right now.

I think many of us, we have this Monday lens of life. How many of you know what the first day of the week is? Just say it. Okay, we've trained you, we've trained you, okay? Most people would say Monday is the first day of the week, but when you look on every calendar on earth, the first day of the week is Sunday. Sunday is the beginning of the week. The day of the sun and Monday is the second day, the day of the moon, right? So you begin with Sunday.

And this is also, even though it's a Christian way of doing the week, Judaism, everything begins with dark to light, rest to work. So like Sabbath isn't all day Saturday, it's actually Friday night and Saturday morning because for Jewish people, a day begins when the sun goes down. And then for us as Christians, we carry that over. A week begins, not with work, but with rest.

So even though it's such an important mental thing that on Sunday, or any day of the week, it doesn't have to be Sunday, but for most people its Sunday, that the beginning of the week we rest, we play, we put our families first, we put our rest first, we put our personal growth and all these things first.

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It's so important. And then there's so much more joy in life in the job that maybe we would normally kind of hate.

Many people feel guilty investing in themselves, doing things to grow personally, but I want you to inherit a new thought. The thought to inherit is this: investing in myself is one of the best ways to invest in the people I love. This was a revelation that Hannah had that I think a lot of parents can deal with or anybody who's feeling really busy, serving all the time, this idea that resting, that investing, all of these things, in myself, is one of the best ways to invest in the people I love.

One time I heard a great interview from Sara Blakely, who is the founder and CEO of Spanx. Now if you don't know what Spanx are, don't Google it, just trust me. Spanx are this thing that you wear that just kind of keeps everything in. I don't know how. I think only women wear them, right? Maybe not. Maybe everybody wears them. Maybe I'm wearing them. I won't tell you.

But anyway, she's an incredibly successful businessperson, and they were asking her advice on.. she's a multibillionaire.. they were asking her advice, financial advice, on how to do well financially. And she's like people are going to tell you do all this and that with your money, but she says that the main thing is to invest in yourself. And she says quote: "we spend a lot of money in our culture on entertainment, but we spend very little money on the inner work of our self. That's an investment that ends up reaping benefits for the rest of your life."

And though she's talking about financial things, I think this idea exceeds.. it's very similar to what I think Jesus is getting at in the Sermon on the Mount when He says, "store away treasures in heaven." Because those treasures: wisdom, knowledge, personal growth, time with your family, these are things that are going to.. these kinds of memories, experiences and progress, they're going to affect you the rest of your life.

Living as a disciple of Jesus is like breathing. You can't just exhale all the time, you have to inhale, too. I think a lot of the ministry, the service, and the things we do, that's like exhaling. But you can't do that all the time, you run out of breath. You also have to take time between you and the Lord. Time to read, time to grow or to take a class and to just inhale, like this.

Technologically, we're at a crazy time that our bodies are not agreeing with it. It used to be, before cell phones, that boredom was a hard thing to fix. But now we have our phones. The average person looks at their phone 120 times a day. So anytime we feel bored, we reach for our phones. There's nothing to feel guilty about, except to say that before phones, in our biology, boredom was a good thing that caused us to reflect on our life, to think about our relationships, and to activate us to do things that would cause us to grow personally.

And so I want to encourage you to do things like read like crazy. Just read nonfiction, especially, just read all the time. Enjoy reading. Don't read books that are boring to you. If a book is boring, the first couple chapters, just toss it away unless it's my new book, in which you should stay with it. Stay with it.

Make time for God. Make time to pray every day. If you're worried about something, pray about it. Stop trying to handle it on your own. Maybe you need to take a class. Maybe that's going to be a great way for you to meet some new people is through some class that you want to enroll in.

Whatever it is, I want you to understand that you are worth investing in. That you can't just give all the time. That you can't just be a thirsty person spraying down people with water, but God wants you to be overflowing with joy and life and goodness. So let's do it.

Father, we thank you, and we thank you that you love us, that you've given us Sabbath rest. And that that Sabbath rest is a symbol of something even greater that you don't want us to lose our humanity in our work and our worries. Lord, help us to continue to grow and to feel like we're making progress in our life. Show us what's something we can do next in our lives. We love you so much, and it's in Jesus' name we pray, amen.