

Hour of Power Deutschland
Steinerne Furt 78
86167 Augsburg

Telefon: 08 21 / 420 96 96
Telefax: 08 21 / 420 96 97

E-Mail: info@hourofpower.de
www.hourofpower.de

Baden-Württembergische Bank
BLZ: 600 501 01
Konto: 28 94 829

IBAN:
DE43600501010002894829

BIC:
SOLADEST600

Büro Schweiz:

Hour of Power Schweiz
Seestr. 8
8594 Güttingen
Tel.: 071 690 07 81
info@hourofpower-schweiz.ch
www.hourofpower-schweiz.ch

Spendenkonto:

PostFinance AG, 3030 Bern
Konto: 61-18359-6
IBAN:
CH1609000000610183596

Hour of Power 05.05.2024

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. Good morning.

HS: And hello visitors and church family. We are just so happy that you're here today with us. It's so easy to read the Bible. And to think, wow, the Lord was really with the early church. Look at all the miracles and the amazing things that happened. Well, friends, we are the early church. There's only one church, and God has never changed. He is here with us, and He loves you.

BS: Amen. It's great. Today we're going to talk about the biggest mountain in your life, and how you can remove it. But first, let's begin with a word of prayer. Father, we thank you so much that you love every single person in this place; that you are proud of all that we can accomplish in your name. And we ask Father, that you would transform us, renew us. That you would save us. Thank you, God that you sent Jesus into our lives. It's in His name we pray, all God's people said amen.

HS: Amen.

Haven: Turn to the person next to you and say God loves you and so do I.

SCRIPTURE – Matthäus 21,28-32 – Hannah Schuller

In preparation for the message, Matthew 21:28. What do you think? There is a man who had two sons. He went to the first and said, son, go and work today in the vineyard. I will not, he answered, but later changed his mind and went. Then the father went to the other son and said the same thing. He answered, I will, sir, but he did not go. Which of the two did what the father wanted? The first, they answered. Jesus said to them, truly I tell you, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. For John came to show you the way of righteousness, and you did not believe him. But the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him. The word of the Lord.

INTERVIEW – Alex Goodwin

BS: Well, Alex Goodwin is an author and co-founder of the Institute for Bible Reading. He's also one of the creators of Immerse, the reading Bible. And his new book is called the Bible Reset: Simple breakthroughs to make scripture come alive. It helps readers reframe how to read the Bible and how to see it in a new, engaging light. Would you please welcome with me Alex Goodwin? Hi, Alex.

AG: Hey, thanks for having me.

BS: There are a lot of people who like the idea of the Bible, a lot of Christians who feel sort of a duty to read the Bible, but it is that, it's a duty. It's like going to the gym, or something you don't really want to do that you ought to do, it's good for you, this kind of thing. And so there's sort of a will or a force that goes into it. And then there's other people that seem to just love it and eat it up. And I want to talk to you about that because you're passionate about people loving to read the Bible, enjoying reading the Bible, and you're trying to bring people back to that place. And maybe we can start there. What is your sort of history in life with reading the Bible?

AG: So I'm like probably many of the people sitting in your church today, grew up in the church. The Bible was always around, but it was always kind of this distant thing for me. I knew stories, I knew some of the key verses, those sorts of things, but reading it, like you said, was kind of a eat your vegetables sort of chore. It wasn't an enjoyable thing for me. And there were points in my life where I really needed to hear from God, and I opened up the Bible, and it just wasn't coming through for me.

You Are the Mountain

It was confusing, it was boring, I didn't really know what to do with it, and so it kind of launched me on this mission to figure out what's gone wrong here because I don't think God messed up when He gave us the Bible, but maybe there are some things that have gone askew, or some assumptions that we've created around it that are throwing us off a little bit.

BS: So that changed for you though, right? I mean, this is a big part of your book and why you wrote this book, is that something happened that caused you to go from its eating my vegetables, to its eating pizza, or something like that, I don't know. What was that experience for you?

AG: So I got in touch with some guys who had been doing some research for years and years around where did the Bible come from? What is it? And what are some of the things that we've put in front of the Bible over recent decades or even recent centuries that have made it unnecessarily difficult to read and engage with? Everything from the format, the physical format of the Bible, to some of our kind of ingrained habits and practices around reading it. There are some things that we put in place that are acting as unintentional barriers and obstacles to reading it well and actually enjoying the process.

BS: And that's why you wrote your book, *The Bible Reset: Simple Breakthroughs to Make the Scripture Come Alive*. I remember earlier you had said something like, we're oftentimes set up for failure when it comes to reading the Bible. There are these things that get in the way. For me, I know, for me, reading the Bible really comes to life for me a lot of times when I pair it with a beautiful cup of coffee at a cafe or something. That helps a lot for me.

AG: Absolutely.

BS: Another thing that really helps is like memorizing. I realize that memorizing scripture really brings it to life because it begins to kind of get in you and you feel almost like a sense of achievement, but I think there's something spiritually happens there. What are some tips you would give to people that say I want this to come to life for me.

AG: Absolutely. So, there are two key ones that I talk about quite a bit in the book. One of them is getting a format of the Bible that's actually made for reading. We have all these kind of new, helpful additives to the Bible that can be good for a certain set of things. Chapters and verses are only about 500 years old. And then piggybacking on those became section headings and notes and cross references. And all these different things that are helpful for a certain set of things that you do with the Bible. But they can be unhelpful for actually just sitting down and reading. And so there are reader's Bibles that are out now that do away with all those things, and make for a more kind of clean, simple reading experience, where you can just sit back and enjoy the text, kind of like you do a novel. And then the second thing I would say is to try to read in community. The Bible is a community formation book, and while I think quiet times and personal devotions are certainly important, we lose something when we only ever do those things. And so in the book, I talk about starting things that look more like Bible book clubs, where maybe you read a big chunk of scripture on your own, but then you gather to talk about it in more of an open discussion format, where you discuss questions like, hey, what's doubt to you? What was confusing or what was strange? Things that just kind of get the conversation going around the text and making it more of a community experience.

BS: It's interesting to think that that's how it always was experienced through most of the church. It wasn't until the Reformation that people could even really get their hands, even legally, on a Bible.

AG: Exactly

BS: It was kind of interesting that now it's kind of like, now that we can have it in our own language, it's kind of like, eh, but I think the Reformers were like, oh, I got this illegal book and I can read it and it'd be great to recapture some of that. But of course, it was done in community as you said.

It's interesting, I really appreciate languages and one of the best ways to learn a language is to be in like a Japanese group, a German group, a Spanish group, and you sit in a group and practice. And you're saying that's kind of the same thing you want to do with the Bible. You kind of need that experience.

AG: Absolutely. Yes, I think a lot of the advice that I heard growing up and that is floating around these days is all about kind of individual habit formation, figure out a time of day to do it or get a journal. And those things can certainly be helpful but I found for me, there's nothing like getting a group that's committed to reading, say the whole New Testament together, and just making it a community experience where you're really just soaking in the text and kind of rummaging through it and digesting it together.

You Are the Mountain

BS: It's awesome. The book is called The Bible Reset by Alex Goodwin. Alex, thank you so much. Get a copy of this book. You guys will love it. Thank you, Alex. Appreciate you.

AG: Thanks for having me.

DECLARATION – Bobby Schuller

Well, would you stand with us? We're going to say this creed together as we do every week. Hold your hands like this as a way of receiving from the Lord. 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 my neighbor. Thanks, you can be seated.

MESSAGE / PRAYER – Bobby Schuller – "You Are the Mountain "

I want to encourage you this morning to make the most important decision of your life to invite Jesus Christ into your body, into your heart, to be at peace with God. The Lord sent His only son to die on the cross for us that we could be at peace with Him. All of us have done things in our past that we regret, and many of us have done or even said something that maybe the world would say is not a big deal, but in our heart it somehow nags at us. My old mentor Juan Carlos used to call this a spiritual sin; something that you feel like maybe the person you did it to is gone. There's no way you can reconcile it. Just continues to eat away at you. Others of us have done horrible things, or maybe we just don't feel like we're at peace with God. There's no reason to live that way. I want to encourage you right now – all of us have made mistakes, all of us have fallen short of God's glory, but He loves us and He sent His son to die on the cross for us, and if we invite Him into our heart, we don't have to worry about what happens to us when we die, we can know that God will begin and continue to do a good work in our lives. Make a decision today to invite Jesus Christ in your heart. He loves you. He's for you. He's on your side. He wants you to live a life for Him. Make that decision, and if you do, I want you to text me the word HOPE to the number on the screen. We've had thousands of people do this, and we just want to send you some things to help you on your walk with God, and we want to pray for you. Okay. I want to begin by making an assumption about you! Today I'm going to talk about the biggest mountain in your life, and how to overcome that mountain. And believe it or not, I know what the biggest mountain in your life is. If you've been listening to my sermons, you might be able to guess what it is. If you're in the choir, you already know what it is because you guys have to hear my sermons twice. You get to! You get to hear my sermons twice, there we go. Okay. So I know what the biggest mountain in your life is, but before we get there, the mountain is always in-between you and something you want, and that something you want is the vision for your life. Some of us have a big vision for our lives, some of us have a small vision for our lives, but we all have a vision. We have a vision of what we would really like, and we also have a vision of where we think we're actually going. Hopefully you can get that vision of what you really like to be the same as where you're really going. But none the less, you have a vision – a spiritual vision for how your character will be, how your moral life will be, how it will feel to wake up in the morning and to be you. You have a vision for who you want to be, and who you want to do life with. You have a vision for your family, probably. If you have kids or you're married, or grandkids, what that experience would be like. What would it be like to be you with your family on Christmas, for example? And you have a vision for your friends. Maybe you don't have kids and a spouse, maybe you don't want those things, and that's fine, but you have a spiritual family; friends that are like brothers or sisters to you. You have a community and you have a vision for what that would be like, and what it's like to experience time with those important people in your life. And most of all, maybe you have a vision for your call, the great work that you were sent here to do. You have many of them, and many of them are great and we go from calling to calling. You have a great work. Maybe it's a work of art or a book or a ministry or a building or a business, but you have this thing that you believe you were born to do; you're called to do. And between all these things, something always gets in the way - a mountain. Something always impedes the path. Something stops us and says no. Sometimes it's a relatively small thing. I got the flu or I got a cold, and then I'll do it tomorrow. I was going to work on it this weekend, but a work project came up, and so I had to go in on Saturday and work and pushed it off. Well what happened to your vision? Well, you don't understand, my fence fell down when the weather got real bad and my neighbor has a dog. I had to make sure I got that fence back up. And so things just happen in life where we say I have no time. Anybody here ever feel like you have no time? Now we all have the same amount of time, don't we? The last time I checked, nobody gets 25 hours.

You Are the Mountain

We all get 24 a day, I think. Nobody gets more than 7 days a week. But it is easy to say I have no time, and it's certainly easy to say I have no energy. Anybody feel like you have no energy? We can all feel that way sometimes. And many of us would say I have no money. Anybody here been broke before? I've been broke lots of times. Some of you are broke now. I know what being broke is like. I know what it's like to sleep in your car. I know what it's like to have Ramen noodles day in and day out, or hot dogs, or potatoes. I mean I know. And you get this idea that if I just get a little extra money, and when you do get a little extra money, where does it go? You blow it, right? You go out to a meal or whatever. You blow it on something because you need to let off some steam and you need to get some freedom. And so then what happens when you're broke or even if you're not broke, you start to create this fantasy number, a fantasy money number. Maybe its ten thousand dollars. This is Irvine. Maybe for you its ten million dollars. I don't know. You got some number in your head that if I just got this amount of money, everything would change. You would say something like if I just got this amount of money, then I could finally breathe again. And so we fix our life's vision to the money mountain. So we have all these mountains. Money mountains, time mountains, energy mountains, health mountains, family mountains, and we all want these mountains to move, and we would say this is my mountain, or that is my mountain. Jesus tells us how to move those mountains, by the way. Remember what He says? If you just had the faith of a mustard seed, you could say to this mountain go and be casted to the sea and it would be. That's good news, and it's true. And you say but Bobby, I've tried. I've tried faith, I've tried shouting at the mountain, I've tried moving the mountain, and it's still there, I still am broke, I'm still tired, I still have no energy, I still have toxic family members, I can't make any good friends. What is the problem? And I'll tell you, my friend, here's the good news and the bad news. Here's the biggest mountain in your life. Here is the Everest of your life. Here is the Kilimanjaro that's bigger than all the others, and we all have the same mountain, and the mountain is you. A famous quote by Brianna Wiest. The mountain is you. Now let me just pause here as a pastor and tell you God loves this mountain. God loves you, God is for you, God is on your side, not all mountains are bad. Not all mountains are volcanoes, right? Not all mountains destroy. God loves you. But let me tell you that the biggest thing in the way is you. Biggest thing in the way is you. And nobody likes to hear this because we all have challenges. We all get stuff that happens that feels like its unfair. We all have things that are like well why did it happen, why did I get such bad luck. And all these things happen, and you can't change so many of those things, but here's what you can change. You can't change the seasons, you can't change the soil, you can't change the weather, you can't change the wind, but you can change you, and that's good news. I know you can change you, because I've seen it. Some of you have heard the things I've said, you've put them into practice and your life has changed. But in order for your life to change, you have to change. And here's how you change. Jesus tells us plainly. Many of us, when we hear if anybody had the faith of a mustard seed, you could say to this mountain be cast into the sea and it would be. Many of us hear "mountain", many of us hear "faith", but here's the word that nobody seems to catch from that, and here's the word: "seed." The word is seed. That's the most important word. That is the formula to fix. That is the thing that changes everything. Here's what faith is. Faith is not an event. Here's what faith is not. Faith is not a feeling or an emotion. Faith is not going I believe! Here's what faith is – faith is a seed. It's a seed. What does that mean? It's something you put into the ground, it either lives or dies, and if it lives, it's tended to, cared for until it comes to full maturity, and then it is harvested. And can I tell you, seeds can destroy mountains. Seeds can tear apart the earth. Seeds can cut in half brick, marble and diamond. Seeds can do anything they want to do, but they have to be cared for, they have to be planted, they have to be nurtured and not devoured. And so here's how we move the biggest mountain in our life, the us mountain, we begin to plant some seeds. That's what Jesus tells us. You want a different future, you want a different life, you want a different heart, you want a different mind, you want a different bank account, you want different friends, you want a different experience of life. You want to go to the places, do the things, you plant the seeds. You plant the seeds. So here's what the really good news about you being the biggest mountain in your life is, and I being the biggest mountain in my life is that it's possible for you. It's possible for you. It's possible for you to be well. It's possible for you to attain your dream. It's possible for you to have more, and not just more, more than enough. It's possible for you to thrive. It's possible for you to go to all the places you're called to go. It's possible for you to touch all the lives you want to touch. And its possible for you to create all the amazing things and memories and all that was set before you in that vision so long ago, it's still possible for you, my friend. God wants you to hear that today. Get that dream in your life.

You Are the Mountain

And here's how we make it possible – we begin by removing the mountain that is me, that always gets in the way, and you can do that. You can change. You can be new. You can be transformed. If the YOU mountain moves then every other mountain in your life can move, too. Catch this today. And that brings us to our passage. Matthew chapter 21 verse 28. Just to bring up this passage, Jesus is having a debate with the Pharisees, and He's done these amazing miracles, and people have been healed, raised from the dead. The blind can see, the deaf can hear, sinners are running back into God's kingdom, hearts are transformed, chains are broken, and the Pharisees look at Him and they go where did you get your ordination? That's what this passage is about. They say to Him where did you get your.. the passage says authority, but this is probably a reference to a Hebrew word called "semikhah," which is a line of authority that goes straight from Moses. And so they see all this stuff, He's clearly from God, but they just got to get Him on something, right? They just got to get Him on something. They're like where did you get your authority? Where did you get your semikhah? Where'd you get your ordination from? What seminary did you go to? And Jesus replies with a question. Let me ask you: where did John the Baptist get his ordination from? Where did he get his authority from? Then they go, oh! Oh! And they all go into a little huddle and go (MURMURING). What if we say this? What if we say that? (MURMURING) And here's the problem. If they say well it came from man, or if it came from God, then why did you reject Him? If people believe He's a prophet, and they don't want the people to turn on Him, so they (MURMURING). And here's what they finally say. We can't answer. And He says neither will I answer your stupid question about my ordination. You have to see the stupid in the Greek. It's in the Greek. Anyway. And then He follows up with this story. You see, He then goes to this passage where He says, okay Matthew chapter 21, He says, so what do you think. He's talking to the Pharisees. What do you think? There was a man who had two sons, and he went to the first one and he said son, go work in the vineyard. And the son said I will not, he answered, but later he changed his mind and he went. Then the father went to the other son and said the same thing. He answered I will, sir, but he did not go. Which of the two did what his father wanted? Did you catch that? First one says I will not, but he's like oh, that was stupid, I'm sorry, I'll go. Then the second one was I will, and he decides not to, right? I think I'm going to watch NFL today. So then the father went to the other son, said the same thing, oh yeah we already got that. Okay. Which of the two did what the father wanted? The first, they answered, right? These are the Pharisees. And then Jesus said to them, truly I tell you, the tax collectors and the prostitutes. So these are the, in their society, the dregs, right? These are like the sinners, right? He said they're entering the kingdom of God ahead of you. For John came to you to show you the way of righteousness, and you did not believe him but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe. In other words, Jesus is saying.. what's He telling us? It's not your feelings, it's what you do. It's not your feelings, it's what you do. It's not about how you feel, it's about what you do. Yes, emotions are important because they affect what we do, and this is where we get to the point is that there's never been a clearer picture painted that somebody is from God when He preaches amazing totally legit Bible sermons, and raises people from the dead, and walks on water, and heals the sick. Religious people will never stop surprising me about how they can see that and go where'd you get your ordination? There's something about the human heart. And so what's happening is these Pharisees are unable to partake in the kingdom of God because of what's happening in them emotionally: pride, ego, fear, and it's actually self-sabotage. I said this last week, and this is not original to me. I forget where I heard this, but we are not thinking beings who feel. We are feeling beings who think. What does that mean? Typically, when something comes on our horizon, we feel something first, and then we employ our thoughts the way we'd employ an attorney to defend our position. But that's not a wise way to live your life. The wise way to live your life is to say I've got these feelings, but let me think rationally about this. What do I really want to do here? Who do I really want to be here? What do I really want to accomplish? And so instead of your emotions guiding your life, your emotions have an impact, but you begin to train your emotions through the right kind of thinking. Never forget that your thoughts become your future. That your thought life is your reality. So very often this is just the self-sabotage we get into. We allow our emotions to totally dictate our life and our life is chaos. It's on fire. And we have to overcome that. Here's what I know – our self-sabotage is really about self-protection. It's something we learn usually when we're children. Many of us as kids, whether it's from our families or from our school environment or something happens to us, we learn to do certain things, whether its power up, lash out, or hide, or abuse substance, or check out, or lie, or whatever it is that we do, we learn early on how to survive when we're afraid, when we're in chaos, when things are not right.

You Are the Mountain

And this often carries on when we're adults. And this is the negative emotional life that overcomes our thinking, and we think we're thinking but we're not. We're only thinking to defend our negative emotions, so this is what the Pharisees were doing. So this is what I think all of us kind of know intuitively because we're all human beings, and we all experience this the same way. We all know the worst decisions we made in life were emotional. We all know the meanest things we've ever said were emotional. We all know that not showing up when we needed to be there was emotional. And we know, I know, that the reason I'm not where I want to be is it's something very often that's emotional. So here's how we become better, how we get better is we understand that our mind has to be stronger than our feelings. Your mind has to be strong, and it has to be stronger than your emotions. So how do we do that? Do we get a stronger mind by trying harder? The answer is no. It can feel that way sometimes. Here's how you do it. Jesus tells us plainly. You do it with faith and faith is what? A seed. So here's how you change your life – you do it with seeds. Seeds. You plant seeds in your life that grow over time, and become bigger than whatever your bad default is. All right? Now we're halfway through the message. I'm going to be done in about 13 minutes. All right? But don't trust your brain. I want you to write these things down. I've done some digging what I think are four Bible-based seeds that will help you make your thinking bigger than your emotions, and help you move the you mountain. Here's four faith seeds. Here's the first one, and this is probably the biggest one – don't feel guilty about negative emotions. Name them, and take authority over them. This is really important. A lot of times we feel guilty about feeling envy or lust or ego or anger. It does no use to feel guilt about them. I mean keep in mind, you've not done anything yet, right? It's a thought, it's a feeling, its emotional. And very often we feel guilty about these emotions. We think oh if I was really a godly person, I wouldn't have these. All my emotions would be flowers and sunshine and happiness and joy and love for everybody, and kindness all the time. Something must be wrong with me. The truth is no, you're a human being. You're always going to have these negative emotions, but what we learn is how to not allow those negative emotions to affect our behavior. And here's how you do that, you plant a seed. Right? You plant a seed. You take authority over it. So you understand, I think it's really helpful.. forgive me and I said this.. I'm taking my Presbyterian hat off. This is going to be the least Presbyterian thing I'll say all morning. I'm putting my Pentecostal hat on just for a second here. I think it's important to view these thoughts as spirits. Now when I say spirits, I don't even know what I mean by that, but what I don't mean is demons, I don't mean ghosts, I just think the Bible talks a lot about the spirit of. The spirit of wrath comes over, or even an evil spirit comes over Saul when he lashes out at David. Or the Bible talks about a spirit of deception. Or it talks about a spirit of.. what are some other ones? Oh yes, a spirit of fear, exactly, thank you. Is that a demon? I don't think so. I think it's just like a will to fear. Or other ones, Jesus, when He heals the blind man, He rebukes the spirit of blindness. Or sometimes He rebukes the spirit of sickness. And so I think the Catholic Church, some of us grew up Catholic. You might have learned the seven deadly sins. Those come loosely from the book of Proverbs in chapter 6. I think it's useful to look at those, but not look at them as sins but rather spirits. So seven deadly spirits. The spirit of lust, gluttony, wrath, pride, envy. Not feel guilty about sloth and greed. Not feel guilty about these things, but to simply say I feel these things, but they're not going to have an effect on my life. And in fact, to say it out loud, I feel a spirit of gluttony when I look at this cheesecake. This joke will be going through the whole thing because I do love cheesecake and cinnamon rolls. Yes, it's coming over me. You just cast it down. Take authority over wrath. Take authority over these negative emotions. Don't see it as you, but see it as an unwelcome guest. And just say this is not me. God loves me but this is not me, and I just say it out loud and I rebuke it. Now in our modern world, with psychology, I love psychologists and clinical therapists. I think sometimes we overplay this that we tend to dwell on our negative emotions, we want to talk about it constantly, dwell on it all day long. And I think we want to find a happy medium between talking about it out loud, and then moving on. Anybody here agree with that? We don't dwell, because if you just dwell on it, dwell on it, it becomes a part of you. It's better to say it out loud, receive some empathy, pray over it, take authority and move on. It's not you. Move on. And just name it, and don't dwell on it. Just say I have authority over me. Christ is in me. And wherever Christ is, there can be no darkness. Just begin to say that. All right. That's a good seed. Here's another good seed that I think is Biblical. New feelings come with new action. You want to get rid of those feelings? Associate the negative feelings with a positive action. I can't really clearly define, because it would take all day to go through some examples, but remember in the Bible, faith is always associated with action. Here's what no faith looks like. When Moses parts the Red Sea. God parts it first, and they have to cross. He does all the work for them, right?

You Are the Mountain

Those were no faith people, by the way, who crossed the Red Sea. We know that because they were stuck in the wilderness because of their lack of faith. Here's what big faith people do. They step in the water first. That's what happens at the Jordan River. They have to step in first and then it parts. Faith is always associated with an action. We see that when Jesus heals someone, He tells them to do something. Grab your mat and stand up and walk. Go wash some mud out of your eyes, right? That's always associated with an action. Peter, step out of the boat. If you're going to walk on water, you got to start step one. It's not thinking you can walk on water, it's proving you think you can walk on water by putting a foot on the water. So you want new feelings, pair it with the action. You say I just don't feel love in my marriage anymore. I don't hate the guy, I don't hate the gal, they're okay, I guess, but I just don't feel anything for them anymore. Well, turn some music on and dance with them in the middle of the kitchen. See what happens. Write a love letter and read it to them out loud. Reading them out loud. I mean that really works. You're like, oh that's embarrassing. I just say toughen up, grow up, do it. You'll love it, they'll love it. Give them a hug. Give them a kiss on the cheek. Do something, and you'll see the feelings all of a sudden bubble up. Look, because the feelings you want are associated with an action. You had a falling out with somebody? Here's what you do. Okay. Cold shoulder, can barely talk to them, you go up to them and you just say this. You just go – hey. And you know what they're going to do? Here's what they're going to do. They're going to look back at you and what are they going to say? Hey. Right? And I'm telling you right there, 50% of the reconciliation is already done. All those emotions of anger – they did this, and I can't believe them, and they said this. The second you say hey, and they say hey back, just a (BZZZZZZ) goes to zero. You might say it's hard to do that. Well that's right. You want a good life, you need to make hard decisions. Hard choices, easy life. Easy decisions, hard life. All right? Don't procrastinate on your idea. Don't procrastinate on the thing you know you're supposed to do. Do it now. Don't procrastinate. Anybody here a procrastinator? Raise your hand, I want to see. Okay, everybody that's not raising their hand is either a liar or a multi-millionaire. All right, one of those two things. They're a multi-millionaire or a liar. You say I'm an expert procrastinator. I'm really good at it. I can teach a class on it. Well I got some good news for you. There are some things you can procrastinate on that will make your life better. Here's something you can procrastinate on. Procrastinate on sending that angry email. Don't send it. Wait a day. Procrastinate on divorce. Procrastinate on quitting your job or quitting your thing you started. Procrastinate on taking a drink. Procrastinate on buying that stupid thing that you probably know you shouldn't do. But here's what you don't procrastinate on – never procrastinate on your good idea. Never procrastinate on showing up for people that need you. Never procrastinate from doing the next right thing. They just do it now instead of the end of the week. Do it today instead of tomorrow and things will get better for you. Wise man, Dr. Schuller said never cut a tree down in the winter. Why? Because in the winter, all the trees look dead, even though most of them are still alive. What he means by this is never make a big decision in your life, a big choice when you have a bunch of negative emotions going on. Just as a habit, procrastinate. If you're feeling rotten on the inside and you're about to make some big life-changing decision, don't do it. Just wait. Can I get an amen? Our bad decisions are from our bad emotions 90% of the time. All right. Seed number three – I made a 13-minute promise, I'm going to deliver on that promise. All right. Seed number three - recognize the law of two pains. I think I got this from Jim Rohn. Got it from somebody. There's one of two pains you're going to experience in your life, either the pain of discipline, or the pain of regret. All of us have experienced both of these things in our life and I think we all know the pain of regret is the worst. Yes, that's exactly right. Maybe you could say it this way. We always say an ounce of prevention is a pound of cure. We can say one ounce of discipline wipes out a pound of regret. Look, you don't need to be a ninja, you don't need to be, whatever, a samurai, something non.. I'm trying to think of disciplined people, but it's simply adding more rhythms in your life that cause you to go in the direction you want your life to go in. It's the power of that 30 to 60 minute block that you have multiples of each day. How many casual lighthearted fun conversations do you need with your spouse to heal your marriage? I would say if you did 20 to 30 of those, 30-minutes a day, your marriage will be a lot better. How many minutes a day do you need to exercise to be in the top 1% of athletic people in the world? And the answer is 30 to 60 minutes a day, four days a week. How much of the Bible or prayer time do you need to have each day to have your life totally come aflame with the Holy Spirit with spiritual power, and the answer is about 30 to 60 minutes a day of Bible reading and prayer. Here's a great question. This is a real answer. How many hours of study do you need to learn a new language? Anybody here want to learn German or Japanese or Spanish or French?

You Are the Mountain

How long would it take for you to be relatively fluent in that language, and the answer is 480 hours. Now that's not very much. If you did 60 minutes a day, you'd be speaking Dutch in a year and a half, or whatever it is you want to learn. That's pretty cool. So isn't it amazing that we don't need these great feats of triumph and willpower. We simply need to do these things that are not that hard. How much time do you need to write down your goals with a gorgeous cup of coffee in a beautiful café surrounded by the finest looking people and the best service in the world with that three dollars? How hard is that? And the answer is not very hard. In fact, we might even say it's easy to do. But it's also easy not to do, and that's why so few do it. All right. Here's my final thought. Never forget the power of rhema. That's number four. Rhema, there's two words for "word" in the Bible. The first word many of us know is logos, the second is rhema. That's what happens when the word of God or any word is spoken aloud. A Greek word for a word that's aloud. James says anyone who can control his tongue takes his whole body under control. You hear that? Now what if that's true? What if all of my words are under control, then my whole life, my future, my everything is under control. What if that's true? What if I can't get out of bed and I just say Bobby, get out of bed! The cat will jump, but I'll do it. Right? What if you're running and you say one more mile! I think you'll do another mile. Maybe you'll go to Cheesecake Factory later and you'll hear some strange man say 'put that cheesecake down' sitting by himself. It'll be me and I'll put it down. I'll put it down. So it's important we understand that what we're saying to other people about ourselves, even if we're saying it jokingly, it's going into our body. That's also true when you surround yourself with the words that you're hearing. It's what you hear, as well. Be super careful about the lyrics of the music. Be super careful about the podcasts. Be super careful about your friends. For some of you, this is bad news. You can't choose your family. Right? They're there for you, and that's good news or bad news, depending on who you are, but you can choose your friends. Many of us have surrounded ourselves with some of the most cynical, mean, not trustworthy, lazy, bad word, bad mouth people. Get away from that. Get away from that. They're not you're family. Your family, you got to stick with. But your friends, you can pick those, and that's important. And make sure you're listening to this. Make sure you keep getting those words, and it will move the mountain in your life. If this sermon touched you, listen to it again. If you read a book that changed your life, read it again. Surround yourself with the words and the kind of things that people say that lift you up and don't tear you down, and you'll see that the you mountain in your life will begin to change. Amen? So Father, we agree and we ask that you would transform our hearts and our minds. We have many mountains in our lives: health, money, family, challenges, setbacks. But we know the biggest mountain is right here, and we ask that you'd help change us. We know when we change, everything changes. Give us the thoughts, the wisdom, the knowledge we need, the people we need, the spirit we need to be different. We love you, it's in Jesus name we pray, all God's people said, 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.