



restart

From STOP to GO



The following document is a rough copy of Pastor Drost's sermon notes

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+ Last week Pastor Chad spoke on how our choices today take us somewhere tomorrow. Or, as he also put it, **the fall is a key time when we choose the paths that will carry us to next summer**.

The choices we make for our families will take them somewhere.

He called it  **restart**

+ This morning I want us to continue this topic...

+ Illustration:

- A year and a half ago I started riding a motorcycle again. I was going West on Waggoners Lane, from the Superstore to the Hanwell Road intersection and as I got to there the light turned red. Naturally I stopped right before the crosswalk line.
- I waited and waited (and waited!) for the light to turn green. I looked in my rear-view mirror and the row of cars stopped behind me kept growing and growing...
- This was ridiculous! This was the longest red light ever!
- Then it occurred to me: The green light must be triggered by the weight of a vehicle and my 550 pound Honda 750 wasn't heavy enough to trigger the green light!
- I moved ahead a few feet and invited the car behind me to move forward triggering the green light and we all took off!

My aim this morning is to inspire you to put some extra weight (to move in on some choices) that will trigger a big green light forward in your spiritual journey these next few months.

Therefore, I'm calling today's message "From STOP to GO"

+ Pastor Chad started us off with this verse...

Jesus began to preach, "Repent, for the kingdom of heaven has come near." Matthew 4:17 (NIV)

The Gospel starts with this word: **Repent**

Jesus said, "Repent and believe the gospel." Mark 1:15

The Biblical understanding of the word "repent" is an invitation to turn or turnaround, change directions, move towards, return to a place you once were, to restart.

We often connect the word "repent" to an emotion:

To feel bad, to feel sorry, penance, remorse... and we need to feel sorry when we do wrong! We need to make amends when we cause damage! **But the word "repent" in the Bible is more than a "sorry" feeling word, it's an action word!**

- I am going this way, but now I am going that way
- I am stopped and now I am moving forward



- When Jesus said “Repent, for the kingdom of heaven has come near,” He was inviting them back to God. God had moved near to them, turn to Him! (Action! It’s a **decision**)

Peter said, “Repent and be baptized in the name of Jesus Christ.” Acts 2:38a

- Turn from your way (repent) and come follow Jesus!
- **Baptism is a public declaration that you are changing course (changing direction) and following Jesus**

There are things you **STOP** doing & there are things you **START** doing

Illustration: A few years ago I decided that, for the sake of my health (Blood pressure, arthritis, keeping my heart healthier) I needed to lose weight. There are some people that can eat whatever they want, eat seconds on dessert, and stay thin! I just look at food and gain! It’s a cruel joke! I had to make a decision to: (a) Stop eating certain things and (b) Start doing certain things – exercising! Result: I lost 45 pounds (Four 10-pound bags of potatoes)

This past vacation I slacked off a bit on these two things.

Result: I gained some of it back!

So, a month ago I had to repent! Restart! Say **NO** to some things and say **YES** to other things!

✚ The thing about a **GREEN** light is this: **In order for you to get a green light, someone else (something else!) has to get a RED light.** In other words: **You have to say NO before you can say YES**

- So often we get into a mess because we say “yes” to the things we should say “no” to... so we over-spend, over-eat, over-commit, over-work... most of the time because we do not say “no”!
- As a Christian, you will never grow spiritually if you don’t learn to say “no” to things, habits or people!
 - Saying “no” to an improper business deal.
 - Saying “no” to sin in your life as tempting as it may be!
 - Saying “no” to a wrong relationship.

- And it’s not always bad things! **Sometimes it’s good things!**

Jim Collins, author of the bestseller book “**Good to Great**” says it this way:

“Good is the enemy of great”.

Steve Jobs (co-founder of Apple) often said,

“I’m as proud of what we don’t do as I am of what we do.”

- Jesus started his ministry by saying “NO” (Matthew 4)

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

Led by whom? The Spirit! **God will allow you to be tempted just to examine your “no” capacity?**



After fasting forty days and forty nights, he was hungry.

Forty days of saying “NO” to food.

The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Matthew 4:1-4 (NIV)

Jesus is saying “**NO**” to natural “food” in order to say “**YES**” to spiritual “food” – the Word of God.

Saying “no” is about saying “yes” to what is better

It’s about maturity! **Maturity to make the right choices!**

- **Sometimes one of the hardest things to say “no” to is to other people... controlling people, strong powerful personalities that pressure others to act or do against their better judgement, emotional vampires that suck the life out of others... they hold others prisoners with their dysfunctional emotional reactivity.**
 - They get upset if you don’t do what they want
 - They use the guilt trip on you
 (“Don’t you care about me?”)
 (“I thought you were my friend?”)

You become their prisoner!

- Last week Pastor Chad quoted Dietrich Bonhoeffer:

"Being a Christian is less about cautiously avoiding sin than about courageously and actively doing God’s will."

It takes **courage, self-differentiation, the will to say “no” even when under pressure to say “yes”,** to follow Jesus and be who God designed you to be!

✚ Siting there on the corner of Waggoners Lane and Hanwell Road, I had to make a decision... sit there with a RED light or do something about it!

What do you need to do different to move forward in your journey with Jesus Christ this fall?

From STOP to GO

- Maybe it’s something you need to say **NO** to in order to say **YES**
- Maybe it’s someone you need to say **NO** to in order to move forward in you God given destiny
- Maybe it’s setting aside time to join a circle group this fall
- Maybe you need to do get baptised
- Maybe you need to go and make amends with someone (Ask forgiveness – or forgive!)



Jesus began to preach, “Repent, for the kingdom of heaven has come near.” Matthew 4:17 (NIV)

Jesus was issuing an **invitation** – God has turned towards you, will you turn towards Him? Jesus was God coming to us and extended His Grace, His love towards us... inviting us to TURN to HIM! **Inviting us to a relationship – to His banquet**

The invitation has a **RSVP** (*Répondez s'il vous plait*) = **PLEASE RESPOND!**

Illustration: My first date... you make that first move but she needs to respond (**RSVP**)

