

SUNDAY, JUNE 10:

Message Title: Turning 21 with Wesley: Mature Heart

Message Theme: The condition of my heart in how I relate to others. Use parable of Luke 18, Parable of the Pharisee and Tax Collector...use movie 2014 Son of God when Jesus tells that parable. We look at others through a magnifying glass, but we look at ourselves through rose colored glasses. Jesus calls us to look at our own issues with magnifying glass and at others through rose colored glasses! Splinter and log! Resist being critical in your perspective/outlook. Ephesians 4:29 "Let no evil talk come out of your mouth...instead what builds others up, so that your words may give grace to those who hear." Repentance! "To think differently, to have a change in mind, that leads to a change in heart, that leads to a change in behavior."

Message Scripture: 1 Corinthians 13:4-8a, 13, Luke 18:9-14

Memory Verse: "Let no evil talk come out of your mouth...instead what builds others up, so that your words may give grace to those who hear." -Ephesians 4:29

Kids Activity: The Hot Seat ("Kids Say the Darndest Things") interview of the week's 7 questions

Blurb: Growing up into a mature Jesus follower is hard work. And it takes time! We have to work at it. We have particular problems with what we say, or as the Bible say, "what comes out of our mouths." This Sunday we're targeting the maturing of our hearts, for out of our mouths, the heart speaks! Oh yeah, and our money, too!

Daily Devotional: Each Sunday a daily devotional will be provided for the upcoming week that engages each day's question. This devotional is attached in the weekly email blasts, is available in the bulletin, at the Welcome Center, on the church website, and on Facebook.

Opening Song: *The Lion and the Lamb* -Sanctify

Welcome: -Pastor David

Memory Verse:

"Let no evil talk come out of your mouth...instead what builds others up, so that your words may give grace to those who hear." -Ephesians 4:29

Greeting Time:

Worship Music Set: - Sanctify

Only King Forever

How Can We Sinners Know

Good, Good Father

Worship Prayer - Andrew

Prayers: - Andrew

The Hot Seat: Engaging the 21 Questions (Andrew, Colby and David)

Wesley's 21 questions in 1729 among Oxford Methodists

15. "Do I thank God that I am not like others?"

Andrew to Coby: Name a way you are better at something than other people.

Do you ever brag about that? Does it ever irritate you when others brag about something they can do better than you? Why?

16. "Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?"

Andrew to David: Suggest one way that we can be more self-conscious as a Christian of noticing ways we are unknowingly a hypocrite.

17. "Do I confidentially pass on to others what was told to me in confidence?"

Andrew to Colby: Do you like having secrets? Do you and your brother ever have "brother secrets" that you don't tell your parents? What would happen if you broke the secret and told someone about it?

18. "Am I jealous, impure, critical, irritable, touchy, or distrustful?"

Andrew to David: What is something do you do to successfully change your attitude?

19. "Am I honest in all my actions and words or do I exaggerate?"

Andrew to Colby: Are you ever tempted, when you tell others, to make what you did sound better than it was? Why might people do this?

20. "Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard?"

Andrew to David: How can Christians change their attitudes about someone they don't like and instead treat them better?

21. "When did I last speak to someone about my faith?"

Andrew to Colby: Do you ever talk to other people about Jesus? [Share an example.] Is it easy? Why?

Offering: *The Standard* - Sanctify

Message: Turning 21 with Wesley: Mature Heart

Message Bumper

PP#1.1: Turning 21 with Wesley: Mature Heart

"Now these three remain: faith, hope, and love, but the greatest of these is love." - 1 Corinthians 13:13

Turning 21 with Wesley: Mature Heart. 1 Corinthians 13:13, "Now these three remain: faith, hope, and love, but the greatest of these is love."

PP#1.2: *A DIFFERENT (possible?) Image of John Wesley and the Holy Club in Oxford.*

Well, we're two-thirds into the daily self-reflection questions, as we pursue Christian maturity. We're using the 21 questions that John Wesley, the founder of Methodism, had the very first Methodists ask themselves to help them grow in their faith. They were gathering together to help each other grow in holiness. They asked John to help them grow in their faith as Christians, and he

did this by adding to their Bible reading and prayer, a time of self reflection. So, each time they met together, he posed a question for them to ask themselves.

PP#1.3: John Wesley's 21 questions for the Oxford Methodists

15. "Do I thank God that I am not like others?"

16. "Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?"

17. "Do I confidentially pass on to others what was told to me in confidence?"

18. "Am I jealous, impure, critical, irritable, touchy, or distrustful?"

19. "Am I honest in all my actions and words or do I exaggerate?"

20. "Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard?"

21. "When did I last speak to someone about my faith?"

We want to grow up in our faith, too, into the maturity that God has planned for us. So, for three weeks, we are asking ourselves the same 21 questions that John posed to the first Methodists. Over 21 days, we are growing up—turning 21—in our faith, by asking ourselves 21 questions.

The last third of these questions all ask about the condition of our hearts. These are pretty hard hitting! Wesley wants us to get serious, look inward, and take an honest look at ourselves. Six of these have to do with how we hold ourselves in relationship to others. How do we evaluate others compared to ourselves? Do we rank? Do we judge? Do we hold ourselves as better in some way?

And all of the questions this week, directly connect to what comes out in our words. As Jesus so powerfully said in Matthew 15:18, "Out of the heart the mouth speaks!"

You want a look into your character heart? Look at *what* you say *to whom*. You want to assess your maturity, listen to your mouth. It's like that commercial for Cheez-Its. They claim they only want mature cheese. Take a look.

Video Clip 1: Cheez Its commercial: "Not Ready"

<https://www.youtube.com/watch?v=yH5BPB5067w> (35 seconds)

How about us? If someone assessed our words, would they find us *mature*? "Out of the mouth the heart speaks."

I'm going to focus on just two of these questions this morning. The first is the question for today. "Do I thank God that I am not like others." It's not really a question we probably ask ourselves a lot, but Wesley here pulled from one of Jesus' parables. If you want, turn in your Bibles to Luke 18:9-14. Verse 9 says, "To some who were confident of their own righteousness and looked down on everybody else, Jesus told this parable."

It's about two people: a pharisee and a tax collector. In Jesus' day, a Pharisee was a Jew who made a life-commitment to follow God's law above all else. The problem is that sometimes, this caused Pharisees to feel they were better than others who didn't do all that they did.

A tax collector was really hated among the Jews, because they were Jews who agreed to collect taxes for the hated Roman occupiers. They were seen as enemy-collaborators and traitors. And also, since they were allowed to charge whatever fees they desired on top of the required taxes, many were greedy and extortionists.

In the 2014 film *Son of God*, they set this parable when Jesus is walking through a marketplace, and it focuses on His interaction with a self-righteous Pharisee and a self-convicted tax collector. Let's let this clip from the video read the Bible passage for us.

Video Clip 2: *Son of God* (2014) Parable of the Tax Collector and the Pharisee
<https://www.youtube.com/watch?v=39fHwaR2P40> (3:05 minutes)

The parable turns the tables on what is expected. God doesn't want what looks good. God wants a humble and righteous heart. You know, in the parable, we are the Pharisees. Whenever Jesus told a parable, He expected us, His hearers, to identify with someone in it. This time, we are the Pharisees.

Now, we may not think of ourselves quite in this way, but both Jesus and Wesley invite us to get honest. How do we think of ourselves as better than others.

We do, you know. Often. We look at people who struggle with sins and tendencies that are not hard for us—not our issues—and we shake our heads and wonder, “Why can't they just get their acts together?” Or, we see others doing what we used to do, and we consider them not as advanced, or not as good as we are.

PP#2.1: *Split screen w/ “How we look at others” on one side, under or inside of a magnifying glass; and “How we look at ourselves” on the other side, under or inside rose colored glasses.*

Here is a key step in growing in your maturity. Our tendency is to look at others with a magnifying glass, zooming in and noticing each and every little detail that is wrong, or is weak, or incorrect. We focus on it, dwell on it, obsess about it. Think of your marriage. We do this! You do this to your spouse! Or your kids...at least when they're not sleeping—then they are angels. Or your coworkers. Or your neighbors. Or our politicians. Our leaders. We scrutinize every bit that they do wrong. Think about your conversations with your spouse, or kids, or parents. How much of what you say or feel focuses on what they do wrong?

But, when it comes to us, we look at ourselves through rose-colored glasses. We may have some minor struggles, but we get a lot right, too! At least I'm not as bad as what they do! We start our complaints with, “If only he...” or “If she would just...” This is how we use these lenses.

Ready for the step to maturity? Here we go! It's switching how we use these lenses! A mature Christian uses the magnifying glass to see our own faults and failures, and looks at others through rose-colored glasses.

PP#2.2: Matthew 7:1-5 (CEB)

Jesus said, 7 “Don't judge, so that you won't be judged. 2 You'll receive the same judgment you give. Whatever you deal out will be dealt out to you. 3 Why do you see the splinter that's in your brother's or sister's eye, but don't notice the log in your own eye? 4 How can you say to your brother or sister, ‘Let me take the splinter out of your eye,’ when there's a log in your eye? 5 You deceive yourself! First take the log out of your eye, and then you'll see clearly to take the splinter out of your brother's or sister's eye.

This is also something Jesus said. Matthew 7:1-5. Jesus said, 7 “Don't judge, so that you won't be judged. [Now here the word “judge” means hold others in lower value. It doesn't mean we don't honestly and graciously discern what is good and bad. We judge actions, but never people! Verse] 2 You'll receive the same judgment you give. Whatever you deal out will be dealt out to you. 3 Why do you see the splinter that's in your brother's or sister's eye, [using the magnifying glass] but don't notice the log in your own eye? [Rose-colored glasses] 4 How can you say to your brother or sister, ‘Let me take the splinter out of your eye,’ when there's a log in your eye? 5 You deceive

yourself! First [use the magnifying glass to] take the log out of your eye, and then you'll see clearly [rose-colored glasses] to take the splinter out of your brother's or sister's eye."

Verse 2 is so chilling! I don't want others to look at me and evaluate me using a magnifying glass! Quick! The rose-colored glasses!

The glasses are a decision of the heart, a mature heart. And out of the heart the mouth speaks.

PP#2.3: John Wesley's 21 questions for the Oxford Methodists

15. "Do I thank God that I am not like others?"

16. "Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?"

17. "Do I confidentially pass on to others what was told to me in confidence?"

18. "Am I jealous, impure, critical, irritable, touchy, or distrustful?"

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20. "Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard?"

21. "When did I last speak to someone about my faith?"

Let's look at one more of these questions, number 18. That's the question we get on Wednesday. Look at the part: "Am I critical?" Now, this does not mean constructive criticism. Wesley means *negative* criticism. It comes out in words that are negative and critical.

You know people like this. They focus on what is wrong, and constantly bring it up. They criticize all the time. There are two things that are usually true about complainers.

In Walt Disney's animated classic *Sleeping Beauty*, the three good fairies are talking about the evil Maleficent. They talk about how she always complains and does mean things. And Fauna says about her, "You know sometimes I don't think she's very happy." Complainers generally are not happy people! The second is that most others don't want to hang around complainers. Oh, you can be popular for a time for picking on something or someone. But a critical nature tends to make you lonely.

In our culture, especially here in Minnesota, we've developed an equally problematic way to be critical. We may be nice to your face, but when you are not around, then we let it out. Just listen to the conversation in the break room. Or the coffee shop. Or on line. Oh, I said it again? Yep. In our day, Jesus might have said, "The heart speaks through your words on social media."

Did you know that being critical warps you? I mean physiologically! A study done a four years ago at the University of California Davis showed that repeated complaining releases the hormone cortisol—the same hormone that comes from stress—and keeps you tense. And over time, cortisol rewires your brain, particularly your hippocampus, and reinforces your focusing on the negative. And, by the way, this is the same area that degenerates with dementia. You want to fight dementia? Say something positive! See something good!

PP#2:4 Ephesians 4:29-32 (CEB)

29 Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say. 30 Don't make the Holy Spirit of God unhappy—you were sealed by Him for the day of redemption. 31 Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. 32 Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.

Let's go back to our memory verse, Ephesians 4:29. Let's read verse 29 together. **“Don't let any foul words come out of your mouth. Only say what is helpful when it is needed for building up the community so that it benefits those who hear what you say.”** But notice what it also says if we keep reading. Verse 30, “Don't make the Holy Spirit of God unhappy—you were sealed by Him for the day of redemption. [Remember, we were given the Holy Spirit to live in us when we decided to follow Jesus, and the Holy Spirit pushes us into maturity. Verse 31,] Put aside all bitterness, losing your temper, anger, shouting, and slander, along with every other evil. Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.” There's that “what we apply to others is applied to us” again.

PP#2.5: Mature Heart

Okay, so how do we break from a critical spirit? How do we grow a more mature heart? There's a hidden secret in this 21 days to holiness. You see, behavioral science says that it takes 21 days to break an old habit or to effectively start a new one. If you are diligent for 21 days, you can change your behavior!

PP#2.6: Mature Heart

1. Repentance: Change of mind that leads to change of heart that leads to change in behavior.

Your first step? Scripturally, it's repentance: repenting of your critical nature. The Greek word, *met-a-NOI-a*, means “to turn around.” It means “To think differently, to have a change in mind, that leads to a change in heart, that leads to a change in behavior.”

PP#2.7: Mature Heart

1. Repentance: Change of mind that leads to change of heart that leads to change in behavior.
2. 21 days of focusing on what is good.

So, repentance of your critical perspective means spending 21 days of stopping yourself from a mind on what is negative, and in stead, seeing what is good. When you catch yourself thinking critically or negatively about someone, stop, and make yourself notice one thing good about them, or something you're thankful for about them. The U.C. Davis study also said that regularly giving thanks can decrease your cortisol hormone in your hippocampus by 23%!

Last week, I challenged you to not complain at all for one day. How about 21 days? Could you do that? But even *trying* will create a new habit in your life, and disconnect you from your critical tendency. The Holy Spirit will help you!

PP#2.8: Mature Heart

1. Repentance: Change of mind that leads to change of heart that leads to change in behavior.
2. 21 days of focusing on what is good.
3. “The greatest of these is love.” -1 Cor. 13:13

Last month we were reading through 1 John. And 1 John said that our mature character is shaped and formed in love, God's love. It's a love of selflessness. That means saying what builds others up. That means giving words of grace to those who hear you.

Love becomes the character of our hearts, hearts out of which our mouths speak.

Paul gave a soaring tribute to this kind of godly love in 1 Corinthians, a love that becomes our very character as we mature in faith. He says that we may have all the stuff of this world, we may have grace, and poise, and influence, and wealth, and happy days and a good attitude. But if our hearts are not characterized by godly love, we still have nothing!

PP#2.9: 1 Corinthians 13:4-8a, 13 (CEB)

4 Love is patient, love is kind, it isn't jealous, it doesn't brag, it isn't arrogant, 5 it isn't rude, it doesn't seek its own advantage, it isn't irritable, it doesn't keep a record of complaints, 6 it isn't happy with injustice, but it is happy with the truth. 7 Love puts up with all things, trusts in all things, hopes for all things, endures all things. 8 Love never fails.

13 Now faith, hope, and love remain—these three things—and the greatest of these is love.

1 Corinthians 13:4, “Love is patient, love is kind, it isn't jealous, it doesn't brag, it isn't arrogant, it isn't rude, it doesn't seek its own advantage, it isn't irritable, it doesn't keep a record of complaints, it isn't happy with injustice, but it is happy with the truth. Love puts up with all things, trusts in all things, hopes for all things, endures all things. Love never fails. ... Now faith, hope, and love remain—these three things—and the greatest of these is love.”

The Greek word in the Bible for character—it's almost a direct translation into English: *char-ac-TUR-i*—literally means “to engrave or shape.” Your character is engraved, shaped, with the love of God directly present within us in the Holy Spirit.

PP # 2 . 1 0 : *The rose-colored glasses sticker from:*
<https://www.redbubble.com/people/iamyourbackpack/works/29914632-rose-colored-glasses?p=sticker>

A love-shaped heart, the mature character we strive for, uses the magnifying glass to see yourselves, and rose-colored glasses to look at others. “Now faith, hope and love remain. But the greatest of these is love.”

Amen.

Apostles' Creed

So, as we strengthen healthy, holy habits, let's reinforce the good words we proclaim. Let's speak again what we know to be true, what we believe about our God, what is the basis of our faith. We join with Christians down through the ages in speaking words of life. We say them from our heart. Join with me. “I believe in God the Father Almighty, maker of heaven and earth. ... Amen.”

Closing Song: *Reckless Love* - Sanctify

Memory Verse

“Let no evil talk come out of your mouth...instead what builds others up, so that your words may give grace to those who hear.” -Ephesians 4:29

Announcements: Memorial Service for Bob Bullard, Fri., June 8 at 11 a.m.

Fellowship meal after worship - enough food for everyone!

Prayer/Grace

Benediction: -Pastor David