

LIFE on the RUN

Say YES to
THE BEST

The trouble with the rat race is, even if you win, you are still a rat.
Lily Tomlin

*A person whose word merits respect...
...values the right things
...commits based on what he/she values
...follows through on his/her commitments*

Redefine PERFECT

Be perfect, therefore, as your heavenly Father is perfect. *Matthew 5:48*

I swear...

“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord.’³⁴ But I tell you, Do not swear at all: either by heaven, for it is God’s throne;³⁵ or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King.

³⁶And do not swear by your head, for you cannot make even one hair white or black.³⁷ Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one. *Matthew 5:33-37*

An example from Jesus’ life

On a Sabbath Jesus was teaching in one of the synagogues,¹¹ and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all.¹² When Jesus saw her, he called her forward and said to her, “Woman, you are set free from your infirmity.”

¹³Then he put his hands on her, and immediately she straightened up and praised God.¹⁴ Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, “There are six days for work. So come and be healed on those days, not on the Sabbath.”¹⁵ The Lord answered him, “You hypocrites! Doesn’t each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water?¹⁶ Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?”¹⁷ When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing. *Luke 13:10-17*

Overcome unspoken values with reflection

CONTROL & SECURITY

with TRUST

COMFORT & PLEASURE

with SACRIFICE

WEALTH & STUFF

with GENEROSITY

POWER & DOMINATION

with EMPOWERMENT

WINNING

with INSPIRING OTHERS TO SUCCEED

BEING LOVED & ACCEPTED

with HONESTY

PRESTIGE & IMAGE

with HUMILITY

INDEPENDENCE & FREEDOM

with COMMUNITY

PROGRESS

with PACE & SEASONS

UNRIGHTEOUS THINGS

with RIGHTEOUS THINGS

Next Steps

Recommended Reading

Choosing to Cheat -- Andy Stanley

Margin -- Richard A. Swenson

Simple Life -- Thom S. Rainer & Art Rainer

Race to Nowhere (documentary) - Tuesday, January 18 - JW - 7 pm

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