

## CrossFit // WK 4

Welcome to Faith Students and this is Student Sunday Night! We are jumping into week 3 of our sermon series CrossFit!

- CrossFit - In this series, we will be walking through getting fit in our faith walk. Here at Faith Students, we believe that salvation isn't an ending marker, it's the starting point to a journey of new life and growth. A journey that requires "working out" our faith. So it's time to cut the spiritual fat and get in shape as believers of Christ!
- Last week we spoke what it looks like to have a spiritual diet.

**ILLUSTRATION // Share a story of a time you went on vacation and you can back tired from vacation.**

- The reason this happens is there is a difference between relaxing and resting.
- Sometimes we can lift the weight and responsibility of being a Christian we can run the race of faith and think I just need to take a break. I just need to relax and chill out in our faith.
- Sometimes we are on the other side of the spectrum and we can let up. We have to be on point at all times and if we are not careful we can burn out.
- Just like in fitness, rest (not just being lazy) is essential to being healthy, spiritual rest (not relaxing) is essential.

Tension // What does it look like to rest but not relax in our faith?

Scripture //

Ephesians 1:4-5 - "For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will"

**PRAY**

**MAIN POINT // You can rest in Truth**

- Here are three things you can rest in knowing.

**Truth 1 // REST in knowing you are a Child of God.**

**ILLUSTRATION // Tell a story of something you once put your identity in. (Ex: Sports, Talent, something you were known for)**

**He predestined us for adoption to sonship through Jesus Christ.**

Our identity is a Child of God. Nothing can change that. No amount of striving can make you more of His favorite. No amount of mistakes can remove you from His grace. It's not an opinion. It's not a suggestion or a feel good statement. It is fact. It is truth. So take the pressure off of yourself.

- We are called to be like Christ. Christ preached the gospel, Christ put others above himself. Christ ran the race. We aren't called to earn our identity by our actions.
- It is a song that says "You're a good good father, it's who you are. I'm loved by you, it's who I am."
- Galatians 3:26-28 - for in Christ Jesus you are all sons of God, through faith. 27 For as many of you as were baptized into Christ have put on Christ. 28 There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.

**ILLUSTRATION // Take a dollar and ask the question what is this? Take a dollar and stomp on it, ball it up, throw it. Ask the question again of what is this? It's still a dollar.**

Application // **YOUR VALUE DOES NOT CHANGE BECAUSE OF YOUR MISTAKES, YOUR ACTIONS, OR YOUR LIFE EXPERIENCES. YOU HAVE VALUE. NOTHING CAN CHANGE THAT.**

Challenge // What is your identity? Is it grounded in your actions? Your mistakes? Your circumstances? Your political party? Your talents? Your race? Your background? Your social status?

**Truth 2 // REST in knowing you are loved**

ILLUSTRATION // Story of a time you

For he chose us in him before the creation of the world to be holy and blameless in his sight.... In love God chose us, before all creation began, to be the recipients of His love.

- So why do we feel a need to do more things to receive more of God.
- We don't need to do more, we only need to abide more.

Romans 8:38-39 - For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

- Nothing can make God love us more. Nothing can separate us. Nothing can stop His love. NOTHING. We don't need to strive for love, only abide in His love.

Challenge // Do you know you are loved or do you look for love in other places?

**Truth 3 // REST in knowing you have everything you need**

2 Thess 1:2 MSG - Our God gives you everything you need, makes you everything you're to be.

- If God Is All You Have, You Have All You Need.
- The same spirit that raised Jesus from the dead is now alive in you.
- You don't have to do more you just have to let faith grow within you.

Application // Don't strive for God's love, just abide in God's love.

- Abide - means to remain, to stay, or continue.
- We don't ask for more joy and get joy, we abide in His love and joy grows.
- We don't ask for more patience and get more patience, we abide God's love and patience grows in our hearts.
- In the same way we don't ask for more love and get more love, we abide in Christ's love first and love for ourselves and love for others will grow in our hearts.
- We only need to sit and abide in His love.
- God can do more in us when we are resting in Him, than when we are running in our own strength.

ILLUSTRATION // Share a paraphrase of how Jesus' disciple Peter:

- Was given a new name even when Jesus knew he would mess up (Identity)
- Was loved by God (Love)
- Was given what was needed by Jesus (The Holy Spirit) to run the race (Equipped)

In the same way, through Jesus we have everything we need for God to use us and to equip us. We are loved. We are given the identity. We can rest in these things.

Challenge // So do you rest in these truths is this your foundation? Do you rest in the truth that you are a child of God? Do you rest in the truth that you are loved? Do you rest in the truth that you have everything you need in Jesus?

Altar //

- Salvation
- Challenge: Include something that incorporates everyone.