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“Your Productivity doesn’t equal your Value”

Skyler Womack

 Psalms 27:4 - *“The one thing I ask of the Lord — the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.”*

Our Struggle:

Identifying the main pressures and temptations that a majority of Houstonian’s struggle with.

- What is Houston’s Context?
 - What does Houston Value?
 - Production leads to a culture of Productivity.
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Our Schedule:

When productivity takes over our hectic calendars. How do we manage our stress levels when we feel overwhelmed by them?

Two Initial Things: Assess our Heart + Establish Biblical Rhythms

- **Let God Speak In:**
 - Psalms 139:23-24 - *“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life.”*
- **Let your Spouse Speak in:**
- **Let Community Speak in:** Proverbs 27:6 - *“Wounds from a sincere friend are better than many kisses from an enemy.”*
- **Establish Biblical Rhythms (2)**
 - Daily Devotion
 - Daily Manna - fresh bread every day. WE CAN’T GET FAMILIAR WITH GOD!
 - 5 Elements to think about incorporating in your times with God.
 - Element of **Scripture**
 - Element of **Literature** (Devotional)
 - Element of **Prayer**
 - Element of **Meditation**
 - Element of **Worship**
 - Weekly Sabbath
 - Scripture - Isaiah 58:13 - *“Keep the Sabbath day holy. Don’t pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the*

Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly."

- **What it is NOT**
 - Another spiritual **task**
 - Another **Domestic** Day. (Exodus 16: 22-23)
 - **Being Lazy** "Sabbath is not relaxing yet renewing." Jon Tyson)
- **What it IS.**
 - Weekly **Paradise**
 - A different **view** of time
 - Time of **Renewal**. ("You will either enjoy the sabbath by disciplined rhythms or be forced to sabbath, by weariness and burnout." Jon Tyson)

God's Solution:

Productivity vs God's Reality

- **God's Reality: Heavenly Places - Colossians 3:1-2** *"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth."*
- How do we not get overwhelmed at the pressures here on earth? **PRAYER**
Philippians 4:5-9 - *"Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."*
- **God's Reality: Establishing the Kingdom.** God is up to something. *"And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation. So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!"* 2 Corinthians 5:18-20
- **God's Reality: Staying in Awe.** 🎯 Psalms 27:4 - *"The one thing I ask of the Lord — the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple."*