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GOOD MORNING – Bobby Schuller (BS) and Hannah Schuller (HS)

BS: This is the day the Lord has made. We will rejoice and be glad in it.

HS: And welcome church family. It is such a joy to have you here with us today. We love you. Thank you for being here. You know if you are anything like me, it is so easy to let worry creep into my prayers, especially if you're praying for somebody you love so much, or a friend that's really heartbroken. But I love this quote by Dallas Willard that says that prayer is not the same thing as worrying. Prayer is a time to cast all our cares upon Him, for He cares for us. I love that. Would you turn around and shake the hand of the person next to you and say God loves you and so do I.

BS: Well hey, we're so glad you're with us today, or joining us television wherever you are, but we're just so glad that you came to this place. Today we're talking about worry and learning what it means to just take everything we're worried about and on this Sabbath day of rest, just lay it before the Lord. So man, if you brought in things you're stressed about, about work tomorrow, or about stuff you got to get done, or something going on in your personal life, or health problems, how about today we just agree to take a break and let go of those things and enjoy the company of friends, family and the presence of the Lord in His house. Amen? Let's pray together: Father, we thank you that we can trust our problems to you. That you actually do care about them as much as we do. That you care about us more than we do. And we can trust our lives, our souls, our minds, our health, our finances, our relationships, our family, all these things, we can trust them to you and abandon outcomes to you. Whatever you have in mind for us is awesome, and we're just going to believe that, and we thank you, it's in Jesus' name we pray, amen.

HS: Amen.

SCRIPTURE – Philippians 4:4-9 – Hannah Schuller

In preparation for Bobby's message, the words of our Lord found in Philippians 4:4-9:

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or seen in me – put into practice and the God of peace will be with you.

Church family, we are training ourselves to let go of worry. We are doing our best while abandoning all outcomes to our great God. Amen.

INTERVIEW – Mike Foster (MF) – Bobby Schuller (BS)

BS: Well what a joy it is today to have Mike Foster in the house. Mike is a pastor and host of the podcast Fun Therapy. He's an author and he has a most recent book called Five Dates, which he co-wrote with his wife Jennifer. It's a helpful guide for couples who want to reconnect with their spouse through a simple and biblical process. Would you welcome with me, Mike Foster. Hi Mike! It's actually kind of a cool day for you to be here with your wife, Jennifer is somewhere, because today is actually your anniversary.

MF: It is. We've been married 23 years today. It's a big celebration for us.

BS: That's cool. Congratulations.

MF: Thank you.

You Don't Need to Worry

BS: That's awesome. So I have the books here, and people are loving these books on marriage. And of course you guys have the proof is in the pudding, 23 years of marriage. You have something to say about it and of course pastors don't really struggle with marriage because they're perfect, right?

MF: Right, right, right, yes.

BS: Yes that's right, okay, cool. Well let me just start. What sort of motivated you to write this book together?

MF: I once heard it said, Bobby that relationships are just a walk in the park. The only problem is its Jurassic Park. And listen, I've been married for 23 years. We dated five, so we've been together for 28 years, and relationships are messy, and they're complex, and they're difficult, and so we just wanted to create a resource, a really helpful, easy, simple resource to help couples begin to connect again.

BS: And of course in your view, it doesn't have to be Jurassic Park. It can be a life giving, awesome experience. There's always going to be challenges. So you guys sat down and you began to sort of write this book together, but even in that process, some old stuff kind of came up to the surface, even when you were writing it, didn't it?

MF: Absolutely. It was a fun process. It was our first project that we've ever done together, and one of the memories that came up as we were working on this was our biggest fight. And our biggest fight actually happened at a marriage retreat, which is kind of a crazy place to have your biggest fight. But it was true. And I think that happens for a lot of couples. We sort of have these expectations, or we start comparing our relationship to somebody else' relationship, or we have sort of these idealistic views of how marriage or relationships are supposed to work, and so for us, we just wanted to create a resource that says hey, it is hard. And sometimes fights happen at marriage retreats, and that's just the reality of the life and the world that we live in, but it can be good if you're intentional and you really begin to invest in that relationship.

BS: That's good. Comparison is a big piece, isn't it? Because nobody puts their knockdown/drag-out fights on their Instagram stories, for example.

MF: No, we do. We actually write about our knockdown, drag-out fights but that's the reality of it. We see Instagram, we see other couples, and we start comparing and that never helps a relationship.

BS: So very often, I mean, I find that in marriages and in couples, most couples, though they'll have the time-to-time big fight, usually what I find is more the sort of stone walling, or coldness, or sometimes it's more like we're friends, but we don't have this intimacy. We're not like best friends like we used to be. So that's happening, too, right? I mean that's kind of a bigger thing where you can turn that around, right?

MF: Well it's what we call the slow drift, where couples, they're in love at the beginning, everything's great at the beginning, and then they stop investing in the relationship, they stop connecting, and so they slowly drift apart.

And one of the reasons that motivated Jennifer and I to write this was we had several friends in our friends circle that after 20 plus years of marriage, drifted apart over those 20 years, and ended up with a divorce or just really struggling. And so we thought how can we stop the drift and it comes through these intentional times of dating.

BS: It's so hard, isn't it, when friends get divorced and you feel like you have to pick a side, and there's so much shame with that, especially in the church, and there shouldn't be. God can save your marriage, and God loves everybody but what do you think is the single biggest obstacle that stands in the way of a great marriage?

MF: Well I think it's something that all of us face, whether we're married, dating, engaged, just not in a relationship. It's just the busyness of life. And I think the realities of being over connected, over kids and soccer practice and just so many things going on in our busy lives that we actually forget about the person that we care about the most. And so really, this whole project is about slowing couples down and saying let's get back to the basics, and really begin to make time for each other.

BS: That's great. I love how practical it is because you have this sort of his and hers? So these are kind of like workbooks. You got the one for dudes and the one for her.

MF: Yes, and the guy's book basically just has pictures in it. We kept it really simple.

BS: Cool. That's good.

MF: No reading.

You Don't Need to Worry

BS: Cool. That's funny. Well good. They're still laughing. One of the things I love so much is that it's a different approach for male and for female because we all have different needs and different ways we need to approach marriage, and you even made it color coded again for the men.

What's a word of encouragement you can give to someone today that's like, I don't know, I don't know pastor if I can turn my marriage around. What's some encouragement you can give to a couple?

MF: Well that's the thing. The enemy of our marriages wants to say that it's hopeless. Just give up. There's no sense even trying to improve the situation. So wherever you're at in your relationship, beginning to take small incremental steps towards help, making small decisions to say I want to keep fighting for what we have, and keep investing in what we have. I truly believe that God will pay that off, and that it's important not to lose hope, and not to give up.

BS: All right, Mike Foster, your wife Jennifer, thank you so much for these books. It's called Five Dates. Check it out. You'll really be glad you did. Thanks so much.

MF: Thanks, Bobby.

DECLARATION – Bobby Schuller

Would you stand with me as we say this creed together. Hold your hands out like this as a sign of receiving. Let's say this together: I'm not what I do. I'm not what I have. I'm not what people say about me. I am the beloved of God. It's who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share His love with the world. Amen.

MESSAGE – Bobby Schuller "You Don't Need to Worry"

We are in the middle of a series on this creed, which is also the book that I've written. I've been working on this book for, if you count from when I wrote the creed, gosh five/six years to culminate into this book coming out, and I'm so glad that we're able to work through it together because as a vision for, in our case, two churches coming together, and for those who are watching on Hour of Power, to remember that we're behind this common vision – that we are a church that preaches grace. The world doesn't understand the term grace in the way that Christians preach it because the truth behind grace is this idea that God loves us just as we are and not as we should be. That He just pours out His favor and His blessing in our life, not because of what we do, but because of what Christ did for us. That we've been totally redeemed through the cross and resurrection, and then when God looks at you, He only looks at you with eyes of love; that you're the apple of His eye; that He totally adores you, and that's very good news.

And so that has a number of circumstances and results when we take faith in that truth. And one of those truths is that we behave better. That we do better to our neighbor. That we're more relaxed. That we're more joyful. Ironically, when we stop worrying about what we do, what we have and what people say about us, we succeed more in our families, our relationships. And so that's what so much of this creed and my book is about. And actually if you have my book, it would mean the world to me if you put a rating on Amazon. I don't have many ratings yet and that would really help. And if you post it on Instagram or Twitter, I'll re-tweet and re-post it and I'll say a little prayer for you. God likes your prayers just as much as He likes mine.

Okay, so today we're going to talk about in the creed, probably the thing that destroys our joy more than anything, and that is this word worry. Worrying – worrying about everything. If you're like me at all, it's so easy to dwell on what might happen in your business, in your job, when things change, worrying about North Korea, worrying about the economy, worrying about politics, worrying about this church, worrying about your kids. I know you don't worry about your kids. I worry about my kids. Somebody, I think it was Evelyn said it's a lifelong sentence. So there are all these things that we worry about, that we think about, that we dwell on, that keep us up at night. And the thing I want to talk about today is to convince you that being a worrisome person is not the same as being a responsible person. That worrying about what might happen doesn't make you smarter. Doesn't make you more successful. It certainly takes away your energy, your joy, your clarity of vision. It makes you dumber, although you're very smart, okay? I'm just saying. It saps your battery of the energy you need to do what God has called you to do. It reminds me a lot of this story. Years ago, I needed a computer for a really important task. It was to play a video game called World of Warcraft, and that right there was a huge mistake. Anybody who was going to buy my book has now decided not to. But I wanted to play video games on this computer, and so I had my friend put together this really fast, awesome computer and this is like 15 years ago, but still he gave me this computer.

You Don't Need to Worry

And as he handed it to me, it was like he was handing me the holy grail, and he literally like this – handed me, he goes this is a gaming machine. And I was like awesome. And I took it and it was. It was fast, the battery lasted forever, it was just an amazing experience using this bit of technology, for a few months. And then all of a sudden it started to slow down. The battery was running out, and the fan, you could hear the fan turn on all of a sudden, early on. And you know by noon or one, I had to charge it again, whereas before I could go several days. And I was like what is going on?

So I brought the computer back to my friend. He opened it up and because he's a nerd, he started laughing. He was like oh, ho, ho, ho, ho, what have you been doing on this thing? I don't know, using it? And he started looking. He called one of his friends, hey John, check this out. Check this out. He comes over and he goes look at how many programs you have running. You've got like hundreds of programs all running at the same time. You never turned them off. I was like you never told me to.

And basically what was happening on my computer was all of these programs were running under the surface. They weren't open, you couldn't see them on the computer, but they were all running all at the same time, all going on. And so the processor had to manage all of these programs going on on my computer. It was totally making it slower and totally zapping the battery.

And my argument today is that that's what happening in your life when you worry. It's like having all these programs on unconsciously in your mind. You wonder why don't I have any energy? Why do I constantly feel like I need a nap? Why don't I have any vision anymore? Why do I finish the day totally feeling like I'm lacking? And sometimes the cause is, I'm going to talk about it, this word *merimnao*, the Biblical word for stress. It means to be pulled in a million directions. That you've got too many things going on under the surface that are taking your mental and even physical energy.

And so if we can learn to recognize that all those things we're worried about, most of them we're not responsible for. Like we can give those things to God. We can work hard, be responsible, apply ourselves, but in the end, as Dallas Willard said, abandon those outcomes to the Lord and trust that whatever He has in mind is the best thing. You know God really does love you, right? God really is interested in your prayers and your thoughts. And He really is involved in what you're doing. You don't have to worry. Worry is the opposite of faith. Worry says that God is either not strong enough or not willing to care about the thing I care about. Worry says I need to handle this because God can't or God won't. Look friends, you can give it to the Lord. He's able, He's not even just willing, but He wants to. He's going to. He's going to help us, so we can just trust it to the Lord. We can trust it to Him. And the way that we do that is not by just blocking things out, but by training. By training our mind to see certain things; training our mind to think certain things, and especially training our mind to be present in the beauty of today, the here and now.

You know, ultimately that's what most of us want is a tranquil mind, a serene mind. Most of us want to be relaxed. Most people, and being a pastor I'm in tune with a lot of pain, and a lot of stories, and you find how much of a pain money is for people, the lack of money in particular. And most people, when they fantasize about money, what they're really fantasizing about is this phrase that's so common – financial freedom. And what they mean by financial freedom is I can relax. I can do what I want to do. When people fantasize, they're almost always fantasizing, not necessarily about a bank account, but an existence.

Ultimately what they want is the feeling of not having to worry anymore; of being able to enjoy my life. And I want to tell you, friend, you don't need a single dollar to live a tranquil and joyful, amazing life. You can relax today. Think about it. Think about how often we fantasize about being relaxed, about being serene. I was talking to Hannah about this before, whenever I'm like really stressed or involved in some project and it's kind of going on too long, I told her I know you're going to be surprised by this, but I fantasize about something tropical. I picture white sandy beaches, palm trees. Sometimes I think of Mexico. Maybe I'm like laying on a dock in Cabo or something, and I'm next to a little fishing boat, and I can go fishing if I want to, but I don't have to. And ultimately what I'm fantasizing about is a state of mind. I'm getting tan and I'm relaxed.

I asked Hannah, what was your fantasy? Like do you ever do this? She goes oh, all the time. But hers is about like something like Ireland or England or the Dover Cliffs or something like that. She pictures herself sort of being like Elizabeth Bennett in *Pride and Prejudice*, and the music is playing, and she's just, not a worry in the world. Just relaxed. Everything's good. It's all good.

I remember, this is a funny story, I remember once when Hannah was in finals, she saw her dog Mozart, who's the world's laziest dog. It's just always sleeping. And she remembered looking at Mozart going, oh I was I was Mozart right now and I could just lay there and not worry about anything.

You Don't Need to Worry

So in the end, many of us, this is what we're doing. We're fantasizing about a state of being; fantasizing about being relaxed; about not having a worry in the world. And very often, when we fantasize about these things, we do fantasize about a vacation. But how often do we go on vacation, thinking it's going to be this relaxed experience, and we come home fighting, angry, stressed out and out of money! Maybe it's just me. I remember once when Hannah and I saved up to go to Hawaii, we saved up for a couple years, I was so stressed out and excited because I was finally going to be able to relax. So we got to Hawaii, and we get off the plane and like the first thing we do, is this big ugly bus takes us to where we're going to rent our car, and I find out its going to be twice as much as it said because of all the fees and the taxes and the this and the that. And now I'm like fighting with this young girl at a window who's just like trying to do her job, and I'm all upset. And then we have to stand there, like in the city in Honolulu, and there's smog everywhere, and I'm just trying to get my car so we can relax. And finally we've got to like go buy the groceries, and now we're at the grocery store, and the sun's going down, and I'm frustrated because I've already lost a whole day, which as you know is very expensive and it's a whole day of not relaxing. And then days go by, thinking when am I going to relax, and then as the vacation started to wind down, I'm like oh no, it's almost over and I haven't relaxed yet and so I get stressed about that.

Look the truth is that anxiety, worry and hear this, friends, worry is something you carry in your body. It starts in your mind, but it ends up in your blood. If you're worried when you leave for vacation, you'll be worried on vacation. Everywhere your body goes, your stress will go, okay? So that's why, at the heart of it, is we have to learn to train, first our minds, and then our minds will change our body. And it takes time, so don't beat yourself up about it. But in the end, we have to look at our lives if we're worried, and just make a decision: I refuse to live this way. You have to just look in the mirror and say being worried, anxious, stressed out every day, that's not the life I want, that's not the life God's called me to have, it's not me being responsible. I refuse to live this way and I will take whatever steps I need to live in a serene mind. To live a trusting life of faith to the Lord and stop worrying about everything that might happen. I've got today and that's a gift, amen?

So, the way we do that is we just let it go to God. We still work hard, you still apply yourself, you still dream, but in the end, look God has no lack of anything, no lack of money, no lack of time, no lack of health, no lack of love, and God loves you as much as He loves Jesus. The Father loves you as much as the Son. If He didn't, He wouldn't have sent His Son to die for you and you were worth dying for, did you know that? Because there's nothing that God does that isn't worth doing. Amen. God loves you, He truly does. He loves you so much. And He wants you to enjoy your life, enjoy it the right way, but He wants you to enjoy it. So how do we do that? Well Paul gives us the formula. First, where we get to Paul, in the Sermon on the Mount, Jesus says these amazing things. He says if your eyes are good, your whole body, you hear it there? Body, right? It's in the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. And then He says if the light that's within you is darkness, how great is that darkness? In other words, we need to train our eyes to see what is light, and to focus on that so that our body will be full of life. Life is very much like this church building. You look at this building and there are beautiful things in this building, like the lights, my wife. Bonus points! Bonus points! No, there's light, there's the stage, there's all sorts of great things. And then there are dark things, right? There's shadows, there's maybe a couple spots on the carpet, there's some of these lights are missing light bulbs. And so when you come into God's house, you sort of have a decision. Are you going to listen to the music or will you be distracted by the missing light bulbs? Maybe it's a little bit of both.

But so much of the experience of life, it's not denial. Nobody's going to accuse you of denying that the ceiling is missing light bulbs when you listen to the choral anthem, and your spirit is lifted, right? It's what you're focusing on. When you focus on the great things in life, it helps you to sort of let go of the missing tiles, as we say, or some of the missing things in your life that you wish were there. And so so much of life is training our eyes, truly, to see what is good and to dwell on those things.

And that's indeed what Paul tells the church in Philippi. So Paul is writing to the Philippian church and by the way, the book of Philippians is called the book of joy. Isn't that great? You want more joy in your life? Read Philippians. And in his sort of closing remarks, he says this wonderful, it's just like a mini sermon, and he says "rejoice in the Lord always." And you're like Paul, I'm going through a lot right now, I'm not going to rejoice. And then guess what? Paul just says it again: "Again, I will say it, rejoice. Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything." There it is, that word anxious is *merimnao*. It's the word anxiety. It's what we use to talk about this under the surface nagging fear that something's going to go wrong, I don't know what it is, and if I'm

You Don't Need to Worry

not worrying about something, I'm worried that I'm not worried about something, you know? Like I've got to find something to worry about. And that word is *merimnao*. It means you're being pulled in a million directions. And even pulled apart. Actually the Latin word for anxious, it's akin to being suffocated. It's like you can't breathe. Like there's just like a thing, like going around your throat. I know you've never felt that way when you're worried. But Paul says, don't worry about anything. Don't be anxious about anything. Let it go. "But in every situation, by prayer and petition, with thanksgiving," right? So you do it in a joyful, lofty way, "present your requests before God, to God," sorry. "And the peace of God." Everybody say peace of God. Anybody need the peace of God today? Yes, Lord, we all do. "Which transcends all understanding." That means people who watch your life, they don't understand how you have so much peace in the midst of a storm. Like Jesus when He was napping. "Will guard your hearts and your minds in Christ Jesus." So your will, that's your heart, and what you think about, that's your mind.

Friends, what you think about is everything. Your life is the result of your thinking. Many people hate their circumstances but they nurture and love the thoughts that lead to those circumstances. Any thought that you have cannot stay hidden or secret. All of your thoughts, if you dwell on them, will become obvious in your life, because every secret life crystallizes into habit, which then materializes in circumstance in your life. Even when we go through tragedy that indeed had nothing to do with our behavior or our thoughts, the way you think in tragedy will ultimately become the result of how that tragedy affects your life. So we have to understand that the battle is in the mind. What you think about, what you dwell on, will always, always, always become your circumstance. So we have to tend to our mind. It's like a garden. If you let a garden run wild when you stop caring for it, it's going to go everywhere. If you stop paying attention to your mind, it's going to go everywhere. Being negative is easy. Worrying is easy. That's the default. That's most people. Most people worry, most people are negative. Being hopeful requires work. Trusting the Lord requires training and discipline, and it is so worth it, amen? So train your mind to trust the Lord and abandon the outcomes to Him, and watch how much joy you're going to have in your life. You'll be glad you did.

And so what do we do? So Paul tells us. He says "finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely" that's beauty, right? Whatever is beautiful. "Whatever is admirable, if anything is excellent or praiseworthy," there it is, "think about such things."

Look guys, if you think about what is right, you will live a righteous life. If you think about what is pure, you'll have a pure life. If you think about what is beautiful, you'll have a beautiful life. If you dwell on what is noble, you'll have a noble life. What you dwell on and what you think about, what you focus on, always becomes your reality. If you're always worried, you're always going to have an anxious body. If you're always worried, you're always going to have an anxious body. So we need to train our bodies by training our minds and that'll change everything. In other words, the short version of this is practice, practice discipline. Make sure you craft your mind the way that a gardener cares for a garden. I heard it once say by a psychologist, something like depression is dwelling on the past; anxiety is dwelling on the future. So that if we can be present, we diminish both depression and anxiety. By letting go of what used to be, by focusing on the horrible things that happened to us, or even comparing our present life to the way that how good our life used to be, we let go of those, you'll see depression go down. And if you're able to let go of thinking about tomorrow; many of you, you have to go back to work today. Some of you, during my sermon, during the boring parts, were thinking about all the errands you got to run. All the things you got to do later today. You're thinking about whether or not you got that email, or something that somebody said about you, or something that happened at work on Friday, or thinking about somebody you have to confront. We let go of those things. Be here in God's house. Be present with the person that's with you. There's a lot of people in this place that love you and are so glad you're here. Be present with them. Don't be anywhere else. So let go of worry. Just let go of it and trust it to the Lord. I already know what like thirty percent of you are thinking, but you won't say and it's this, so I made a slide. 'But Bobby, if I stop worrying, everything will fall apart.' See that's the myth. The myth is that worry makes us responsible, but it doesn't. Worry makes us dumb. You're not dumb, I'm just saying. Worry makes us do things that we regret. Worry makes us decisions that don't benefit us. Worry clouds our mind. It shapes reality into truly a deception. We're deceiving ourselves.

And so you can, and you should, be both responsible and relaxed. Imagine that. You can do your accounting relaxed. You can run your errands relaxed. You can plan and prepare in a relaxed way. You don't need to carry anxiety in your body. You don't need to worry about things.

You Don't Need to Worry

You can plan, and prepare, and work really hard relaxed. Isn't that amazing? With a tranquil mind, and a tranquil heart, and watch as you do that, you become more productive, smarter and more life-giving to your kids, and your family, and your friends. That's a good thing.

Okay, so here's how you do it. You just let it go to the Lord. You let it go to the Lord. Does somebody have a copy of my book? I did not plan this but there's a story.. here just toss.. throw it to me. Can you throw it? You guys, oh, thank you.

Okay, so there's this story about Henri Nouwen, and Henri Nouwen was an amazing guy, but he was also absent minded. He was a professor at Harvard, but he was like the absent minded professor. And one of the great stories is like he just kind of went with the wind wherever things would take him. And in this story, he goes to the flying trapeze swingers at the circus. And while he's there, he just becomes enamored what's happening, so he starts to go every single day, and he becomes friends with the circus folks. And they're like we love you so much, we need a priest to go on tour with us. Would you come with us? And so he says of course.

And so he begins to travel Germany with this.. even though he's Dutch, with this group, and he starts to talk to Rodleigh, the guy. He's the main flyer, the guy that does all the flips through the air. And he talks to Rodleigh about what the job of a flyer does, and he says this.

He says, "one day, I was sitting with Rodleigh the leader of the troop in his caravan, talking about flying. He said as a flyer, I must have complete trust in my catcher. The public might think that I am the great star of the trapeze, but the real star is Joe, my catcher. He has to be there for me with split second precision and grab me out of the air as I come at him in the long jump. How does it work, I asked. The secret, Rodleigh said, is that the flyer does nothing and the catcher does everything."

Hear me guys. "When I fly to Joe, I have simply to stretch out my arms and hands and wait for him to catch me and pull me safely over the apron behind the catch bar. You do nothing, I said in surprise. Nothing, Rodleigh said. The worst thing the flyer can do is try to catch the catcher. I'm not supposed to catch Joe. It's Joe's task to catch me. If I grab Joe's wrists, I might break them, or he might break mine, and that would be the end for both of us. A flyer must fly, and a catcher must catch, and the flyer must trust with outstretched arms that his catcher will be there for him." Isn't that good?

Friends, that's the life of the beloved. Trusting that God the catcher loves you enough that He's not going to let you fall. And all these things, your health. Big things, your children, things that in the world's eyes you should worry about. You pray, you do your best, you apply yourself, but you let them go to the Lord. Amen?

Three things you can do to be less worried today. Three things in three minutes, are you ready? Number one, eat the frog. Delicious. Mark Twain said that if you eat a live frog in the morning, first thing in the morning, everything else in the day doesn't seem so bad.

He says, if you have two frogs, eat the bigger one first. So this is the idea. The idea is that if you have something that's bugging you, get it now. Get it done, get it out of the way. Don't let it be draining your battery.

That's why when I was in high school, remember whenever they'd have a project, and everybody would sign up last, I'm like sign me up first. Two reasons: number one, teachers will never give worse than a C to the guy that signed up first, and C's make degrees, all right? Number two: it was so great to just have it done, and then like every time someone did their project and looked all nervous and worried, and they stayed up all night before, you're done. You're just done. It's like getting in a hot tub. Somehow it made me feel relaxed. It was amazing. The only time Jesus hurried was when He hurried to the cross. So if you have things in your life, a frog, eat it now. Don't wait.

Number two: live with integrity. You can't be relaxed and be secretive and sneaky. Integrity is not about being perfect, integrity is about being honest. People make mistakes. People fall down. So integrity means when that happens, you're honest and open about it, you suffer the consequences, and you do your best to reconcile with your neighbor. That's why in the Bible it says the wicked shall not enter the Lord's rest. That's true. Its wisdom. Wickedness means you'll never relax, you'll never have serenity, you'll never have peace of mind. The only way to reclaim it, if that's you, is integrity.

And finally, abandon the outcomes to the Lord. Don't abandon your dreams. Don't abandon your goals. Don't abandon your hopes and all of your work. But as you're working, trust that on that path, no matter what happens, as hard as you work, you can trust that the Lord will work through it. Amen? Lord, we trust you, we love you, and we thank you, in Jesus' name, amen.