

“Keeping Life in Rhythm”
Philippians 3:7-11
Sunday, November 6, 2016

Introduction: Gold was discovered in California in 1848 and thousands of people traveled west by wagons pulled by horses in hopes of a better life. A lead wagon led the way and as long as the other wagons followed the lead wagon things were fine.

In life it is the same. If you follow God, there is a rhythm to your life. As long as stay in your rhythm (pattern, flow) things work. If you get out of your rhythm, there is no pattern in your life.

There are three things about the sermon this morning that I hope you will remember.

1. Life has a rhythm.
2. How do you get rhythm in your life?
3. How do you keep rhythm in your life?

T.S. The apostle Paul writings help us understand how to live with rhythm.

1. Life has a rhythm.

- You have a body and you have a brain. The Bible says that our body is the temple of the Holy Spirit (1 Cor. 6:19). The Bible tells us to present our bodies as a living sacrifice to God (Romans 12:1). You have a body.
- You also have a brain. This involves your thinking. The Bible tells us to set our minds on things above (Col.3:2). The Bible tells us that how we think is who we are (Proverbs 23:7). You have a brain.

Application: When your body is not in rhythm, you are not your best. When your thinking is not in rhythm, you are not your best. You are out of rhythm.

2. How do you get rhythm in your life?

- Make God and the things of God the passion of your life.
- The things of God include His Word, prayer, church, and worship.
- The apostle Paul made God the passion of his life.

“For to me, to live is Christ, and to die is gain” (Phil. 1:21).

Application: What is the passion of your life? Let me suggest three questions to ask yourself that reveal the passion of your life.

1. What do you think about most throughout the day? That is your passion.
2. What gets your heart beating fastest and loudest? That is your passion.
3. What do you look forward to? That is your passion.

Illustration: The Bible says, “For where your treasure is, there your heart will be also” (Matthew 6:21).

3. How do you keep rhythm in your life?

- Live in God’s presence regardless of what you are going through.
- This is the hard part. It takes discipline.

Illustration: The apostle Paul had that discipline (Phil. 3:7-11; 4:11). The interesting thing is that Paul wrote this after he had gone through some really hard times (2 Cor. 11:24f).

Application: Live in God’s presence—time in His Word and in prayer daily—and you will have passion in your life. The passion will keep rhythm in your life.

Conclusion: Let me conclude with something very personal that I think many of you will relate to. (To hear this conclusion listen to the sermon on the church web page www.fbp.org).