

Don't Take Yourself So Seriously - No One Else Does

One in a series based on the book GOD NEVER BLINKS by Regina Brett

Rev. Ken Gray, Church of the Advent, Colwood BC, Sunday Jan 9, 2011

NOTES ONLY

Lighten up!

Life wore me down and I surrendered

Find peace in imperfection

- Addicted to Perfection
- Life as a disabled person
- Be perfect . . . (broader context of love)

For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? **Be perfect, therefore, as your heavenly Father is perfect.**

More high-strung than a Dalmatian at a 5-alarm fire

- Tears at my desk
- Lighten up - from inside me
 - What voice do I/we heed this year?
 - Listen to your body!
 - Listen to those who surround you . . .

a maniac multi-tasker

- endless to-do lists - forgot my own needs
- My name is Ken: I'm a list-maker

On the one-hand

"Making a list...and checking it twice." And you thought that song was about Saint Nick! List making is a time-honoured way to get through the year's busiest season.

On the other hand

I'm a list maker. When it began affecting my life, my therapist gave me a suggestion. She told me to "schedule" time to work on my lists and to "schedule" time to NOT work on my lists. Since I'm also a "schedule" freak, this worked well for me. In the beginning, I spent my time scheduled to not make lists *thinking* about making lists, but that subsided after about a week. Eventually, my urge to continuously make lists went away.

my houseplants - the caged canaries - when the bird croaked . . .

- **slow down** quest for perfection
- the gift of pets

I still get bruised

- body three steps behind my brain (enfleshed)
- entrenched habits die or change slowly

Important things to get out of the way

in order to get to more important matters

I still argue for a serious though not burdened approach to a Godly life:

Foundational statements:

1. . . . (W)hat sort of persons ought you to be in leading lives of holiness and godliness, waiting for and hastening the coming of the day of God (2 Peter 3:12)
2. (W)hat does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God? (Micah 6:8)
3. Anecdote: **Keep the faith** . . .
4. (T)o all who received him, who believed in his name, he gave power to become children of God, 13who were born, not of blood or of the will of the flesh or of the will of man, but of God. (John 1:11-13)
5. Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Phil 4:4-7)