

A CHECK LIST

I. Is this **medical**?

II. Is this **circumstantial** / **situational**?

III. Is this **biological** / **chemical**?

IV. Is this **mental**?

V. Is this **cultural**?

VI. Is this **supernatural**?

VII IS THIS STRUCTURAL / FUNCTIONAL? ISA. 58:12-14; 1COR. 14:33,40

I blurted out:

I learned many things reflecting on that day:

1. People are usually unaware of / blind to self!

2. People **don't** understand how simple scheduling impacts us!

Most problems are not spiritual.

Most problems are scheduled.

3. People rarely see cause & effect - especially in their own lives.

Depression (in any & all forms) is almost always connected to how we structure our lives:

| | | |
|-------|----------|-------|
| Food | Rhythms | Water |
| Humor | Exercise | Quiet |
| Rest | | |

1. God is &/ exists!

2. The God that exists is a God of beauty & order.

Malachi 3:6 For I am the LORD, I change not; therefore ye sons of Jacob are not consumed.

Hebrews 13:8 Jesus Christ the same yesterday, and to day, and for ever.

1 Corinthians 14:33 For God is **not** the author of confusion, but of peace, as in all churches of the saints.

1 Corinthians 14:40 Let **all** things be done decently (εὐσχημόνως) and in order (τάξιν).

decently (εὐσχημόνως): beautiful, in order, proper, fitting

order (τάξιν): fixed, succession

3. God invested creation with that same beauty & order.

Psalm 19:1 The heavens declare the glory of God; and the firmament sheweth his handywork. Psalm 19:2 Day unto day uttereth speech, and night unto night sheweth knowledge. Psalm 19:3 There is no speech nor language, where their voice is not heard. Psalm

19:4 Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun,

Psalm 19:5 Which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race. Psalm 19:6 His going forth is from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof.

Psalm 27:4 One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.

Romans 1:19 Because that which may be known of God is manifest **in them**; for God hath shewed it **unto them**. Romans 1:20 For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse:

Acts 14:14 Which when the apostles, Barnabas and Paul, heard of, they rent their clothes, and ran in among the people, crying out,

Acts 14:15 And saying, Sirs, why do ye these things? We also are men of like passions with you, and preach unto you that ye should turn from these vanities unto the living God, which made heaven, and earth, and the sea, and all things that are therein: Acts 14:16

Who in times past suffered all nations to walk in their own ways. Acts 14:17 Nevertheless he left **not** himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.

4. Sin & the fall introduces disorder & ugliness.

Romans 5:12 Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Death, disease, disasters & disorder → yet order and beauty still exist.

5. Salvation restores us &/ re-introduces us to order and beauty.

Ultimately to shalom – peace

Ephesians 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: **Ephesians 2:9** Not of works, lest any man should boast. **Ephesians 2:10** For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

John 14:15 If ye love me, **keep** my commandments.

John 13:17 If ye know these things, happy are ye **if** ye **do** them.

John 10:27 My sheep hear my voice, and I know them, and they follow me:

Matthew 11:28 **Come** unto me, all ye that labour and are heavy laden, and I will give you rest. **Matthew 11:29** **Take** my yoke upon you, and **learn** of (ἀπ' ἐμοῦ) me; for I am meek and lowly in heart: and ye shall find rest unto your souls. **Matthew 11:30** For my yoke is easy, and my burden is light.

So, what does this look like?

- **A life of obedience**
- **A life based on the rhythms of God's creation!**

Genesis 8:22 While the earth remaineth, seedtime **and** harvest, and cold **and** heat, and summer **and** winter, and day **and** night shall not cease.

1 Thessalonians 5:4 But ye, brethren, are not in darkness, that that day should overtake you as a thief. **1 Thessalonians 5:5** Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. **1 Thessalonians 5:6** Therefore let us not sleep, as do others; but let us watch and be sober. **1 Thessalonians 5:7** For they that sleep sleep in the night; and they that be drunken are drunken in the night. **1 Thessalonians 5:8** But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

- **A life of daily rhythms**
- **A life of seasonal rhythms**
- **A life of weekly rhythms**

Genesis 2:1 Thus the heavens and the earth were finished, and all the host of them. **Genesis 2:2** And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. **Genesis 2:3** And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Exodus 20:8 Remember the sabbath day, to keep it holy. **Exodus 20:9** Six days shalt thou labour, and do all thy work: **Exodus 20:10** But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: **Exodus 20:11** For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

Deuteronomy 5:12 Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee. **Deuteronomy 5:13** Six days thou shalt labour, and do all thy work: **Deuteronomy 5:14** But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; **that thy manservant and thy maidservant may rest as well as thou.**

- **A life of rhythms of work & rest**
- **A life where these rhythms are rarely violated**

Mark 2:27 And he said unto them, The sabbath was made **for** man, and **not** man for the sabbath: **Mark 2:28** Therefore the Son of man is Lord also of the sabbath.

Concluding thoughts:

- **Eat right**
- **Drink plenty of water**
- **Rest properly**

One hour rule:

- **Exercise regularly**
- **Take a break / have a change of pace PRN!**