

Dear Younger Self
Letters To Myself – Week 2 Sermon Notes
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*For everything there is a season,
a time for every activity under heaven.*
*2 A time to be born and a time to die.
A time to plant and a time to harvest.*
*3 A time to kill and a time to heal.
A time to tear down and a time to build up.*
*4 A time to cry and a time to laugh.
A time to grieve and a time to dance.*
*5 A time to scatter stones and a time to gather stones.
A time to embrace and a time to turn away.*
*6 A time to search and a time to quit searching.
A time to keep and a time to throw away.*
*7 A time to tear and a time to mend.
A time to be quiet and a time to speak.*
*8 A time to love and a time to hate.
A time for war and a time for peace.*
Eccelesiastes 3:1-8

(break up the verse on the slides however you need to)

Don't forget to make time for the Three R's – Rest, Reflection and Relationships

1. When things get to be too much, just stop. Rest and reflect.

Window photo

*30 Even youths will become weak and tired,
and young men will fall in exhaustion.*
*31 But those who trust in the Lord will find new strength.
They will soar high on wings like eagles.*

They will run and not grow weary.

They will walk and not faint.

-Isaiah 40:30-31

Three steps to rest:

1. Be still.
 2. Be quiet.
 3. Be present.
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The Spirit then compelled Jesus to go into the wilderness, where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him. Mark 1:12-13

“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? And I trust that you will discover that we have not failed the test. Now we pray to God that you will not do anything wrong—not so that people will see that we have stood the test but so that you will do what is right even though we may seem to have failed. For we cannot do anything against the truth, but only for the truth. 9 We are glad whenever we are weak but you are strong; and our prayer is that you may be fully restored. - 2 Corinthians 13:5-9

When you're feeling scared, look into His heart. And when you're feeling brave, look into His heart. Take time to reflect.

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” -Matthew 11:28-30

Give yourself permission to rest. Give others permission to rest. We have to be willing to be quiet so others may be silent.

2. **The best works of art, science, theater, you name it....are collaborations. Collaboration takes community. Community isn't just something we do, it's what we were made for.**

"My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." - John 15:12-15

Relationships Take 3 Things

1. Reliance
2. Humility
3. Empathy

15 minutes of "fame" is worth...15 minutes. You know the worth, but do you realize what it cost?

Photo of Wolffe and Matthew

"Jesus wept." John 11:35