

**1. Freedom in life comes when you can say something like: “I’m cool with you not liking me. Not everybody has good taste.”**

We are attached to the belief that if people or even the right people like us then we have value and can be happy.

Freedom happens when we lose our attachments. Especially this attachment.

**2. Make three lists. A) The people you like to spend time with. B) The things you like to do. C) The places you want to go. Hang out with these people. Do these things. Go to these places.**

**But Martha was distracted by the big dinner she was preparing. -Luke 10:40**

Martha is in the house today. Distracted by

Worry  
Stock market  
Instagram  
House  
Snapchat  
Schedule  
To-Do List  
Facebook  
Work

Make the list.

Who?  
What?  
Where?

Personal for me. Burnout.

- A) The people you like to spend time with.
- B) The things you like to do.
- C) The places you want to go.

**4. Giving into your fears is the easiest way to dismantle your dreams and humiliate your hopes.**

Introversion and fear of rejection – Relationships that never started.  
god of safety and fear of failure – Dreams that didn’t come from.  
god of perfectionism and fear of messing up – Ordinary moments.

**This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. -Joshua 1:9**

I wish I would have listened to God more on this one.

**6. You can't change other people so hopefully your happiness doesn't rest in that desire. But you can totally change your reaction to other people and that simple change can give you great happiness.**

Stranger in the car behind you  
Your boss  
The classmate who is giving you trouble  
Even like your spouse or your child or your parent

One thing you can control is your reaction – and that will catalyze for grace.

**11. Two people exist in life who you will never forget. Not the athlete, artist, genius, or millionaire. They come and go. But, the one who authentically and joyfully celebrates with you in times of prosperity and the one who encourages and helps you in your darkest hour.**

We can be that person for a few somebodies.

The first to encourage.  
The last leave when times are tough.

Twenty years from now you won't remember the MVP of the Super Bowl tonight.

Twenty years from now you will remember the person who came to your dance recital and gave you a big hug afterwards.

Twenty years from now you will remember the person who cancelled their plans and sat with you when you found out you had cancer.

Most beautiful human moment in the Bible between two people...

**But Ruth replied, "Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God. -Ruth 1:16**

**12. Comparison is a dangerous acquaintance. Don't compare yourself to others. Compare yourself to who you were yesterday.**

Jobs  
House

Relationships  
Health  
Car  
Travel  
Kids

**Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. -Galatians 6:4**

Wish I would have learned this one earlier in life.

Professionally...I'm not the big personality...

Creative  
Caring  
Think about systems and structures  
Pray  
Listen

Not going to be at the party

Wedding Reception

Partly because I am not done with the sermon  
Partly because it's not my thing

**13. Conflict is inevitable in all relationships. But, the presence of conflict should not mean the absence of respect. Respect between two parties is essential during conflict. Listen intently. Use good words. Value the other person more than your need to win.**

What if your arguments were no longer at winning and losing, but understanding and serving?

I have seen couples and families and teams and friends arguments and lose relationships.

**Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets. -Matthew 7:12**

Respect those who disagree.

**14. Don't quarrel with people who are committed to misunderstanding you. Don't participate in every argument you are invited to. If you wrestle with a pig, both of you are going to get muddy and only one of you is going to enjoy it.**

When the other person is not willing to pay fair...you are not required play.

**19. More than glass or eggs, people are fragile. Handle them with care—  
treat them better than your phone or a family heirloom.**

Phone example – wasn't cheap.  
Out of case.  
Drop it – you would freak out.

We ignore a hurting person  
Criticize a person who made a mistake  
Take out our frustration on others

Elizabeth Wurtzel – Prozac Nation – Handle With Care

**22. I have discovered the only way to make amazing sausage is to make  
some bad sausage first, some pretty good sausage next, some very good  
sausage after that, and the amazing sausage last. And so it is with the rest  
of life.**

First time – Disaster  
Sausage it's pretty good

KC BBQ  
Korean Kimchi

**A widow of that city came to him repeatedly, saying, "Give me justice in this  
dispute with my enemy." The judge ignored her for a while, but finally he  
said to himself, "I don't fear God or care about people, but this woman is  
driving me crazy. I'm going to see that she gets justice, because she is  
wearing me out with her constant requests!" -Luke 18:3-5**

Ken Stoysich

**23. Forgive yourself. Do you really want your future to be comprised of  
watching the video of some of the most painful moments of your life? It's  
time to start creating some new videos. Some good ones.**

I observe this as a pastor - Mistakes  
I have experienced this as a person – Missed opportunities

**But where sin increased, grace increased all the more. -Romans 5:20**

God has offered  
Our job is to accept and learn and move on

**27. Humor is the opposite of seriousness, not despair. Don't take yourself so seriously. Give yourself some grace. Have fun. Laugh.**

One of my best friends is an anesthesiologist.  
One day after church he told me we both get paid to put people asleep.

My wife is a couple's therapist.  
We are just like any other couple – we have disagreements.  
She asks me to share what I am feeling with patience and kind words.  
I tell her to pray about it and things will be cool.

I make each one personal.  
I ask the couples how they met.  
This one couple looked at each other and laughed.  
I said I've heard everything you can tell me.  
He said "She got busted for a DUI. I work for Johnson Security. I was the lucky guy who got to put the ankle monitoring bracelet on her. The rest is history."  
I was thinking...  
I really miss the good old days when people met on match.com.

The parents of this bride ask how much my services were going to cost them.  
I said 500 dollars.  
He said 500 bucks for 20 minutes?  
I said I can talk slower if you want.

**He will once again fill your mouth with laughter  
and your lips with shouts of joy. -Job 8:21**

**28. We most look like Jesus when we serve, give, and forgive. Doing these is a blessing to others and ourselves. Do these things.**

Nothing to add to that

**29. Jesus wasn't interested in standing with those who were great. He had a better plan: sitting with those who were hurting. Be like Jesus.**

Not much to add to this one either.

**Jacob's well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime. Soon a Samaritan woman came to draw water, and Jesus said to her, "Please give me a drink." The woman was surprised, for Jews refuse to have anything to do with Samaritans. -John 4:6-9**

Longest story in NT  
Men and Women

Jews and Samaritans

Noon and that meant something.

We like to stand with those who are great.  
Do something better and sit with those who are hurting.

**30. Don't judge somebody's story by the chapter you walked in on. You don't know what they've been through. Be patient and kind to everybody.**

Depressed  
Marriage is in trouble  
Parents neglect them  
Health problems

Jesus and Zaccheus  
Ate with him and took a few shots because of it  
History has got him here

**Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost." -Luke 19:9**

**31. You aren't a carton of ice cream. That means you can't make everybody happy. So stop trying. You won't miss the stress and disappointment.**

**Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. -Galatians 1:10**

**36. Don't be like Google. Wait until somebody has finished their sentence until you start guessing and suggesting things. Listening is a beautiful act of love. Do it better.**

**38. Would you rather have cool stories to tell or lots of crap cluttering your closets? Invest in people and experiences—not stuff. Do things that make you forget to check your phone.**

Last night  
Shirt or an experience

**Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." -Luke 12:15**

Experiences are greater than possessions

**39. I can think of no worse body of water to swim in than the sea of other people's expectations. People drown in that sea every single day. Find your own pond, river, lake, or ocean filled with the waters of authenticity, growth, and grace.**

Realistic, agreed upon, clear, and compelling expectations are essential for any relationship.

Unmet expectations is the primary relationship will end

**41. Obstacles and failures happen. Don't quit. Keep going. Life's most challenging roads lead to the most rewarding and beautiful destinations.**

Bicycle in parking lot – Smile on her face – Wind in her hair

Peter

**Peter's words pierced their hearts. -Acts 2:37**

44. The point of prayer is not to profit from Christ, but to resemble him.

That was a big step for me.  
Not treating God as a Santa Claus

**May your will be done on earth,  
as it is in heaven. -Matthew 6:10**

**45. Don't be distracted by your past, your future, the news, gossip, worry, or what other people think about you. Be fully present and fully engaged in the moment: with others, with yourself, and with God.**

Physically present – not emotionally present

**48. Nothing wrong with turning off your phone. Or cancelling plans. Or doing something you enjoy doing like making sausage or riding a mountain bike instead of doing something you are expected to do like respond to email or crush our to-do list. It's called self-care.**

I unfortunately didn't discover this one.  
It discovered me.

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**Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. -3 John 1:2**

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**50. God chose Joseph over a king, Mary over a celebrity, and Nazareth over Jerusalem. God is saying to all of us nobodies from obscure places to be prepared because He is getting ready to do something great in us and through us.**