

I Want More

Part 2: Why am I not happy?

Luke 9:23-24

WE/INTRO

We want to be happy. Influences every decision we make. What will make me happiest, what can I do/get/eat/experience to be happier?

It's why we... Spend so much. Work so much, block, pursue, fight, complain so much...

It's why we are overworked, overstressed, indebted, unsettled, unsatisfied... and ultimately empty and miserable.

What started as the pursuit of happiness becomes an empty quest in satisfying our ever increasing appetites...

What do we do?

The answer is simple but most of us are unwilling to even try it... so let's talk about it... together.

WE:

We've been promised that consumerism is the way to the happiness we all want. Trying to find happiness and fulfillment through consuming products and services... which only creates a miserable unending cycle of fear and dissatisfaction.

So if we really want to be happy... **We have to kill consumerism before it kills us.**

But How? Once we decide we are done mindlessly/selfishly consuming... what do we do instead?

GOD:

Jesus offered something better. It's so counter-cultural and counter-intuitive that few have actually found it... but those who have are probably the happiest most fulfilled people you have met.

Truth: People followed Jesus b/c he promised to make them happy...

"I am the way truth and life, no one comes to the father but through me"

"I have come to give life and life to the fullest."

He was bringing the kingdom of God. He accepted people who weren't accepted. Defended the defenseless.

Empowered the marginalized.

Then he fed 5000 of them out of almost nothing... They thought he would bring prosperity and peace.. That he was the Messiah to expel Rome...

Thousands of people were wanting to follow him ... so Jesus said, "Great, you want to be happy and follow me?

Here's what it really means."

What we will see... **What we really need isn't another product to consume but a new life to give.**

Luke 9:23 **If Any of you wants to be my follower...**

- **If= choice**- Being as follower of Jesus is the result of a deliberate, conscientious choice.
- **Anyone=anyone**- Jesus welcomes anyone who is willing to make that choice.

Wow. Ok awesome! What's next?

Well anyone can choose to follow me with this one condition...

V. 23b

Jesus: You want to find happiness, the life I'm offering in my kingdom? Then give up your own way (deny your self)... crucify yourself daily... and begin following me

Wait, what?

We: Weird/interesting

Original listeners: Whoa Jesus! That's disgusting, offensive, and really just unneeded. This is some extreme vivid imagery for his audience.

Humiliating/excruciating (from word for crucifixion)/terrorizing punishment used to keep them under Rome's control

Saying- if we want to truly find life/escape the empty consumerism cycle... we need to completely get rid of what is making us choose that path... ourselves.

Killing consumerism starts with the death of self. Literally "disown your SELF."

Jesus knows the greatest enemy to our true happiness... the life he offers... is SELF.

So he says, "Reject it, refuse to associate with it, Crucify it. Kill it!"

To be his follower...to kill consumerism and find real happiness... we must be willing to crucify our SELF... daily.

It's more than we want to think it is... Jesus is not saying give up some kind of habit or desire, extra scoop of ice cream, sleeping around, a few preferences about how to do church...

It's being willing to humbly sacrifice our selves for God and others. Choose a life that is bigger than ourselves... not FOR us but FOR those around us.

Not just putting up with things we don't like... but living a life of joyfully sacrificing personal ambition, time, leisure, possessions, wealth, and pleasure to actively love God and others daily.

Consumer- I deserve. What can I get from you?

Jesus Follower- You matter. What can I give to you?

Not talking about great moments of sacrifice (I'd die for Jesus/my family), but a life lived in constant awareness of following Jesus by serving others.

- His priorities become mine... building his kingdom not my own.

Jesus doesn't just become part of your life, or even the center of your life... He becomes your LIFE.

Jesus, and his kingdom, becomes the ruling principle, the ruling passion of your life, not satisfying SELF.

You cannot follow Jesus if you still have SELF as the dominate controlling factor of your life.

Why?

You can't serve two bosses.. If your life is devoted to serving your SELF, there is no room for Jesus.

Honestly... you can't worship Jesus and yourself at the same time.

AND... **Consumerism is simply worshipping yourself**

At the heart of consumerism is the idea... "I deserve to have everything I want. I devote my life to my happiness."

You become your own idol.

- What does my SELF want? What does my SELF need? What can I do to appease/satisfy my SELF?
- Leads only to misery

Studies have shown that the more we try to make ourselves happy the less we actually are happy. But the more we pursue a life for others, the more we stop pursuing what we want... they happier we actually are.

- Why we buy book after book about how to be happy or do as much "self-care" as possible only to need more...

So we have to disown/kill the SELF that is trying to control and ruin our lives with its unending appetite for more.

But how???? It makes sense. We get this. We know it's better to give than receive (also from Jesus).

But let's be honest. It sounds kind of awful.

At least with Consumerism I get some cool stuff. If I keep trying to deny myself, pick up my cross... I might feel like a good person for a bit, but only last so long. Exhausted/resentful/bored?

V. 24 The ability to kill consumerism comes from finding our life in Jesus.

B/c when we find our life in Jesus... we find something much bigger, more valuable, and more impactful and durable than just searching for our own happiness.

If we try to grasp/hang onto what we think we want... just keep trying to make self happy and comfortable... what we end up with is no life.. Nothing to show for our time... Wont experiencing true life. Now or in the next.

But if we release our grip/let go of trying to get whatever we can to make ourselves happy... follow Jesus/live for others... Seek his Kingdom above all else...

We will experience true life now and forever...Peace, purpose, joy, motivation, belonging, comfort

Look, Being a Jesus Follower isn't about what we must do... its about who we can/get to be... and then what we do comes out of that.

And what we GET to do is SO much better and greater than what we could ever do just pursuing our own happiness.

When we stop trying to find life in what we consume and find life in who Jesus is and what he is making us into, and what he is doing in the world... we actually find purpose/meaning every day/become something much bigger than our own little worlds... together

WE is much more fulfilling than ME

What do you want people to say about you when your life is over?

Jon Silva- a consumer who grasped at every little promise of happiness.

Jon Silva- a giver, who denied himself and lived for something greater. Who lived for the Kingdom of God and made a difference in the world by truly loving his family, friends, and the world around him.

YOU:

So you have a choice. Who are you going to be? Consumer or Jesus-Follower?

But you might say... "Come on, Jon. Relax. It's just the way things are. It's the world/culture we live in. Do you think I/we can actually change one of the deepest/entrenched aspects of our entire culture?"

Not trying to change all of American culture... I'm trying to show you who you can be if you choose to be. How you can transform every day in the life you have now. And the lives of those around you.

We might not change the world but we can change many worlds around us.

What if Jesus wasn't exaggerating? What if he actually means what he said? I know... I kick against it too!

But killing consumerism, following Jesus, and finding true life... Takes more than lip service or going through the motions or trying to be "nice"

What have you given up to follow Jesus?

- If following Jesus doesn't propel us into a completely different way of living... something is wrong.

If you're ready to be done consuming... and are ready to take the path much less traveled... Homework...

Read Mark 10:17-31

Pray: What do I need to give up pursuing for myself? How can I follow you today?

WE:

Consumer or Follower. One or the other.

Those are the choices...

One is based on grasping and striving and only leads to an empty purposeless half life

The other is based on giving and trusting and leads to true life now and forever

Imagine what the world would be like if instead of trying to find happiness in buying and consuming a better car or house or school or phone we took Jesus seriously and chose to deny ourselves for the good of those in our lives?

What would change... what would happen to foster care/care for the unsheltered, crime, etc?

What would your world be like if you were free from finding value in what you have and found life, meaning purpose, happiness in *who* you follow.

We find true life when we give up our lives to follow Jesus.

Summary:

Consumerism doesn't fulfill its promise of happiness. Instead of being happy, we are overworked, overstressed, in debt, unsettled, and unsatisfied. How can we kill consumerism before it kills us?

Discussion Questions:

1. Where have you seen God's love this week?
2. Read 1 John 2:15-17. What stands out to you? How would you relate this passage to our conversation about following Jesus and the death of consumerism?
3. How would you describe what it means/looks like to "Follow Jesus?"
4. What is an example of what it would look like for you to give up your own way, take up your cross, and follow Jesus tomorrow?
5. How can your group pray for you this week?

Episode Breakdown:

00:00 What will make me the happiest?

01:15 Kill it to live it.

3:00 What Jesus said

6:30 What does that look like?

8:20 The heart of consumerism

10:00 how?

12:00 What it's really about...

14:00 Who we can be.

15:15 Homework for taking the 1st step

17:00 Qs and Updates

Main Points:

- We have to kill consumerism before it kills us.
- What we really need isn't another product to consume but a new life to give.
- Killing consumerism starts with the death of self.
- Consumer- I deserve. What can I get from you? Jesus Follower- You matter. What can I give to you?
- Consumerism is simply worshiping yourself.
- The ability to kill consumerism comes from finding our life in Jesus.
- WE is much more fulfilling and enduring than ME.
- We find true life when we give up our lives to follow Jesus.

Challenge this week:


- Read Mark 10:17-31
- Pray: What do I need to give up pursuing for myself? How can I follow you today?


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SHOW NOTES

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 | TRANSCRIPT → <https://www.yourcrosscreek.com/media/2022-03-13.pdf>

 | SAY HI → <https://www.yourcrosscreek.com/welcome/>

 | EPISODE BIBLE VERSES → Luke 9:23-24 and Mark 10:17-31

<https://www.biblegateway.com/passage/?search=Luke+9%3A23-24%2C+Mark+10%3A17-31&version=NLT>

 | RESOURCES

→What's wrong with happiness? -- https://www.huffpost.com/entry/whats-wrong-with-happines_b_740518

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