

Stop Trying So Hard: Finding Peace, Purpose, and Rest in Jesus

Part 2: Jesus + Nothing = Everything

Colossians 2:6-10

Summary: What if life isn't about doing more, but about building on something solid? Find out why a strong foundation changes everything.

Main Ideas:

Everyone feels like they're faking it.

You can't build a stable life on an unstable foundation.

We don't need to have everything figured out, we just need a solid foundation.

What if true peace and purpose aren't found in what we do, but in who we build our life on?

We don't need to add to what Jesus has already done.

Jesus isn't a belief system... He is the foundation of real life.

Our spiritual health is not based on what rules we follow but on who our foundation is.

Building on the foundation of Jesus frees us from empty, high-sounding nonsense.

Everything we need to know about God is in Jesus.

When our foundation is Jesus we are free to explore any remodels he brings our way.

Jesus is the only foundation we need for our life.

Invitation:

Evaluate your current foundation

Choose to rest on THE solid foundation: Read Colossians 1:15-20

Build on the real foundation and remodel as needed.

Discussion Questions:

1. Have you ever felt like you're "faking it" in life? What makes you feel that way?
 2. Read Colossians 2:10. What does being "complete" in Jesus mean to you in practical terms?
 3. Jon listed several "high-sounding nonsense" ideas that can distract us from Jesus (legalism, prosperity gospel, nationalism, follow your heart, new age spiritual mysticism, and hyper-individualism). Which of these do you see most often in your own life or community?
 4. Sometimes we need to remodel our faith while keeping Jesus as the foundation. Have there been times when your faith needed "remodeling"? What did that look like? Are you currently doing any "remodeling?"
 5. How can your group pray with you this week?
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Transcript:

WE: Do you ever feel like no matter how hard you try, it's never enough?

But we look around and think, "Everyone else seems to know what they're doing."

- Truth is—Everyone feels like they're faking it.

House Analogy- Imagine you have the opportunity to build your dream home.

- You work with an amazing architect. The layout is perfect.
- Heated floors - Bidets in every bathroom - Outlets in all the right places - Immaculate landscaping.

After months of waiting, you move in—and it's exactly what you dreamed.

But then the house starts shifting...

- Floorboards separate, the floor doesn't feel stable when you walk, and, you're pretty sure the kitchen is now higher than the living room.

You check the foundation... something's not right.

You call the contractor. Bad news: He let his totally unqualified nephew handle the foundation.

It's technically got concrete, but also rocks, logs, Lego bricks, and gummy bears (for "earthquake absorption").

- When you call to yell at him, he says, "Well, I figured mixing in a bunch of materials would make it stronger, right?"

Obviously, no one would call that a solid foundation. That's why we have building inspectors.

But what about our lives? Unfortunately, there are no building inspectors for our lives.

We work hard to build our lives just right—

- The career. The family. The financial security.
- We make sure all the outer details are covered.

But deep down—it still feels... off. Still feels like we are faking our way through it.

- Why? Maybe it has to do with our foundation.

We've all thrown pieces together the best we've known how...

But there's a lot of 'Gummy Bears' and stuff in there....

- Success, relationships, education, finances, whatever friends/SM tells us to do...

It creates an unstable foundation and we're always one big storm away from a complete collapse.

- You can't build a stable life on an unstable foundation.

This isn't a new struggle. The JF's in ancient Colossae (Turkey) were doing the exact same thing.

- They were being told, “If you want the right kind of life... you need Jesus, but you also need rules, religious rituals, and mystical knowledge to truly be complete.”

So in 62 AD, Paul wrote to set the record straight (Colossians):

- We don't need to have everything figured out, we just need a solid foundation.

Before we dive in... Maybe you wouldn't call yourself a JF. And that's okay—I'm not going to give you a hard sell.

But I do think we can all agree on this—we're all searching for something solid.

- We've tried to build a meaningful life.
- We've pursued success, relationships, money, personal growth...
- But deep down, we're still asking, “Is this really all there is?”

Give self permission to ask... What if true peace and purpose aren't found in what we do, but in who we build our life on?

So whether you're JF or just asking questions, I want to invite you to explore today...

- What if the problem isn't that we aren't trying hard enough... but that our foundation is all wrong?
- What if we don't need to figure everything out... we just need to build on something solid?

These are the same questions Paul explored almost 2000 yrs ago... when he wrote Colossians 2:6-10.

GOD: *V. 6 And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him.*

Just as you accepted/" received" him... “keep walking in him.”

What does he mean by “just as you received him?”

Right away we see what sets following Jesus apart from any other religious system, belief, philosophy...

Everything else says we have to do something, we have to earn, learn something...

But Paul doesn't say...

- “just as you earned Jesus' acceptance”
- “just as you impressed God enough to bless you”

Just as you accepted... Just as you received...

What do we accept/receive?

- Something that is given to us... we accept/receive **GIFTS**
- Jesus did everything for us... we just have to accept it.
- **Ephesians 2:8-9** *God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.*

Just as we accepted his gift... that's how we continue (ongoing/every day) to walk in him/to follow him.

People were telling the Colossians... “Jesus is great and all... But you gotta do more.

- If you really want to follow Jesus you have to follow the Jewish laws
- Eat kosher, guys get a special surgery.
- Or discover deep, mystical secrets of the spiritual world”

We are told similar things...

- Jesus is great. It's good that you've accepted him and all... BUT...
- A real Xian votes this way, dresses this way, follows these rules
- A real Xian stands up for this certain cause
- A real xian does this practice, has this spiritual experience.

But Paul says to the Colossians and us...

- You received it b/c it was a gift... why would it change once you accepted it?
- Who gives you a gift only to turn around and say, “now if you want to use this you have to earn it?”
- It's not like a one-week free trial and then you have to pay.

Continue following/walking... ongoing

- The way you receive it is the way you can live it.

We don't need to add to what Jesus has already done.

We can simply accept it and enjoy his gift... and grow in him... How?

V. 7 Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness

See Jesus didn't come to give us a new philosophy / religion / set of rules... he came to give us new life through him.

The foundation of the life Jesus offers is Jesus himself.

- He is the foundation we build our lives on.
- He is what we dig our roots into to grow strong and healthy.
- He is where we get our sustenance

When we realize, accept, and live in the fact that it's all a gift from Jesus, that he is all we need... we can't help but stop trying to earn anything, enjoy life, and continually be thankful to him for his love.

Jesus isn't a belief system... He is the foundation of real life.

And with Jesus as our foundation, we don't have to live in fear of “not being enough”

V. 8 Don't let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ.

Paul's not bashing the study of philosophy (even if it is even more boring than math)...

- In fact, if we have a strong foundation we can use other wisdom/insights to help build a good house
- We can even remodel our house when new thoughts come.
- B/c the foundation never changes.

In the Greco-Roman world, religions/ philosophies/ ways of wisdom / were part of what you used to build a foundation for your life... even the religious rules of the Jews...

- These were things created by humans that were then taught as “God’s Truths”
- Rules that give spiritual significance to opinions and inanimate objects.

Paul is saying... Our spiritual health is not based on what rules we follow but on who our foundation is.

Unfortunately... We still have plenty around us...

6 of the most prominent high-sounding nonsenses today:

Legalism: Following extra rules and traditions makes us more righteous before God.

Prosperity Gospel (Health & Wealth Theology): Faith leads to health, wealth, and success, and if you're struggling, it's because of a lack of faith.

Christian Nationalism: Confusing faith w/ patriotism.

- America is God’s chosen nation. He wants everyone to follow conservative politics and values.
- It’s adding Jesus to our own wants, prejudices, and political leanings.

Follow Your Heart-ism: Elevating feeling over truth. “God just wants you to be happy.”

- According to Jesus love looks like denying ourselves.

New Age Spiritual Mysticism:

- Chasing secret knowledge, experiences, or “higher enlightenment” or using crystals or astrology instead of simply knowing and following Jesus.

Hyper-Individualism: “I don’t need the Church; my relationship with God is just between me and him.”

- Faith is purely personal, as long as you have Jesus you’re not responsible to/for anyone else.

These are rules and traditions that are hollow and empty... b/c they are based on human reasoning and effort... Not rooted/founded on Jesus... who he is and what he did.

Building on the foundation of Jesus frees us from empty, high-sounding nonsense.

Why? B/c Jesus isn’t just another philosophy, religion, or way of thinking...

V. 9 For in Christ lives all the fullness of God in a human body

Jesus isn’t pointing us to God... Jesus is God.

Side Note: 62 AD- The Deity of Jesus. Not idea that snuck in 100's of years later.

This is not another religion... this is the true reality.

- Don't need secret knowledge. Don't need to do extra rituals/have extra-spiritual experiences.
- Everything we need to know about God is in Jesus.

Jon, why don't you go deeper?

- What else is there? There is no secret knowledge... Jesus is God.
- He showed us what truly matters is faith expressing itself through love.
- Why these teachings might seem simple... it's all about Jesus.
- Who he is and what it means to follow him.

What does this mean for us?

B/c Jesus is God, if he is our foundation, if we are rooted in him, then we have all we need... we can stop trying so hard!

V. 10 *So you also are complete through your union with Christ, who is the head over every ruler and authority.*

So Paul says... Stop trying so hard. You have all you need. And b/c your foundation is Jesus **you are complete!**

Complete: Same word as last verse... fullness of God

- You are full, filled up b/c your foundation is Jesus.

If Jesus is fully God and you are in him, then you already have everything you need!

We don't need to add religious rules, philosophies, or traditions—Jesus alone is enough.

YOU: So how can we do what Paul has been talking about here? Here's some ideas...

This week...

Evaluate your current foundation

- Who or what have I been trusting to give me meaning/purpose?
- Career / Relationships / Rules / Achievements / Wealth / Combination?
- What happens if/when they crumble?

For JF: What have you felt you need to add to Jesus?

- When you look at it in light of what we just talked about is it starting to sound like high-sounding nonsense?
- Preferences/Prejudices disguised as "God's Way?"

Choose to rest on THE solid foundation: Read Colossians 1:15-20 (Creed/Hymn from 30-50 AD)

- If this is true (Death and Resurrection proved it), what else do you need?
- Stop trying so hard... Jesus is enough. In him, you are and you have enough.

Build on the real foundation and remodel as needed.

Everyone's walk in Jesus looks different... and it can look different for each of us and at different points in our lives.

Houses can be remodeled. Sometimes they have to be.

Growth in Jesus doesn't mean changing the foundation...

But it means remodeling as you mature.

- Spiritual practices/disciplines shift... you might add/change some things.
- Perspectives expand
- Understanding deepens
- Change/re-modeling/reconstructing... It's a necessary part of the journey.

Not talking about truth changing... talking about growth and refining our relationship with Jesus.

Relationships grow and change... you don't interact with your spouse, kids, or friends the same way you did when you first met them... same with God... relationships need ongoing remodeling.

Following Jesus leads to growth and change in our relationship with him and others...

- But the foundation (Jesus himself) never changes.
- He actually does the remodeling for us... it's not that we're trying harder it's that we are letting him change us from the inside out.

As continue to grow your roots deep into the real foundation (prayer, reading scripture, talking/listening to others/practicing other spiritual disciplines)

- Ask questions
 - Why do I/you believe this? Why do I/you do this? Why would God say this?
- Explore (read/listen/talk)

When our foundation is Jesus we are free to explore any remodels he brings our way.

- And it looks different for everyone.
- Part of beauty and fun of the life he offers us.

Now if this is new to you... and you are realizing you've been looking for a firm foundation but nothing has worked...

- Jesus is waiting with open arms... he's offering to be your foundation through the highs and lows
- Giving you peace, purpose, rest, forgiveness, and security
- Just have to accept/receive the free gift he is offering you.
- Tell him "I accept your gift of new life. Help me make you my foundation."
- If that's you I'd love to talk to you... either after the service or email me at info@yourcrosscreek.com

WE: So imagine what life would be like if you knew you were already enough?- B/c Jesus is enough?

- Rest in him
- Trust him

In Jesus, you have a relationship with all of God himself.

- You don't need to add anything else...

So stop trying so hard...

Trust him and let him show you the full life he created all of us to discover, enjoy, and share... together.

Jesus is the only foundation we need for our life.