

What's Gotten Into You...Energy!

Ephesians 1:15-23

March 31, 2019

What's gotten into you? You seem to have so much energy!
Where do you get all your energy from?
Have you been asked that question lately?
Most of us look at the energy of young children running around in life and wish we could bottle up that energy and use it for ourselves when we get to feeling run down in life.

Who would have thought that a energy would be bottled up for us to drink!

Now I have not found on the shelves, "Young children" liquid energy. However, there are a number of energy drinks on the shelves at stores. I'm curious, anyone here drink energy drinks?

Anyone want to guess what the number one selling energy drink is right now?

No not coffee! In fact, I was surprised when I was doing the research for this message that coffee is not an energy drink! Ain't no one going to convince this caffeine energy consumer that one. The reason coffee is not considered an energy drink is that it doesn't have the vitamins that the energy drinks offer. Whatever! Java is still my number one energy drink.

The number one selling energy drink is Red Bull. The other popular energy drinks are Jolt (which was the original energy drink developed by Coca Cola in 1980's. There are Monster, Rock Star, NOS and AMP to name some of the many energy drinks that are out there.

I have not personally had any energy drinks. I have enjoyed energy bars, and high energy trail mix on my hikes.

There is another twist on the energy drink landscape that I want us to take a look at. It does not come in a 12oz. can. It comes in a shot size container. It is simply called "5 hour energy." It is a liquid shot of a blend of essential B-vitamins, amino acids and nutrients with no sugar and only 4 calories. The ingredients are blended to give enhanced mental alertness and energy for 5 or more hours.

Again, I have not personally tried 5 hour energy but I do like their marketing. In one commercial they show people walking around with a superimposed battery icon hovering over their heads. There is a construction worker, an office employee, an athlete, a young mom all showing their energy meters in the red. They need recharging. The commercial challenges the people to **get back to 100%!**

The commercial asks, "**What if people had a battery icon like on a cell phone?**" The people drink a 5 hour energy shot and their energy meters go green to a 100%. Then there is the closing remarks, "**Isn't life better at 100%!**"

If you have your cell phone with you this morning I would like for you to take it out and see what % your battery icon is indicating. Anyone at 100%? Anyone at 75-100%? 50-75%? Anyone in the red % where you need to recharge soon or your phone will die on you?

I want us to ask ourselves the 5 hour energy question but apply it to our spiritual lives. The question is this:

"What if we had a spiritual battery icon like on our cell phones?"

Where would your spiritual battery icon percentage be at today? 75-100%? 50-75% or are you in the red zone needing to be recharged before you spiritually die?

It is obvious that by drinking a 5 hour energy shot or any other energy drink...even coffee... that we are not going to get in us a spiritual energy or alertness that we are needing.

I want us to take a look at our **Source** of spiritual energy.
I want us to take a look at how we **recharge** our spiritual energy.
I want us to take a look at how **dynamic** this source of spiritual energy is in us.
What's gotten into you...energy!

The Source of our spiritual energy is God. We discovered in our scripture reading that this source of God's power issues from Christ: God raised him from death and set him on a throne in heaven. (Ephesians 1:20 Msg.) The power of the resurrection of Jesus is the power or energy that is available to us.

When Jesus ascended to heaven he told his followers that he would send his Holy Spirit to them and they would receive His power. (Acts 1:8) The Holy Spirit is given to all who believe in Jesus as their personal resurrected Savior. We have been given the power of the Holy Spirit.

This is not a super hero kind of power. We don't say some superhero phrase like, "Shazam" and we have this superhero power to defeat the villains of life. It is not our own power supply. Our source of energy and power to overcome the evil of life is found in Christ Jesus. (Philippians 4:13) The Apostle Paul reminded the Early Christians that they could face and endure and overcome through Christ's strength in them.

How many of us treat this power of Christ's Holy Spirit like a 5 hour energy shot? We only take Him when we can't make it through on our own. We let our spiritual energy level get so dangerously low that in desperation we come to church, read a bible verse or two or say a "shazam" prayer? The power of Christ is not a drink we pull off the shelf, He is a living Savior.

In his letter to the Ephesians, Paul later reminded them of this truth with these words, **"God can do anything, you know---far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us."** (Ephesians 3:20 MSG)

Has this power, this energy source, gotten into you?
Has this power, this energy source, gotten into the church?

What would you look like, act like, live like, if Christ's power was at work in you as opposed to you trying to do this on your own?
What would the church be like if we totally allowed the power of Christ's Spirit to be alive and at work in all we do?

I believe people would be asking you and me, "What's gotten into you? All this spiritual passion, power and energy!"

I believe the community would be asking us, "What has gotten into Community Church?"

Would it be revival?

Wouldn't our spiritual lives be better at 100%?

How do we get our spiritual lives recharged? How do we get from red line low spiritual life % back to 100%?

I have a time during most days where my mental and physical energy levels are low!

It is usually around 2:30p.m. in the afternoon. My mental creative juices are drying up. My physical meter is telling me to take a nap! Anyone relate to the afternoon apathy? Nap time!

The 5 hour energy company has a commercial that speaks to the **"No 2:30 afternoon feeling."** Of course the solution is to take a shot of 5 Hour Energy and push through the 2:30 afternoon lethargy.

For me I don't attempt to write my message in the afternoon... always first thing in the morning. I also push through the "2:30 afternoon apathy" by going to the gym or doing some kind of physical activity that gets the blood flowing again. That's how I recharge my mind and body through the 2:30 afternoon lazy.

How about you? How do you recharge your mind and body through the "2:30 afternoon lazy?"

I don't know about you but I also have those "2:30 afternoons" spiritually. I have those times during the day or those days where my spiritual battery icon is in the red. I have discovered that it's okay as long as I plug in and recharge my spiritual energy.

I want to share with you what I have found that works for me and challenge you to consider these ways of recharging your spiritual energy.

I am daily in God's word. Every morning, before the world wakes up, I am up! I get my energy drink brewing. I grab a cup of my BOLD coffee and head to my holy place. It is a rocking chair my grandma's parents got as a wedding gift. It is over 100 years old. It represents to me the generations of faith in my family. My mom gifted it to me. I then pray, "Lord Jesus Christ, Son of the Living God, have mercy on me a sinner" a few times. This reminds me it's not about me. I then look at the pictures of all my kids and their families. I pray specifically for each one. Then I pray for my sister and her husband and finally for Loreen and me.

Next, I reach for my bible reading guide to see where I am to be reading God's word. I have a reading plan that will take me through the Old Testament once, and the New Testament twice in a year. I have a journal method that challenges me to write down the "Awe" verse the Holy Spirit speaks to my spirit.

After I write the verse, its application in my life and a prayer I get up and get ready to face whatever the day brings...not on my own power... but through the energy that God is working within me.

Prayer and God's Word are crucial in my recharging my spiritual battery.

The next thing is to be with people who are positive in their walk with Jesus. I try to stay connected with them and call on them when I am running low. My wife is my go to first!

I am also one who likes to "get outside!" God's creation recharges me! "Take a hike!" gets not only my mental and physical energy % pumped up but even more so my spiritual % gets elevated.

I also challenge myself to read good books that stretch me in my understanding of God's presence in my life and the life of others.

Worship and service with believers is another way I get my spiritual energy recharged. I never know how or when God's Spirit will touch me. Worship is commanded of us by God to be in worship with others. We serve others out of our love for Jesus. He is there!

Prayer, God's word daily, getting around spiritual people, getting outside, reading spiritual literature, worship and serving others are ways I recharge my spiritual energy. All of these begin with preparatory and reminding prayer. I prayer prior to prepares my heart, soul, mind and spirit to be in a position to hear, experience and see God. My reminder is that it's not dependent upon me alone to recharge myself. God is my source of power and strength.

Now, what needs to be mentioned is that spiritually, like we do physically, we wear down. Life has a way of using up our spiritual energy levels.

The Good News is that we have been given a source of energy Who will never leave us or forsake us. He will be with us as we call on Him daily and through out each day.

When you and I hit the "2:30 afternoon apathy" we can call on Christ's Holy Spirit to come and recharge us with His power. We allow His love to work within us. He gently renews within us a heart and mind and spirit that is to be in Christ Jesus. He who had the power to raise Jesus from the dead can surely get us through the "2:30 spiritual lethargy."

This spiritual energy or power that has been given to us is greater than any evil that tries to drain us.

John, a disciple of Jesus, experienced this first hand and would later proclaim this promise of power:

"for the Spirit that is in you is far stronger than anything in the world."

(I John 4:4)

It is easy for us to get overwhelmed, fearful and down right scared of some of the evil that is going on in our world today, in our community, when we think we have to face it on our own. We can run and hide or we can call on the power that is greater than anything we will face. We can call on the One who conquered death and sin and won the victory over both. Jesus! The Spirit He has given us is ***"a spirit of power, love and self-discipline."*** (II Timothy 1:7)

The word that is used in the New Testament for this power is "dynamis." It is the word we get "dynamite and dynamic" from. Dynamite comes in a small package but has a powerful effect on what surrounds it when it is ignited.

"Dynamic" is someone or something that is active and makes a difference on those whose path it crosses.

Do we allow the Holy Spirit to ignite in what may seem small and insignificant lives His power in us?

Do we have a dynamic affect on the lives God brings into our lives?

The power of God working in and through us is power in action!
The power of God working in and through the church is power in action!

"When we trust in him, we're free to say whatever needs to be said, bold to go wherever we need to go."

(Ephesians 1:12 MSG)

The question for us as followers of Jesus and as a church would be:

Are we weak or bold in our following Jesus?

Are we lethargic or energetic in our living our lives for Jesus?

Are we apathetic or dynamic in the power of God's Spirit in our daily lives?

Here is the challenge I want to bring before us today.

Every time we look at our cell phone and see the battery icon that displays the % of power or energy left on our phone, that it will cause us to pause and pray. I want us to ask ourselves where is our % of spiritual power? May it remind us to daily recharge and to be dynamic in our witness and living of our lives for Jesus.

I pray as we allow His power to be at work within us that people will notice and ask, "What's gotten into you?"

I end with a reminder of God's spiritual promise of power to each of us:

"We can only keep on going, after all, by the POWER of God, who first saved us and then called us to his holy work."

(II Timothy 1:8,9 MSG)

