

QUIT

Quiet, Be still and know that I am God...

United, with Christ...

Individual Accountability,

Team, Together Everyone Accomplishes More

I. Introduction:

Quit is a word that has been in my mind a lot over the last several months, I have even talked about in our class. For me sin is often associated with the quitting.

- Quitting often means that you have given up, you have stopped trying. Failure is often preceded by quitting.
 - I have never been successful at a _____ that I quit (sport, diet, exercise program, college degree, learning something new...)
 - Many times the frustration that I have caused God has been because I quit, I quit _____ (praying, Bible study, attending worship, helping others, encouraging others...)
- Sometimes though, we need to quit, we need to quit sinning... For me the key seems to be that we need to focus on not quitting doing good and living a life of gratitude to God, let's fill up our time by living for Him and not leave anytime for doing evil, for sinning. My idleness gets me in more trouble than most things I can think of... **2 Thessalonians 3:6** [*Warning Against Idleness*] In the name of the Lord Jesus Christ, we command you, brothers and sisters, to keep away from every believer who is **idle** and disruptive and does not live according to the teaching you received from us.

Today I just want to share some thoughts to keep us from being quitters in regards to righteousness and to keep quitting where it needs to be in the context of sin. We need to be quitters in regards to sin but I think more importantly we need to be fighting the fight against quitting.

For me it's about, just keep going, once we get something started, we need to say, "No." to doubt, we just need to keep going.

- How do you eat an elephant... one bite at a time, but you have to start
- The journey of a 1000 miles begins with, one step, but you have to start
- I can remember each time I started a new degree program how overwhelming it seemed to me, but once I started the time flew by...

II Body:

Quiet, Be still and know that I am God... **Psalm 46:10** He says, "Be **still**, and **know** that I am God; I will be exalted among the nations, I will be exalted in the earth."

- We get so busy that we miss so much...
- How many times did your parents say to you, "If you would just listen to me!" How many times did you say it to your kids... But it's right, we didn't listen and look at the trouble we got into because of that...
- I shared this with you before, my daughter asked me once why I hunted, as I thought about the answer to that question I realized that hunting is one of those times when I am still, a time when I contemplate God in great depth, I am out in nature and I draw closer to my God...
- This is about letting go of your stress as well, **Galatians 6:2** Carry each other's **burdens**, and in this way you will fulfill the law of Christ. **Matthew 11:29- 30** Take my **yoke** upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my **yoke** is easy and my burden is light."

United, with Christ,

- **2 Corinthians 6:14** Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? **15** What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever? **16** What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." **17** Therefore, "Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." **18** And, "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.
- **Romans 8: 37** No, in all these things we are more than conquerors through him who loved us. **38** For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, **39** neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Individual Accountability,

- Who is counting on you?
- **Ephesians 2:10** For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
- Each part must do their work...

- **Ephesians 4:16** From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as **each part** does its work.

Team, Together Everyone Accomplishes More

- *As each part does it's work...* sounds like a TEAM concept
- When it came to sports in middle school I always liked wrestling because it wasn't a team sport, I didn't have to depend on someone else when I was on the mat...
- The Church is all about TEAM; we do need each other...
- Think about it, God created us for relationships:
 - Marriage
 - Friendships
 - Everything is easier with someone else
 - The number one reason why people get fired, they don't work well with others...
 - Our greatest frustrations involve problems with relationships:
 - Problems at work most always involve conflicts with people...
 - Fights/disagreements with our spouse/children...
 - DIVORCE
 - Moving and relocating is hard, why? Because of the people we leave behind...
 - Why is death so hard on us? It brings an end to a relationship...

III. Conclusion:

Jeremiah 6:16 This is what the LORD says:

"Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.

But you said, 'We will not walk in it.'

I Corinthians 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, **he will also provide a way out so that you can endure it.**

You know why we struggle with this? We quit looking for God's help, God's promise...

Maybe today there is something that you need to QUIT, how about giving it to God? Maybe there is something you need to do ... don't QUIT...