

Rinse & Repeat



Our language is filled with things that don't make much sense – words that sound the same but mean very different things such as there, their, and they're. There are words that are spelled the same and sound the same but mean very different things – such as lead (being a leader) and lead (a heavy metal).

Some of our phrases don't make much sense either. If you go to a yard sale or a garage sale and ask to buy the yard or the garage, people would think you're crazy. We drive on Parkways and park on driveways. We're not even talking about animals when we say we're going to kill two birds with one stone.

Some of our signs and instructions aren't much better. It is hard to *Watch your Head* without a mirror. When it says *Slow Children Playing* you wonder about those kids – the children you know always seem to move pretty fast. It's a bit easier to picture the *Slow Men Working*.

When you stop at a rest area and it says *Clean Bathroom*, are they telling you what to do? How about the instructions on a can of spray paint – *shake well before using* – are they talking about you or the paint can?

Fortunately, those of us who have grown up speaking English understand these things. But, it can be difficult for those who don't understand. When my parents first came to this country, they were flabbergasted by the signs around New England that read *Barn for Sale*. In Norwegian *barn* means children.

Another set of instructions – that you don't actually see as much anymore is *Rinse & Repeat*. How long do you need to keep doing that?

**WHEN COMFORTING A
GRAMMAR NAZI**



**I ALWAYS SAY SOFTLY,
"THERE, THEIR, THEY'RE"**

How do you finally break out of that cycle and do something other than *Rinse & Repeat*?

But, this expression in many ways actually describes what our relationship with Jesus should look like.

Matthew 11:28-30

Today we will conclude this sermon series. You have been challenged to *Take the Plunge* into spending regular, quality time with God.

The heart of what we've been studying is found in Jesus' invitation recorded in [Matthew 11](#):

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." ([Matthew 11:28-30](#), NKJV)

Before I make any comments on it, I'm going to read it in several different translations for you – sometimes hearing it stated a bit differently that we are used to can give us a jolt of understanding.

The first translation I'm going to share is from the [Worldwide English New Testament](#):

"All you who work hard! All you who carry heavy loads! Come to me! I will give you rest. Do what I tell you. Learn what I teach you. I am gentle. I am not proud. Then your hearts will rest. What I tell you to do is easy. What I give you to carry is not heavy." ([Matthew 11:28-30](#), WE)

This next one is from the [New Testament for Everyone](#):

"Are you having a real struggle? Come to me! Are you carrying a big load on your back? Come to me – I'll give you a rest! Pick up my yoke and put it on; take lessons from me! My heart is gentle, not arrogant. You'll find the rest you deeply need. My yoke is easy to wear, my load is easy to bear." ([Matthew 11:28-30](#), NTE)

And the last one I will share is from [the Message](#):

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." ([Matthew 11:28-30](#), MSG)

This passage does not represent a once and done event. It is pointing us to a lifestyle of living focused on and following Jesus.

It is telling you what the direction of your life should be and what the results will be – peace! This is not necessarily the absence of difficult things in your life – it is the peace of knowing you are right with God and that He is taking care of you. It is the rest that comes when you know the smartest and strongest Being is in charge and is directing your path.

It is the same message that we found in [Proverbs 3:5-6](#):

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6, NIV)

In this verse, submitting to God is the same thing as getting into the yoke with Jesus – essentially giving Him control of your life.

Think about this for a moment:

- God knows what's coming
- He knows how to deal with it
- He knows what you should be doing right now to prepare for it
- He's guided by His love for you and His desire to be with you for eternity.

Understanding these things should make us comfortable with giving Him control of our lives.

And this leads to the main problem with this passage for me.

It's not as though I don't understand what God is asking of me; I understand it just fine. But, there's a part of me that doesn't want to give anyone else control of my life, not even God.

I want the rest but I'm reluctant to make the commitment.

How about you? Is this a problem for you too?

Rest only comes as you stay connected to Jesus. Apart from this connection, there is no real rest or peace.

This verse is inviting you to *Take the Plunge* into a relationship with Jesus that will direct your life and drive away fear!

Philippians 4:6-9

Another verse that expresses the heart of what we have been studying is found in [Philippians 4](#):

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7, NLT)

Again, I'm going to read it to you in a couple of different translations before I comment on it.

Here it is in the [Worldwide English New Testament](#):

Do not worry about anything. Talk to God about everything. Thank him for what you have. Ask him for what you need. Then God will give you peace, a peace which is too wonderful to

understand. That peace will keep your hearts and minds safe as you trust in Christ Jesus.
(Philippians 4:6-7, WE)

Here it is in the [New Testament for Everyone](#)::

Don't worry about anything. Rather, in every area of life let God know what you want, as you pray and make requests, and give thanks as well. And God's peace, which is greater than we can ever understand, will keep guard over your hearts and minds in King Jesus.
(Philippians 4:6-7, NTE)

And here it is in [the Message](#):

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. (Philippians 4:6-7, MSG)

There are a couple of key thoughts here. The first is that instead of worrying about stuff, we need to talk to God about it. In fact, it says we should talk with God about *everything*.

Everything is a big word. It includes our financial situation, our health, our work, our relationships, our pets, our hobbies, our secret hurts and desires, that person we would like to kill sometimes (see the Psalms), things we know we should do but don't want too. You can share your anger with Him (even if it is directed at Him) and you should thank Him for the blessings you have. *Everything* means ... well, *everything*!

This is what it looks like when you are connected with Jesus. He loves you so much, He is interested in every detail of your life. You can't burden Him or bore Him. So start talking to Him!

We have noticed before that this promise is not; however, about getting what you ask for. There is no assurance here of that. What it does promise is something even bigger – peace!

It assures you that when you connect and communicate with God, you are secure in His hands. I love the way [the Message](#) sums it up:

... It's wonderful what happens when Christ displaces worry at the center of your life.
(Philippians 4:7, MSG)

This passage, along with the invitation in Matthew, is telling you that you need to focus your attention on Jesus rather than on your problems. Peace is the result!

Rinse + Repeat

What Jesus is asking you to do in your spiritual life is similar to what the instructions *Rinse & Repeat* implies – a never ending cycle.

Jesus asks you to begin each day with Him – whatever that may look like in your daily routine.

He ask you to stay connected with Him all day long; saying *yes* to His promptings and resting in the knowledge that He loves you completely and knows what you should be doing today.

He not only knows, but once you have decided you will follow His prompting, He will give you the strength to follow though on it.

Jesus' call is to action, but not the type of action we usually think of.

In talking with the crowd the day after the 5,000 were fed, He answered this question:

“What can we do to perform the works of God?” ...

Jesus replied, “This is the work of God – that you believe in the one he has sent.”

(John 6:28-29, CSB)

Jesus goes on to talk about the only way to salvation is to eat His flesh and drink His blood. This turned a lot of people away from Him – they pretended to take Him literally.

What He was saying by using this symbolism is this: The way you believe in me is to take me into your life so I become as much a part of who you are as the things you eat and drink.

His reference to His flesh and blood also point to His death. By dying for you – giving His own flesh and blood – He ransomed you from death so you can live forever. And it is by focusing your mind on Him, especially what He did for you – that your love for Him grows and your trust in Him deepens.

Salvation depends entirely on Jesus. There is nothing you or I can add to it. But, the only way it becomes yours is to be connected to Him. There is no alternative or shortcut.

If you're not spending regular, quality time with Jesus; I urge you to *Take the Plunge* today.

And then continually *Rinse & Repeat*. Develop the habit of living your life focused on and committed to Jesus!

Notes

Text you find in [this color](#) is a link to more information. It may take you to the Bible verse in context and/or in several different translations utilizing [BibleGateway.com](#). In some cases, it may take you to a website where there is additional information. And, it may take you to a PDF copy of previous sermons in this series.

Previous Sermons in this Series

Click on the title to view a PDF document of the sermon.

- Dec. 28, 2019 – *A Yoke?* ([Click here](#) to watch it)
- Jan. 11, 2020 – *L, O, or LOL?* ([Click here](#) to watch it)
- Jan. 25, 2020 – *Dig In!*
- Feb. 15, 2020 – *Loving the Law?* ([Click here](#) to watch it)
- Feb. 22, 2020 – *Abide/P.R.A.Y.*
- Mar. 14, 2020 – *Pause* ([Click here](#) to watch it)
- Mar. 28, 2020 – *Rejoice + Reflect* ([Click here](#) to watch it)
- Apr. 4, 2020 – *Ask* ([Click here](#) to watch it)
- April 18, 2020 – *Yield* ([Click here](#) to watch it)

P.R.A.Y.

[Click here](#) to download and print a copy to keep in your Bible.

Pause: **Pause to be still in God's Presence.** *Be still before the LORD and wait patiently for him ...*
([Psalm 37:7](#), NIV)

1. *Find a place where you can stop and be quiet with God.*
2. *Invite the Holy Spirit to be present with you.*
3. *Read or say from memory a passage of Scripture that reminds you who God and His interest in you ([Isaiah 40:28-31](#) and [Isaiah 41:13](#) are great for this – [click here](#) to download a printable copy of these verse to keep with you).*

Rejoice + Reflect: **Rejoice with a Psalm and Reflect on Scripture.** *Rejoice in the Lord always. I will say it again: Rejoice!* ([Philippians 4:4](#), NIV)

1. *Read a Bible passage or listen to a song that helps you to connect with God – there are many Psalms that do this well.*
2. *Invite the Holy Spirit to show you something to rejoice over.*

3. Prayerfully work your way through a passage or book of the Bible, taking the time to notice and learn God's promises – don't rush, it's more important that you understand and internalize a short passage than to read several chapters a day.
4. Keep notes of what you are learning so you can go back and see your journey with God.

Ask: Ask for God's help – for yourself and others. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you ..." (Matthew 7:7, NIV)

1. Share what's on your heart, asking God to provide, protect and encourage you. Be specific.
2. Think of people in your life who need God to move in their situations. Ask for God to be at work and to show you how to share God's love with them.

Yield: Yield to God's will in your life. "... But seek first his kingdom and his righteousness, and all these things will be given to you as well ..." (Matthew 6:33, NIV)

1. Think of a situation which feels challenging, stressful or uncertain. Invite God's kingdom to reign
2. What are you holding onto, today? Invite the Holy Spirit to challenge you to let go and trust God
3. Many of God's promises have conditions you need to meet in order to experience what He promises. Most of the time this will involve yielding in some way that will bring your life more into harmony with Him.
4. When you make the choice to yield to Him, God will empower you to act on your choice.

Scripture References

Proverbs 3:5-12 (NIV): Trust in the LORD with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.

⁷ Do not be wise in your own eyes; fear the LORD and shun evil. ⁸ This will bring health to your body and nourishment to your bones.

⁹ Honor the LORD with your wealth, with the firstfruits of all your crops; ¹⁰ then your barns will be filled to overflowing, and your vats will brim over with new wine.

¹¹ My son, do not despise the LORD's discipline, and do not resent his rebuke, ¹² because the LORD disciplines those he loves, as a father the son he delights in. (Proverbs 3:5-12, NIV)

Matthew 11:28-30 (NLT): Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." (Matthew 11:28-30, NLT)

John 6:28-29 (NLT): They replied, “We want to perform God’s works, too. What should we do?”

Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.”
(John 6:28-29, NLT)

Romans 12:9-18 (NLT): Don’t just pretend to love others. Really love them. Hate what is wrong.

Hold tightly to what is good. ¹⁰ Love each other with genuine affection, and take delight in honoring each other. ¹¹ Never be lazy, but work hard and serve the Lord enthusiastically.

¹² Rejoice in our confident hope. Be patient in trouble, and keep on praying. ¹³ When God’s people are in need, be ready to help them. Always be eager to practice hospitality.

¹⁴ Bless those who persecute you. Don’t curse them; pray that God will bless them. ¹⁵ Be happy with those who are happy, and weep with those who weep. ¹⁶ Live in harmony with each other. Don’t be too proud to enjoy the company of ordinary people. And don’t think you know it all!

¹⁷ Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. ¹⁸ Do all that you can to live in peace with everyone. (Romans 12:9-18, NLT)

Philippians 4:4-9 (NLT): Always be full of joy in the Lord. I say it again – rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me – everything you heard from me and saw me doing. Then the God of peace will be with you.

(Philippians 4:4-9, NLT)

Philippians 4:4-9 (the Message): Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you’re on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

⁶⁻⁷ Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.

⁸⁻⁹ Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies. (Philippians 4:4-9, the Message)

Ephesians 6:10-18 (NLT): A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. ¹² For we^[a] are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

¹³ Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴ Stand your ground, putting on the belt of truth and the body armor of God's righteousness. ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared.^[a] ¹⁶ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.^[a] ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

¹⁸ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. (Ephesians 6:10-18, NLT)

1 Thessalonians 5:16-18 (NLT): Always be joyful. ¹⁷ Never stop praying. ¹⁸ Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. (1 Thessalonians 5:16-18, NLT)

E.G. White References

Desire of Ages, page 480: Every soul is as fully known to Jesus as if he were the only one for whom the Saviour died. The distress of every one touches His heart. The cry for aid reaches His ear. He came to draw all men unto Himself. He bids them, "Follow Me," and His Spirit moves upon their hearts to draw them to come to Him. Many refuse to be drawn. Jesus knows who they are. He also knows who gladly hear His call, and are ready to come under His pastoral care. He says, "My sheep hear My voice, and I know them, and they follow Me." He cares for each one as if there were not another on the face of the earth.

"He calleth His own sheep by name, and leadeth them out And the sheep follow Him: for they know His voice." The Eastern shepherd does not drive his sheep. He depends not upon force or fear; but going before, he calls them. They know his voice, and obey the call. So does the Saviour-Shepherd with His sheep. The Scripture says, "Thou leddest Thy people like a flock by the hand of Moses and Aaron." Through the prophet, Jesus declares, "I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee." He compels none to follow Him. "I drew them," He says, "with cords of a man, with bands of love." Psalm 77:20; Jeremiah 31:3; Hosea 11:4.

It is not the fear of punishment, or the hope of everlasting reward, that leads the disciples of Christ to follow Him. They behold the Saviour's matchless love, revealed throughout His pilgrimage on earth, from the manger of Bethlehem to Calvary's cross, and the sight of Him

attracts, it softens and subdues the soul. Love awakens in the heart of the beholders. They hear His voice, and they follow Him. (Desire of Ages, page 480)

Desire of Ages, pages 667-668: The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them. He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises.

But to pray in Christ's name means much. It means that we are to accept His character, manifest His spirit, and work His works. The Saviour's promise is given on condition. "If ye love Me," He says, "keep My commandments." He saves men, not in sin, but from sin; and those who love Him will show their love by obedience.

All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses. The will, refined and sanctified, will find its highest delight in doing His service. When we know God as it is our privilege to know Him, our life will be a life of continual obedience. Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us.

As Christ lived the law in humanity, so we may do if we will take hold of the Strong for strength. But we are not to place the responsibility of our duty upon others, and wait for them to tell us what to do. We cannot depend for counsel upon humanity. The Lord will teach us our duty just as willingly as He will teach somebody else. If we come to Him in faith, He will speak His mysteries to us personally. Our hearts will often burn within us as One draws nigh to commune with us as He did with Enoch. Those who decide to do nothing in any line that will displease God, will know, after presenting their case before Him, just what course to pursue. And they will receive not only wisdom, but strength. Power for obedience, for service, will be imparted to them, as Christ has promised. Whatever was given to Christ – the "all things" to supply the need of fallen men – was given to Him as the head and representative of humanity. And "whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight." 1 John 3:22. (Desire of Ages, pages 667-668)

Steps to Christ, pages 62-63: The condition of eternal life is now just what it always has been – just what it was in Paradise before the fall of our first parents – perfect obedience to the law of God, perfect righteousness. If eternal life were granted on any condition short of this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized.

It was possible for Adam, before the fall, to form a righteous character by obedience to God's law. But he failed to do this, and because of his sin our natures are fallen and we cannot make

ourselves righteous. Since we are sinful, unholy, we cannot perfectly obey the holy law. We have no righteousness of our own with which to meet the claims of the law of God. But Christ has made a way of escape for us. He lived on earth amid trials and temptations such as we have to meet. He lived a sinless life. He died for us, and now He offers to take our sins and give us His righteousness. If you give yourself to Him, and accept Him as your Saviour, then, sinful as your life may have been, for His sake you are accounted righteous. Christ's character stands in place of your character, and you are accepted before God just as if you had not sinned.

More than this, Christ changes the heart. He abides in your heart by faith. You are to maintain this connection with Christ by faith and the continual surrender of your will to Him; and so long as you do this, He will work in you to will and to do according to His good pleasure. So you may say, "The life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me." [Galatians 2:20](#). So Jesus said to His disciples, "It is not ye that speak, but the Spirit of your Father which speaketh in you." [Matthew 10:20](#). Then with Christ working in you, you will manifest the same spirit and do the same good works – works of righteousness, obedience.

So we have nothing in ourselves of which to boast. We have no ground for self-exaltation. Our only ground of hope is in the righteousness of Christ imputed to us, and in that wrought by His Spirit working in and through us. ([Steps to Christ, pages 62-63](#))