

“Fan or Follower”

Theme: Not a Fan

Guest Preacher: Zack Esgar

Scripture: Luke 9:23, John 6:1-15, Matthew 4:19-20

Things I'd like to remember from today's sermon:

Meditation Moments for Monday, March 10

MORNING: "If anyone would come after me, he must deny himself, take up his cross daily and follow me." (Luke 9:23)

"We say to Jesus, 'I don't mind you making some changes in my life,' but Jesus wants to turn your life upside down. We say, 'I don't mind a little touch-up work' but Jesus wants complete renovation. We're thinking tune-up, he's thinking overhaul. We think a little decorating, why not, but Jesus wants a complete remodel." –Kyle, NAFStudy

DTR: define the relationship. Take a few minutes to define your relationship with Jesus. What it is now? And what do you want it to be?

NOON REMINDER: Try taking five minutes for meditation. Close your eyes and in your mind picture Jesus. Watch Him turn, look at you and hear Him say, "If you would come after me, you must deny yourself, take up your cross, and follow me." Hear Him say these words again and again. Become aware of your reaction to His invitation. After the five minutes have passed, jot your thoughts down.

Note: Some of the suggestions, like this one, may sound a bit inane or even non-traditional. We encourage you to try each exercise with an open mind. Give it 100%. When someone takes golf lessons or martial arts training, the instructor often gives them exercises that feel awkward, uncomfortable or even irrelevant to their goal. The athlete who improves the most is usually the one who cooperates most with the training.

EVENING REFLECTION: Ask Jesus to reflect on your day. Say to Him, "Jesus, tell me about my day." Write whatever stands out.

"No one can come to me unless the Father who sent me draws him" (John 6:44)

Jesus has invited you – not just you in general, as part of the crowd, but you yourself, by name – to follow Him. Sleep with that thought, of Jesus personally calling you at the forefront of your mind.

Tuesday, March 11

MORNING: "Whenever I listen to you preach, I feel like you are trying to interfere with my life." –Kyle, NAF Study

Look ahead to what you have scheduled today. Are you willing to have Jesus interfere? Write your reply down.

NOON REMINDER: Try repeating this phrase aloud ten times, "Lord Jesus, come interfere in my life." (Again, this is one of the suggestions that may sound childish or impractical. But what do you really have to lose in trying it? What comes out of this little exercise for you?

EVENING REFLECTION: What did you learn today about yourself and your willingness to have Jesus interfere in your daily life? What would change in your spirit when it comes to Jesus interfering in your life if you believed the words, **"For I know the plans I have for you; plans to prosper you and not to harm, plans to give you hope and a future"**? (Jeremiah 29:11)

Go to sleep with these words on your lips.

Wednesday March 12

MORNING: "Is Jesus one of many, or is He your one and only?" –Kyle, NAF Study

Bring a favorite worship song to mind. Place an extra chair before you. Imagine Jesus sitting in the chair. Try singing aloud, even if softly, the words to a favorite worship song or hymn to Jesus, as he sits before you, taking it in. What is your reaction to doing this?

Lastly, note your sense of Jesus' reaction to your worship.

NOON REMINDER: When a person has a "one and only," he often writes love notes, even poetry, to the beloved. Before moving on with your day, write a few words to Jesus telling Him what you think of Him.

EVENING REFLECTION: Whatever you are doing this evening, imagine doing it with Jesus. Write one difference that makes to you. ***"The LORD your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing."*** (Zephaniah 3:17) You began the morning singing to Jesus. Singing to Him is fitting because He is worthy of your love since He is perfect love. As you go to sleep, imagine him singing over you- a sweet song of His commitment, protection, forgiveness and favor.

Thursday, March 13

MORNING: *"Any of you who does not give up everything he has cannot be my disciple."* (Luke 14:33)

Who are you most tempted to put ahead of Jesus, to love more than Jesus? Try to describe why? What do you gain from this exercise?

NOON REMINDER: Think again of the person you named this morning, the one who is most likely to be in competition with Jesus for preeminence in your life. For a few minutes, try holding a mental image of Jesus alongside a mental image of the person who would be in the greatest competition to him. Simply become aware of what it is like when these two images are put side by side on the movie screen of your mind. As you do, compare the two. What comes of the exercise?

EVENING REFLECTION: Imagine saying your evening prayers to a person you are most likely to put ahead of Jesus. How would that go? How would it compare to praying to Jesus? Evaluate the difference. We often dream of those most important to us. Invite Jesus into your dreams.

Friday, March 14

MORNING: *"Is your relationship with Jesus moving from casual to committed?"* -Kyle, NAF Study

Try describing the difference you see between admiration and devotion. Which description looks most like your relationship with Jesus? Decide which it will be for you today toward Jesus.

NOON REMINDER: For a few minutes, close your eyes and imagine yourself wholly devoted to Christ. Picture yourself as a totally committed follower. How would that feel? What would you do? What expression would appear on your face? What would be different? Don't rush this. Take time to focus. After meditation, jot down your thoughts.

EVENING REFLECTION: Close your eyes, and with Jesus, journey back through your day. As you do, confess sin as you see it, and immediately receive Jesus' forgiveness. Don't give the Evil One a foothold onto your guilt. Thank Jesus for the good things as you recall them, and imagine Him receiving your thanks. Notice anything from which you want to learn. Imagine Jesus praying over you like a parent would a child. What might he say?

Saturday, March 15

MORNING: *"Would you please tell him that the Bible teaches moderation in all things? Would you please tell him that it doesn't have to be all or nothing?"* -Kyle, NAF Study

"I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm- neither hot nor cold-I am about to spit you out of my mouth." (Revelation 3:14-16)

For something to be hot, it must be heated. To be cold, it must be cooled. If an object is lukewarm, then it is either being equally heated and cooled, or being neither heated or cooled. If you are to be hot, then you must be sufficiently heated. Every stimulus you allow in your life will either heat or cool your love for Jesus. Today record your habits as you go through your routine. At the end of the day, we will look at which habits "heat" your passion for Jesus and which "cool" your walk with him.

-The way I wake up is... -What I do first is... -My morning routine is... -My food, drink, tobacco, caffeine, alcohol, and drug consumption is... -What is most important to me in the morning is... -The most influential thing on my mood most mornings is... -While I drive, I...

NOON REMINDER: Journal about your habits: -My routine at work is... -When I have a chance for a break, I... -Those I talk to most are... -The way I problem solve is... -My food, drink, tobacco, caffeine, alcohol, and drug consumption is... -For a pick-me-up, I... -During my drive home, I...

EVENING REFLECTION: Catalog your typical evening pattern: -When I get home, the first thing I do is... -My exercise practice is... -My food, drink, tobacco, caffeine, alcohol, and drug consumption is... -I spend most evenings... -I never miss / my favorite thing is... -My TV and internet usage are... -The way I spend my weekends is often...

What habits warm your heart for Jesus? What habits cool your interest in Him. Go to sleep imagining yourself "hot" for Jesus tomorrow.