

Authentic Disciples: Being Emotional Healthy

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Introduction: 4 Issues

1. Brown-out, Burn-out & Give Up

Introduction: 4 Issues

National Health Promotion Report
8,000 adults, Age: 18 -74

1 out of 4 adults report highly stressed in 2013
compared to 1 out of 5 in 2012.

1 out of 15 Singaporeans will have depression
sometime in life.

*60% Singaporeans feel mental fatigue @ work.
67% had more stress-related illness
34% losing sleep because of work.*

Introduction: 4 Issues

1. Brown-out, Burn-out & Give Up
2. Little self-care/Doing for God rather than being with God:

Story of Ray Mossholder, Marriage Plus Ministries filed for divorce from his wife of 42 years.

"the story of the shoemaker who was so busy that my own wife had to go without shoes. I have been that shoemaker, I make no excuse for it."

Introduction: 4 Issues

3. Cannot embrace pains & sufferings: Spiritualizing conflict & demonizing pain.
4. Anger, judgmental, critical, ungrateful Christians.

Introduction: Why Emotionally Unhealthy?

1 Higher Performance, Higher Stress

1/3 of people are now extremely stressed.

Some of the stressors include:

- * demanding & exhausting work
- * expensive lifestyle: money,
- * rising housing & health cost
- * pressures of single, and
- * parenting teens & young children.

(Study by American Psychological Association)

Introduction: Why Emotionally Unhealthy?

Blinding Speed:

“Not Marathon but 100m dash, over and over again”

- Speed of business, travel, communication & innovation: How fast is your modem?
- We reap the consequences: Psychologically disjointed, socially disconnected, emotionally drained, & spiritually empty.

Introduction: Why Emotionally Unhealthy?

2 Instant Self-Gratification: Self-Serving Discipleship

- Materialism is most obvious symbol of self-gratification and self-deception.

Introduction: Why Emotionally Unhealthy

88% Singaporeans are materialistic.

72% more materialistic today than 5 years ago.

Only 46% consider themselves materialistic

Introduction: Why Emotionally Unhealthy

2. Instant Self-Gratification: Self-Serving Discipleship

Materialism:

School = Grades = Job = Money

= SELF

Introduction: Why Emotionally Unhealthy?

2. Instant Self-Gratification: Self-Serving Discipleship

- Discipleship becomes self-serving: God had become a genie in Aladdin's lamp
- We crave for instant spirituality: Spiritual growth packaged in 3-day, 2-night.

Introduction: Why Emotionally Unhealthy?

#3. Functionally-Effective but Emotionally Disconnected Relationships

- People become functional: employees to be used, customers to be exploited & couples/family are functionally effective but emotionally disconnected.

“People that talk the loudest may be the ones walking the slowest.”

1 Authentic Disciples are passionate with God's passion

2 I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that I might present you as a pure virgin to him.

- **Passion for Purity: Godliness** Jealous for godly jealousy that we serve one Master.

Godliness comes
from being
God-Lover!

It is about life transformation that
comes from Self-Care!

One of the things you learn about revival is that
it is a temporary phenomenon.
It does not solve the problem of spiritual growth.
One reason it dies is that
it does not focus on character growth but it
focuses on events.

Dallas Willard

1 Authentic Disciples are passionate with God's passion

“4 For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the Spirit you received, or a different gospel from the one you accepted, you put up with it easily enough.” (v 4)

- **Passion for Truth**
Transformation based on true gospel
Canadian Mounties

Canadian Mounted Police

Feel, touch, taste Canadian Dollar every day.

Found it mundane, routine.

“Know the real to know the counterfeit”

2 Authentic Disciples value their contributions & embrace their pains

16 I repeat: Let no one take me for a fool. But if you do, then tolerate me just as you would a fool, so that I may do a little boasting. 17 In this self-confident boasting I am not talking as the Lord would, but as a fool. (vv 16, 17)

Authentic disciples are real: They value themselves & value contributions.

2 Authentic Disciples value their contributions & embrace their pains

22 Are they Hebrews? So am I. Are they Israelites? So am I. Are they Abraham's descendants? So am I.

23 Are they servants of Christ? (I am out of my mind to talk like this.) I am more.

- * Proud of race – Hebrews
- Proud of heritage – Israelites
- Proud of spiritual relationship - Descendants of Abraham
- Proud of our service

Paul is no push-over!

2 Authentic Disciples value their contributions & embrace their pains

- **Imprisoned unfairly** - *I have worked much harder, been in prison more frequently, (v 23)*
- **Flogged severely** – *“been flogged more severely, and been exposed to death again and again, Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones” (vv 23, 24)*

2 Authentic Disciples value their contributions & embrace their pains

- **Shipwrecked unpredictably**

*“three times I was shipwrecked, I spent a night
and a day in the open sea,”*

(v 25)

2 Authentic Disciples value their contributions & embrace their pains

- **Traversed dangerously**

*"I have been constantly on the move. I have been in danger from **rivers**, in danger from **bandits**, in danger from my **fellow Jews**, in danger from **Gentiles**; in danger in the **city**, in danger in the **country**, in danger at **sea**; and in danger from **false believers**".*

2 Authentic Disciples value their contributions & embrace their pains

- **Deprivation of sleep, food & weather –**
- *“I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.” (v 27)*

2 Authentic Disciples value their contributions & embrace their pains

“If I must boast, I will boast of the things that show my weakness. 31 The God and Father of the Lord Jesus, who is to be praised forever, knows that I am not lying.” (vv 30, 31)

Paul finds strength in weakness.

Attribute everything to God!

Story of William Tang

With Eagles since 14 years old

- 'FILO' Man
- First In, Last Out'
- Sound person for 46 years
- Theological-trained but feel that his calling is to play supportive role.
- Never complaint but serve with joy.

Story of William Tang

Q: “How do you see your contribution & all ‘dirty’ work in Eagles?”

A: “Must always be passion inside you. With passion, all difficulties can be solved. Everyone has a part to play in ministry. I am not the only working hard. This is where God has placed me.”

Story of William Tang

Q. “Working with volunteers must be tough especially your kind of work. How do you cope?”

A: Everyone is important. See what each can contribute & their strengths. More importantly, my purpose is build relationship with them, help them see the vision & roles.”

Difference between Star and Servant

A Star is a big name;
A Servant is big person.

A Star is big on ego;
A Servant is big on eagerness to help.

A Star is big on image;
A Servant is big on involvement with
others.

#3 Authentic Disciples care deeply for people

28 Besides everything else, I face daily the pressure of my concern for all the churches. 29 Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn? (vv 28, 29)

Authentic Disciples love inspite of

“We are working primarily
for love.”

Max De Pree, *Leading Without Power*,

“Love prompts us to visit our employees around the world. Love makes us want to work extra time. Love pushes us to do whatever it takes to help others succeed. Love forgives mistakes and binds up the hurt and frustrated.”

STORY OF CHENG SEE & CHURCH

Wife of Malaysian tycoon. Worked among the poorest of poor in Rifle Range, Penang.

Started seeking God to use her: Gift of Cooking

50 year man, Wife left him, bankrupt, wanted to commit suicide. Cooked for him every day.

Wanted to share his food with neighbor. Visited him. "What's the difference between cooking for one or two?"

STORY OF CHENG SEE

Today, She is feeding 1,300 families.

STORY OF CHENG SEE & CHURCH

Every day she would go to Rifle Range. Noticed many children did not go to school.

- No white shoes
- No money for bus fares
- No school fees
- No school books in their school bags.

She opened a drop-in center. Kids can come in.

STORY OF CHENG SEE & CHURCH

Provide 5 kg of rice each month, some provisions – Enough not to go hungry but insufficient so that they have to work.

“What are the greatest needs?”

“Too many. Single parent, some families have 13/14 children, live on Rm 250 a month, some have chronic illness, children have diabetes (drink sugared water since birth).

I have also many failures. People who take advantage, exploit and/or became worse.”

I point them to Jesus.”

STORY OF CHENG SEE & CHURCH

For the first four years, she did not mention about Christ. If she did, she would not be welcome.

“I am not a Christian.”

“I am follower of Jesus.”

“I don't tell them to pray. I tell them to talk to Jesus.”

Many of them are talking to Jesus.

Two sisters: Jesus is here.

“I am a follower of Jesus.”

STORY OF CHENG SEE

‘How many churches are helping you? How have they supported you?’

She turned to me and I turned to her.

“Sorry, I don’t know how to answer your question.”

STORY OF CHENG SEE & CHURCH

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Where is the Church?

We need authentic Disciples!