

Do you want to be remembered and  
celebrated forever?

Living a life that lasts...  
FOREVER

# Living a Life that Lasts...FOREVER



REPRODUCE - “bear fruit...that will last”:

- FOCUS CLOSE - “love one another as I have loved you”
- **AWAKEN** - “keep watch and pray”
- REMEMBER GOD IS KING - be broken and given

What **restrains** us from  
Living a Life that  
Lasts...FOREVER?

# Difficulties with Attention

- **Mental Energy regulates and distributes the energy supply needed** for the brain to take in and interpret information and regulate behavior. Those whose mental energy is not working effectively may become mentally fatigued when they try to concentrate.
- There are four mental energy controls:
  - **Alertness** - a state of mind in which a person can effectively listen to and watch information being presented
  - **Sleep** - the ability to sleep well enough at night to be sufficiently alert during the day
  - **Effort** - initiates and maintains the flow of energy required for a person to start, work on, and complete a task
  - **Consistency** - a reliable, predictable flow of energy from moment to moment and day to day

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee (James & John) along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death (this sorrow is crushing my life out). Stay here and **keep watch with me** (abide in me - Jn. 15).”

Matthew 26:36-38

The word translated “watch” means “to have the alertness of a guard at night.” A night watchman must be even more vigilant than a daytime guard. In the daytime, danger can often be spotted from a distance. But in the night everything is different. A night watchman must use senses other than sight to detect danger. He is often alone in the darkness and without the defenses he would otherwise employ. There may be no indications of enemy attack until it happens, so he must be hyper-vigilant, suspecting it at any moment. That is the type of watching Jesus spoke about.

Jesus warned us that **we are too easily distracted** by the physical and will be caught unaware if we do not continually discipline ourselves.

Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet **not as I will**, but as you will.”

Matthew 26:39

Then he returned to his disciples and **found them sleeping**. “Couldn’t you men keep watch with me for one hour?” he asked Peter. “**Watch and pray so that you will not fall into temptation**. The spirit is willing, but the flesh is weak.”

He **went away** a second time **and prayed**, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

Matthew 26:40-42

## Mark 1:35-38

Very early in the morning, while it was still dark, **Jesus got up, left the house and went off to a solitary place, where he prayed.** Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!”

Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”

When he came back, he again found them sleeping, because their eyes were heavy. So **he left them and went away once more and prayed** the third time, saying the same thing.

Then he returned to the disciples and said to them, “Are you still sleeping and resting? **Look, the hour has come,** and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”

Matthew 26:43-46

# AWAKEN

What restrains us from living a life that  
lasts...FOREVER?

# What needs to be pruned?

Do not love **the world or anything in the world**. If anyone loves the world, love for the Father is not in them. For everything in the world—**the lust of the flesh, the lust of the eyes, and the pride of life**—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

1 John 2:15-17

# What needs to be pruned?

Lusts of the Flesh - selfishness prevents reproduction - we become deadwood

Lusts of the Eyes - greed prevents awakening - we're asleep in the light

Pride of Life - focus

1 John 2:15-17

How can we fight the “everything in the world”?

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the **spiritual** forces of evil in the heavenly realms.” Ephesians 6:12

We need SPIRITUAL weapons to fight SPIRITUAL battles!

Fight the Lusts of the Flesh through a  
vow of chastity

Fight the Lusts of the Eyes through a  
vow of poverty

Fight the Pride of Life through a vow of  
obedience

Mother Theresa called the vow of poverty, the “freedom of poverty”.

She said, “It frees us to love Jesus with **undivided love**; and to love the poor with undivided love”.

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# AWAKEN

...by removing those things which divide our  
attention and our love

# Jesus' Last Words - John 13, 14, 15, 16, 17

I am the true vine, and my Father is the gardener. He cuts off (no more nourishment) every branch in me that bears no fruit, while **every branch that does bear fruit he prunes so that it will be even more fruitful.** You are already clean (pruned) because of the word I have spoken to you. Remain (live) in me, as I also remain (live) in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. John 15:1-7

Less, but better.

# Clean Out Your Closet

Pray - ask God to AWAKEN you to:

Lusts of the Flesh

Lusts of the Eyes

Pride of Life

# Asleep in the Light

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