

Series: "ALL DAY EVERY DAY"

For Message: Jeremiah 15:29a; Psalm 1:2, 4:8; Col 3:23; Matt 6:34, 11:28; James 4:8

Message Title: "Every Night"

Introduction: Welcome to BMZ CHURCH! HAPPY NEW YEAR EVERYONE!

The HEART behind "**ALL DAY EVERY DAY**" is that we go DEEPER in our FAITH at the BEGINNING of 2024, which will HOPEFULLY Help us BE DEEPER in our FAITH at the END of 2024. Why? So, we GROW in our FAITH and SHARE it with OTHERS ... as we FIND THROUGHOUT the BIBLE. This is about ENGAGING our FAITH more

CONSISTENTLY. NOT just on SUNDAYS, but ALL DAY ... EVERY DAY.

We started with MORNINGS ... GOOD ROUTINES to get the RUDDER in the WATER and HEADED in a GODLY DIRECTION for our DAY. Then, we talked about our DAYS ... when we WORK or GO to SCHOOL, HOW do I LIVE for CHRIST DURING the DAY? THIS WEEK ... PART of ALL DAY is the NIGHT ...

GRAB your MESSAGE Notes / PEN as we CONTINUE talking about HOW we can put PILLARS / ROUTINES in our LIVES, so we SPEND ALL DAY / Every Day with JESUS ... in RELATIONSHIP. It's EASY to FALL AWAY from our FAITH, BUT it's ALSO EASY to RETURN, according to The LORD ... **JEREMIAH 15:19a = *This is how the Lord responds: "If you return to me, I will restore you so you can continue to serve me.***

We're TALKING about some SIMPLE, SMALL, DAILY STEPS to RETURN to The LORD ... Not Huge ... SIMPLE STEPS to PRIORITIZE our FAITH. IF we make some DAILY HABITS, WE RETURN and The LORD RESTORES US.

So FAR, we've talked about PRIORITIZING The LORD with SMALL STEPS in the MORNING. LAST WEEK, we talked about SMALL STEPS we can TAKE to PRIORITIZE JESUS during our WORKDAY (Home / School / etc.). WE said our WORKDAY is TIME when we are ON MISSION with GOD. Let's NOT WASTE IT!

TODAY, a THIRD AREA of our LIVES ... that is probably MOST OVERLOOKED when we CONSIDER our FAITH LIFE / RELATIONSHIP with JESUS. HOW do I take SMALL STEPS to PRIORITIZE GOD in the EVENING?

Do YOU'RE EVENINGS ever DISTRACT YOU from your RELATIONSHIP with GOD? It happens EASILY, doesn't it? IT is DIFFICULT to STAY ON ROUTINE. Maybe you NEED to STAY LATE for WORK ... OFF ROUTINE. Maybe you decide to GO OUT with your FRIENDS for JUST an HOUR ... and THREE HOURS LATER ... OFF ROUTINE. Maybe you JUMP on FACEBOOK to FIND some INFORMATION you NEED, and TWO HOURS LATER your STILL SCROLLING ... OFF ROUTINE. Maybe you GET in a FIGHT with your SPOUSE ... OFF ROUTINE. MAYBE you DECIDE to WATCH ONE SHOW on NETFLIX ... BINGE FEST!!

THINGS HAPPEN in EVENINGS we CAN'T HELP. That's LIFE. BUT IF they happen OFTEN, our NIGHTS become STRESSFUL instead of RESTFUL. You're ENDING your DAYS EXHAUSTED and EMPTY. You have NOT THOUGHT about GOD ALL EVENING.

Studies SHOW 40% of AMERICANS do NOT SLEEP enough at NIGHT. 60 MILLION suffer from INSOMNIA ... lying AWAKE WORRYING about the DAY / WORK / MONEY / LIFE. We have FATIGUE and ANXIETY BECAUSE we do NOT KNOW HOW to END our DAYS with CHRIST ... the WAY we're DESIGNED to TRUST and REST.

Let me ASK: Be Honest. ARE MOST of your EVENINGS RESTFUL or STRESSFUL? Are you REFRESHED and RECHARGED, or are YOU WORN OUT? Here's what GOD WANTS ... **PSALM 127:2 = *It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.*** Would you please CIRCLE the word, "REST"? God LOVES us and WANTS us to GET the REST HE CREATED our BODIES to NEED. Let's go.

To Find Rest and End My Day with God:

Now, TODAY'S MESSAGE is for ME. You're WELCOME to LISTEN IN... Let's go after some SMALL STEPS we can TAKE to FIND some REST in CHRIST.

#1 = I Leave WORK at WORK

Our EVENING BEGINS when we LEAVE our DAY. Whatever your "WORK" is, we TRANSITION from DAY ROUTINE to EVENING ROUTINE. It BEGINS when we LEAVE WORK ... SO ... LEAVE WORK at WORK! WORK HARD when you are AT WORK! And WHEN we WORK ... Paul Reminds ... **COLOSSIANS 3:23 = *Work willingly at whatever you do, as though you were working for the Lord rather than for people.*** You are ON MISSION with GOD. Be KNOWN as the PERSON who WORKS HARD. But WHEN you LEAVE WORK, LEAVE WORK.

And I GET IT ... there is ALWAYS ONE MORE PHONE CALL / EMAIL / PROJECT to WORK ON. It's NOT EASY to LEAVE. For SOME of US, we need to be AVAILABLE to WORK at ALL TIMES. You MUST be ON CALL. SO, I try to DO EVERYTHING I CAN so I can LEAVE as MUCH as POSSIBLE at WORK.

Idea: HERE'S a WAY to LEAVE WORK at WORK ... LEAVE the STRESS of WORK ... PLAN your NEXT DAY BEFORE you LEAVE WORK. One way to LEAVE WORK at WORK is to PLAN OUT your NEXT DAY of WORK ... WRITE OUT what you KNOW you NEED to ACCOMPLISH the NEXT MORNING when you COME IN ... PRIORITIZE them and GET MATERIALS OUT to REMIND you IF you need to. IF we DO this at the END of the WORKDAY, we KNOW we can QUIT THINKING / WORRYING about WORK when we LEAVE WORK. I don't NEED to WORRY. I KNOW I'm READY. It's planned.

ANOTHER Idea: When you LEAVE WORK ... USE your COMMUTE to SHIFT your FOCUS to GOD. IF we are going to FIND REST in GOD, we need to SHIFT our FOCUS / ATTENTION to GOD. Like when you were GOING to WORK, LISTEN to SCRIPTURE / WORSHIP MUSIC / SERMON ... Have your MEMORY VERSE on your VISOR so you can READ it BEFORE you START DRIVING. PRAY!

IOW – you are bringing GOD HOME with YOU instead of YOUR WORK. Because WORK STRESS will CAUSE you to WORRY about TOMORROW ... and JESUS ADDRESSED that ... **MATTHEW 6:34 = *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*** Don't TAKE it HOME with you ... WORK HARD and then LEAVE it at WORK... as much as you can.

#2 = I REFLECT ON MY DAY With a Grateful Heart

So, WHEN you LEAVE WORK, LEAVE it at WORK and SHIFT your ATTENTION to GOD. ONE WAY to DO THAT is to REMEMBER to be THANKFUL ON the WAY HOME. Being THANKFUL is a PATH to ENDING your DAY with GOD and REST ... Being THANKFUL is a GREAT WAY to RELEASE STRESS. GOD CREATED US ... HE KNOWS what is BEST for US. SO ... **1 THESSALONIANS 5:18 = *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*** Do you EVER FEEL like you'd LIKE to be MORE in GOD'S WILL? Here's HOW ... BE THANKFUL!

“But Pastor Stan, YOU DON’T UNDERSTAND how my WORKDAYS GO ... I’m SURE GOD would UNDERSTAND IF I’m NOT all that GRATEFUL ... YOU DON’T UNDERSTAND my CIRCUMSTANCES!” CORRECT. I DON’T. But apparently it does NOT MATTER ... ***“BE THANKFUL in ALL CIRCUMSTANCES ...”*** THAT is GOD’S WILL for YOU. GOD also wants us to HAVE REST! Here’s HOW: Be THANKFUL!

Have you EVER NOTICED HOW MUCH people GRUMBLE and COMPLAIN about their CIRCUMSTANCES? INSIGHT: **They’re MISERABLE!** They’re NOT HAPPY. WHEN you are THANKFUL ... it CHANGES YOU! When you START FOCUSING on God’s LOVE (Eternal) for YOU and HOW MUCH He CARES for YOU in THIS LIFE and that HE HAS you FOREVER ... It CHANGES YOU. You’ve HEARD the PHRASE, ***“Having an Attitude of Gratitude”***?

Do you UNDERSTAND that GRATITUDE CHANGES your ATTITUDE?

Start SIMPLE: ***“Lord, THANK you that I HAVE a JOB ... many DON’T... THANK you that I have the MENTAL / PHYSICAL ABILITY to DO my JOB ... many DON’T ... THANK you that I have PEOPLE who LOVE ME ... MANY DON’T ... THANK YOU, LORD that I KNOW that YOU LOVE ME ... MANY DON’T.”*** Do YOU have ANYTHING to be THANKFUL FOR? THANK HIM. IT will CHANGE YOU ... AND it will bring YOU and The LORD CLOSE TOGETHER in RELATIONSHIP!

ALL GOOD things in LIFE come from GOD ... **1 CHRONICLES 16:34 = *Give thanks to the Lord, for he is good! His faithful love endures forever.*** THANK HIM for THAT!
#3 = I DEVELOP a Healthy EVENING Routine

LEAVE WORK at WORK, REFLECT on your DAY with a GRATEFUL Heart ... then, DEVELOP a HEALTHY evening ROUTINE. EVENING ROUTINE is TOUGH. MORNINGS are EASIER. You SET an ALARM and GET UP / CLEAN UP / EAT / PACK UP / LEAVE around the SAME TIME EVERY MORNING. But EVENING Routines ...

For MANY of us we GREW up in HOMES where we HAD an EVENING Routine. Came HOME from SCHOOL, did HOMEWORK / CHORES, DINNER, BATH TIME, PRAYED and WENT to BED. As we get OLDER, those ROUTINES go out the window.

How many of us JUST WING IT EVERY NIGHT? Every NIGHT looks DIFFERENT. So, I WANT us to CONSIDER DEVELOPING a HEALTHY EVENING ROUTINE ... just a FEW THINGS ... to HELP us have a HEALTHY RELATIONSHIP with GOD.

EVENING Routines LOOK DIFFERENT according to WHAT STAGE of LIFE you’re IN. IF you are SINGLE or have NO KIDS in the HOUSE, you can have some FREEDOM in picking your ANCHORS for the EVENING ... Go to the GYM ... have DINNER ... watch TV ... Internet time ... BED.

IF you have KIDS in the HOUSE, YOU KNOW ... EVENING ROUTINE looks DIFFERENT almost EVERY NIGHT ... It INVOLVES KID’S ACTIVITIES, HOMEWORK, Finding TIME to EAT, TOO MUCH ENERGY to DEAL WITH and TWO BEDTIMES: ONE is NOT PLEASANT (theirs), and ONE is PLEASANT (yours).

So HOW do your HELP THAT ROUTINE. Well, STUDIES SHOW that IF (big IF ... I get it) ... IF you can have a FAMILY DINNER, it HELPS our KIDS. My WIFE was GREAT about THIS. Studies show that IF we EAT and TALK TOGETHER, Kids do BETTER in SCHOOL / HAPPIER / HEALTHIER / BETTER ADJUSTED / Fewer EMOTIONAL Problems, etc. God WANTS us to BE HEALTHY ... Dinner HELPS and HELPS US to DRAW CLOSER to GOD ... **JAMES 4:8 = *Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between***

God and the world.

A GOOD EVENING ROUTINE Helps US to be LOYAL to GOD (Seriously) and STOP being DIVIDED between GOD and the WORLD!

HERE'S a CHANGE of ROUTINE: How about THIS WEEK you take your MEMORY VERSE (Psalm 4) / Message NOTES and LAY them on your NIGHTSTAND / DRESSER / on your BATHROOM MIRROR and make SCRIPTURE PART of your EVENING ROUTINE!

Here's WHY ... Here's what FOLLOWERS of JESUS DO ... **PSALM 1:2 = *But they delight in the law of the Lord, meditating on it day and night.*** ALL DAY / EVERY DAY!

You want to FINISH your DAY WELL? How about THIS? How about KNEELING DOWN at the SIDE of your BED, FOLDING your HANDS, and PRAYING ... BEFORE you get INTO BED? You don't need to pray ... **"NOW I LAY me DOWN to SLEEP..."** but PRAY. This EVENING ROUTINE Helps us to TURN our THOUGHTS to GOD ... NOT be DISCOURAGED, FRANTIC, and WORRIED to END our DAY.

I FIND REST when I SIMPLY ...

#4 = I END My Day With GOD

Write that down. GOD wants US to be HEALTHY PHYSICALLY and IN our RELATIONSHIP with HIM ... and The EVENING MATTERS! Leave WORK at WORK or we WON'T get REST. Be THANKFUL ... it CHANGES US for the BETTER. Set a ROUTINE that ALLOWS for REST and NOT just STRESS.

Then, END with HIM. This might TAKE WORK. How many TIMES do you CRAWL in BED EXHAUSTED, and you REALIZE you did NOT THINK about GOD ONCE ALL EVENING? How many TIMES do you NOT even THINK about REALIZING you have NOT THOUGHT about GOD ALL EVENING? Now, you THOUGHT about EVERYTHING ELSE, right?! YOU CHECKED the NEWS / SOCIAL MEDIA / EMAILS / TEXTS / SPORTS SCORES (that's me) / THOUGHT about WORK the NEXT DAY / GROCERY LIST, etc. But NOT about GOD. And, NOW you CAN'T SLEEP.

Let me ask: WHAT is the LAST THING you DO BEFORE you GO to SLEEP? NETFLIX? Another platform? EMAILS? FACEBOOK? A Recent POLL showed 71% of AMERICANS SLEEP with their SMART PHONE. LAST thing they LOOK at AT NIGHT and the FIRST THING they LOOK at IN the MORNING. That will HELP you FIND STRESS, NOT REST. They will NOT REFRESH YOU. What if we FOUND a WAY to PUT them AWAY at a CERTAIN TIME? DONE! Get an ALARM CLOCK? THEN ...

PSALM 4:8 = *In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.*

You KNOW, people say they FEEL BAD because they FALL ASLEEP while PRAYING or READING SCRIPTURE at NIGHT. I can NOT think of a BETTER WAY to FALL ASLEEP at NIGHT then WITH JESUS ... Think HOW you'd FALL ASLEEP with PEACE instead of AWAKE with INSOMNIA / WORRYING.

Listen, TRUE REST ONLY COMES when YOU PLACE your TRUST in JESUS, and you KNOW HE'S GOT YOU for ALL ETERNITY. Do NOT MISS OUT on His PEACE and SECURITY in YOUR LIFE ... **MATTHEW 11:28-29 = *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.*** Let's PRAY!

Next Steps: *I will Memorize Psalm 4:8*

I will Read Psalm 1 and James 4

I will Work on a Routine to End My Day with God

Receive Information about being Baptized as a Believer Sunday, February 4th

Hosting (Closing)

HEY, it has been a GREAT DAY here at BMZ... Glad you've been here with us!
In a moment, we are going to RECEIVE the OFFERING so please take this time to finish COMPLETING any information.

- Or NEXT STEPS on your CONNECTION CARD (**FULLY FILLED OUT!!**)
- AND when our ushers come around to RECEIVE our OFFERING
- You can drop that card in the offering basket.

IF you are a First-Time Guest with us today

• We are so glad you joined us ... And we have a GIFT for you.
It's this book "**UNSHAKABLE**" and it's at the BACK TABLE / By the DOORS...

- all you need to do is HIT "**SEND**" your COMPLETED Connection Card

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- I just want to remind you ... STEWARDSHIP is DISCIPLESHIP ... we RECEIVE an OFFERING EVERY Sunday BECAUSE it's BIBLICAL ... AND it HELPS us GROW in our FAITH!
- STEWARDSHIP VERSE ... **PSALM 1:2 = *But they delight in the law of the Lord, meditating on it day and night.***
- FIRST of our EARNINGS go back to the ONE who Blessed us in the first place! That's why WE/I do Automated Giving! I get paid ... the TITHE comes OUT FIRST!
- God's plan for BUILDING His Church was through TITHING and GIVING of the FOLLOWERS ... Share the GOOD NEWS! To REFRESH OTHERS!
- As Developing Followers of Jesus Christ, WE need to KNOW what the BIBLE says about GIVING ... NOT just what we THINK it should say.
- **MONEY is a HEART ISSUE.** And GOD wants what is BEST for your HEART! Listen, if GOD LOVES US so much that HE is willing to GIVE UP His OWN SON FOR US, WHY would GOD LEAD us ASTRAY in FINANCES?! USHERS ...
- NEXT WEEK: **NEW in 2024 ... Let's GO DEEPER into our FAITH ALL DAY, EVERY DAY! NEXT WEEK ... It's SUNDAY!!**

"Truth without Grace is Fundamentalism (Brutality). Grace without Truth is Sentimentalism (Hypocrisy)."

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