

# JUST CHILL OUT

## Musings on Releasing Burdens

### **Growth is good.**

Titus 2:1-15 You, however, must teach what is appropriate to sound doctrine.

[Examples of sound teaching:]

- <sup>2</sup> Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.
- <sup>3</sup> Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. <sup>4</sup> Then they can urge the younger women to love their husbands and children, <sup>5</sup> to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.
- <sup>6</sup> Similarly, encourage the young men to be self-controlled. <sup>7</sup> In everything set them an example by doing what is good. In your teaching show integrity, seriousness <sup>8</sup> and soundness of speech that cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about us.
- <sup>9</sup> Teach slaves to be subject to their masters in everything, to try to please them, not to talk back to them, <sup>10</sup> and not to steal from them, but to show that they can be fully trusted, so that in every way they will make the teaching about God our Savior attractive.

[Why should we teach these things?]

<sup>11</sup> For the grace of God has appeared that offers salvation to all people. <sup>12</sup> It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, <sup>13</sup> while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, <sup>14</sup> who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

<sup>15</sup> These, then, are the things you should teach. Encourage and rebuke with all authority. Do not let anyone despise you.

### **Thoughts:**

- It is appropriate to pursue growth [godliness, holiness].
- It is healthy for churches to encourage people in growth, to teach about living a godly life, and to rebuke those who refuse to follow.
- Teachers are directly instructed to teach such things.  
(Some people don’t like going to meetings and hearing about something else they need to change. And I appreciate that.)
- Grace teaches us about salvation. Grace also teaches us about saying “no” to ungodliness, and yes to godliness.
- If encouraging people to pursue growth creates a burden, something may be off in their understanding of grace and growth.

### **Perfection is burdensome.**

#### Pistol Pete Maravich

- Most points per game
  - 1<sup>st</sup>: Pete Maravich: Average 44.2 points per game (Before 3 point line)
  - 2<sup>nd</sup>: Oscar Robertson: Average 33.8
- Most points in college
  - 1<sup>st</sup>: Pete Maravich: 3,667 points (3 years)
  - 2<sup>nd</sup>: Freeman Williams: 3,249 points
- Best game: 69 (Record stood for 20 years)

### Thoughts:

- When we can do better (which we can) it always leaves room for disappointment, guilt, and shame (for letting others down).
- You can be smack-dab in the middle of God's will for your life, and doing great, and still feel the burden of failure.
- When we are burdened, the well-intentioned input of others can feel like someone is piling onto the burden.
- Room for improvement (growth) does not mean failure (or even shortcoming).
- We may need to realize that something is wrong with our thinking and go on a journey of thought change.

God wants you free!

Here are some thoughts that might be helpful to study out:

- We shouldn't be burdened by what others think of us.  
Romans 14:4 Who are you to judge someone else's servant? To his own master he stands or falls. And he will stand, for the Lord is able to make him stand. NIV  
Romans 8:31 What, then, shall we say in response to this? If God is for us, who can be against us? NIV
- We shouldn't be burdened by the load God puts on us.  
Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." NIV

**There is a yoke, but it is easy. It is light. The farmer is kind.**

Galatians 5:6b The only thing that counts is faith expressing itself through love. NIV

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. NIV

Hebrews 4:9-10 There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. NIV

- We shouldn't be burdened as if some critical outcome all depended on us.

**No matter what you do, you are going to heaven if you have put your faith in Jesus.**

**The game is already decided. In the end, good wins out over evil.**

- Make it less personal. What would you say to encourage someone like Pistol Pete?