**RISE UP** in 2021

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Dr. Jerry Edmonson, *Lead Pastor*

**The Grind**

***Life by Subtraction***



Life is **\_\_\_\_\_\_\_\_\_\_\_\_** … you fill in the blank!

**To grind it out** - to make a persistent effort in doing something that is difficult even when it seems laborious, unpleasant, tedious, painful, and even uninspiring.

The Grind is **Life** by **Subtraction**!

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also* ***lay aside every weight****, and* ***sin which clings so closely****, and let us* ***run with endurance*** *the race that is set before us,* ***looking to Jesus****, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.* Hebrews 12:1–2

*And we know that* ***for those who love God******all things work together for good****, for those who are called* ***according to his purpose****. For those whom he foreknew he also predestined* ***to be conformed to the image of his Son*** *…* Romans 8:28–29

We are **shaped** by **the grind**.

***Count it all joy****, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be* ***perfect and complete****,* ***lacking in nothing****.* James 1:2–4

***In this you rejoice****, though now for a little while, if necessary, you have been grieved by various trials,* ***so that the tested genuineness*** *of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.* 1 Peter 1:6–7

*Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but* ***we rejoice in our sufferings****, knowing that* ***suffering produces endurance****, and* ***endurance produces character****, and* ***character produces hope****, and* ***hope does not put us to shame****, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.* Romans 5:2–5

Be **grateful** in the grind.

**Gratitude** – the practice of **noticing** and being thankful for what is valuable and meaningful to you

Count your **blessings**.

What would your **life** be like **without** its blessings?

**Mental Subtraction** - *how to appreciate what you have by imagining your life without it*

*But whatever gain I had, I* ***counted as loss*** *for the sake of Christ. Indeed,* ***I count everything as loss*** *because of the surpassing worth of knowing Christ Jesus my Lord. For his sake* ***I have suffered the loss of all things*** *and count them as rubbish,* ***in order that I may gain Christ*** *and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.* Philippians 3:7–11

***Five times*** *I received at the hands of the Jews* ***the forty lashes less one****. Three times I was* ***beaten with rods****. Once I was* ***stoned****. Three times I was* ***shipwrecked****; a night and a day I was* ***adrift*** *at sea; on frequent journeys, in* ***danger*** *from* ***rivers****, danger from* ***robbers****, danger from my own* ***people****, danger from* ***Gentiles****, danger in the* ***city****, danger in the* ***wilderness****, danger at* ***sea****, danger from* ***false brothers****; in* ***toil*** *and* ***hardship****, through many a* ***sleepless night****, in* ***hunger and thirst****, often* ***without food****, in* ***cold*** *and* ***exposure****. And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.* 2 Corinthians 11:24–28

*Brothers, I do not consider that I have made it my own.* ***But one thing I do****: forgetting what lies behind and straining forward to what lies ahead,* ***I press on toward the goal*** *for the prize of* ***the upward call of God in Christ Jesus****.* Philippians 3:13–14

**Savor** life with the **Savior**.

*Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!* Psalm 34:8

*Be* ***strong*** *and* ***courageous****.* ***Do not fear*** *or be in dread of them, for it is* ***the Lord your God who goes with you****.* ***He will not leave you or forsake you****.”* Deuteronomy 31:6

*And I am sure of this, that* ***he who began a good work in you will bring it to completion*** *at the day of Jesus Christ.* Philippians 1:6