

Do Something Great With Your Life

What Makes Your Heart Beat Fast and Puts a Smile on Your Face?

Edited Transcript

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All right. Good morning, men, and welcome to Man in the Mirror Bible study. We're in the series Do Something Great With Your Life. We'll have a couple of shout outs here this morning. The first one goes up to Man Up Vanceboro from Vanceboro, North Carolina, eight men led by Chris Manning. They meet at 8:00 AM at the West Vanceboro Church of God, "Using the Bible study," Chris says, "to grow our men into the spiritual leaders God calls us to be." I was out on the website this morning looking at Google maps and checking out the location. It's not too far from Morehead City, which spent some time there. Then, I looked at all the pictures of Vanceboro, and I've done this before. I think I'm going to start doing this every week. You know, when you're driving around the country, and you're driving through big towns, little towns, there are Christians everywhere. It's just encouraging to remember that wherever you are, you are probably within eyesight of another Christian.

This group is called Man Up Vanceboro, and we want to welcome them to our Bible study this morning, so let's give a very warm and rousing Man in the Mirror welcome to Man Up Vanceboro. One, two, three, hoorah. Welcome, men. It is an honor to have you as part of our study. Then, we have an area director from Man in the Mirror we'll do a shout out to this morning, Jack Ortego in the Missouri region. Jack loves seeing God move in the lives of men. He's passionate about mentoring. Currently, he's mentoring eight men himself as part of his personal ministry. I wonder if you'd also join me in giving a very rousing welcome to Jack Ortego. One, two, three, hoorah. Jack, it's great to have you as part of the Man in the Mirror professional family.

This morning, the title of the message: **What Makes Your Heart Beat Fast and Puts a Smile on Your Face**. I was working out this week, and when I came into the workout room, the lights were low. I used some of the machines. In order to put the peg into the right hole to have the right weight on the machines, I need to have the lights on, so I turned the lights on. Then, I was warming up, and then a lady went over and turned them off. I said, "Okay." When I finished my warmup and I started to go over to the machines, I went back over, and I turned the light on. This lady said, "Who just turned those lights on?" Not mean or anything, but, "Who just turned those lights on?" I said, "I did. I need them in order to be able to see to pick the right weight." Then she said to her friends, "He must be blind or something."

That made my heart beat fast, and it actually put a smile on my face. I was just thinking, "Wow. The emotional intelligence that's involved." She was saying it loud enough in particular for me to hear, you know. You know, instead of getting under my skin, it seemed kind of funny to me. That's not what we're going to talk about, though, today, but it's sort of in the same neighborhood. We'll get there.

EVERYONE IS WOUNDED

The first thing I want us to talk about is this idea. Everyone is wounded. Turn in your Bibles to Romans chapter eight verse 20. How many of you were here the morning that I did the survey asking you if you had money problems, health problems, work problems, relationship problems? How many of you were here that day? A few of you. It was pretty hilarious. Since not many of you were here, I'm going to tell you the story.

Basically, I asked, "What percentage of you are having some kind of relationship problem?" By the way, just raise your hand. Raise your hand right now if you're having some kind of a relationship. Go ahead, raise them high. Could be children, parents, brother, sister, whatever. Raise your hands or with your wife, raise your hands. That was probably about how many men raised their hands that morning, about half. Then, I asked the question, "How many of you have health problems?" About 30% of the men raised their hands. Then, I asked, "How many of you have money problems?" Again, about 60% of the men raised their hands. How many are you having work problems? Again, it was maybe half.

Then, I asked the question, "How many of you don't have problems?" I'll just ask that question now. How many of you don't have any problems? Raise your hands. There's one. On that particular morning, there were four men out of group. There were four men, one today. Christian, you're not raising your hand. It's not because you don't want to be part of this illustration. I understand that. Four men raised their hands and said, "I don't have any problems." Out of a group this size, only four guys said they didn't have any problems. Then I said, "How many of you guys that just raised your hands that don't have any problems are lying?" This one right over here raises his hand. Everyone is wounded.

Romans chapter eight verse 20, "For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God." Verse 22, "We know that the whole creation has been groaning as in the pains of childbirth right up to the present time." When you read this word creation, that is inclusive of creatures as well as nature. It's the whole creation. We know that the whole creation has been groaning. Verse 23, "Not only so but we ourselves who have the first fruits of the Spirit," in other words, the believing community. "We ourselves who have the first fruits of the Spirit groan inwardly as we eagerly await for our adoption to sonship, the redemption of our bodies." Everyone's wounded.

I remember Dr. Jim Dobson one time said that, in parenting, the main job of parenting is to help your children get through it. Well, guess what. He worked with children. I work with men. The main job of men's ministry is to help you get through it because everyone is wounded. Now, Dr. Karl Menninger, some of you may know that name. He was a very famous American psychiatrist. He actually was finishing his college education about this time 100 years ago. President Carter gave him the American Medal of Freedom. He is very quotable. Once he was asked what action he would recommend if a person were to feel a nervous breakdown coming on. This is what he said, "Lock up your house, go across the railroad tracks, find someone in need, and do something for him." Lock up your house, go across the railroad tracks, find someone in need, and do something to help him. I don't think that Dr. Menninger would mind me saying you don't have to go across any railroad tracks. All you have to do is open your eyes because it's everywhere, everywhere, everywhere.

If you would now turn to John chapter 15 verse eight, and let's look at how Jesus would have said what Dr. Menninger said. Jesus said in John 15 verse eight, "This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." Verse 11, "I have told you this so that my joy may be in you," that you can have a smile on your face, "and that your joy may be complete." If you want your

heart to beat fast and you want a smile on your face, go across the railroad tracks or don't, but do something to help somebody else bear much fruit, and your joy will be complete. You'll have a smile on your face. The Big Idea today is this. **Figure out what makes your heart beat fast and puts a smile on your face, and then do that.**

Some of you are doing things like we know that we have one of the poorest communities in the state, maybe in the nation, but certainly our state is located right here on the east side of town. It's a little town called Bithlo. Some people have figured out, in this room, have figured out that helping young men in schools located in Bithlo, Florida to figure out what it means to even be a man or what a man even is is something that makes their heart beat fast and puts a smile on their face. We have so many of you who are doing so many incredible things or working with the Y or working with ... Where's your leader today? Working with men who are in recovery from addictions, men who have been incarcerated, and so many other, homeless people, hungry children coming to school, all of these things, we have people in this room actively engaged in that because they have figured out that it makes their heart beat fast and puts a smile on their face.

Then, we have other men here, and online we have men like that too. We have men here and we have men online who are the exact opposite. They are so wounded that they have isolated themselves. I just remembered, I did a tweet this morning. I was thinking about all of this. See if I can find it. Yeah, here's the tweet I wrote this morning, "Another man bites the dust. If you are a loner, you will fail eventually, inevitably, and usually at the worst possible moment. If you don't have a best friend or a small group where you authentically engage with each other, please stop saying, 'I really need to do that.' Commit." Just to append that a little bit, I mean, if you're not in a small group, that's a death nail. If you're not serving somebody, all of your woundedness is going to lead you into isolation. You're going to withdraw from other people. Lock up your doors, go across the railroad tracks or across the street, find somebody in need, and then do something for them. Figure it out. Figure out what makes your heart beat fast, puts a smile on your face, and then do that.

GOD IS NOT ASKING YOU TO BE SOMEONE YOU'RE NOT

Now, God is not asking you to be somebody that you are not. Turn with me to 1 Corinthians chapter 12 verse seven. God has wired each of us in a particular way, and there are particular things that will put a smile on our face and will make our blood run fast, and there are things that won't. Verse seven, "Now, to each one the manifestation of the Spirit is given so that I can feel good about myself." Well, the interesting thing is that it's by serving others that we actually do feel good about ourselves, we do have our blood runs fast, we do have a smile on our face, we do feel satisfaction, enjoyment, purpose, meaning, all these things, but we don't actually do these things for that. That's like trying to sell somebody something so I can make money instead of trying to sell something to somebody so that you can meet their need. Then, "To one is given message of wisdom, knowledge," these different things. Verse 11, "All these are the work of one in the same Spirit, and he distributes them to each one just as he determines."

God has a particular way that he's wired you, a particular gift or gifts that he's given to you, some gifts that will make your blood run fast and put a smile on your face when you do them. Then, verse 12 goes into the body has many parts. Down in verse 18, "But in fact God has placed the parts in the body, every one of them, just as he wanted them to be." Verse 20, "As it is, there are many parts but one body." We're all parts of one body, and when we know what our giftedness is and we do it ... You might be the vice president of setting up chairs or you might be the administrator of charitable contributions. You

might have the gift of giving or you might be the executive assistant for prayer or you might be ... You get the idea. Whatever business titles there are, administrators, coordinators, managers, you might be the manager of counseling. There are all different kinds of things, all different ways that we are wired.

With that in mind, this is the fourth and the final of this four-week follow-up series to our John Rivers event, doing something great. First was in our work. Second was with our children. Third was marriage. Fourth is community. Where do you see the wounds in our community? What does the community need that you are wired to give it? How are you wired to serve? What corner of the culture is broken that you're aware of that you ache to see redeemed? Then, how are you equipped to do something about that? That's the thing that can make your blood run fast, and then what are you able to do in that area that will put a smile on your face? Do that. Here are some examples I came up with. This is just a beginning list.

Families, staggering destruction to families in our community and in our neighborhoods, in your neighborhood. You don't have to go across the tracks. Just go in your neighborhood and help a single mom figure out how to get a new refrigerator or repair her air conditioning, for example. Maybe that would be something that would turn you on. People slipping through the cracks, I wrote down hungry children, fatherless kids, those struggling with addictions, homeless people, unemployed people. Maybe it's your peers. This is a whole different way of thinking about this, but you may do better volunteering with your church or volunteering with an organization, especially one that your church endorses. Be careful not to go with some unvetted thing. You may not have the interest or the aptitude or the ability to be the Christian social entrepreneur. You may not have that, but you may be able to do it along the way. That's my thing. I mean, I should say we have a ministry, we have it all organized, doing all kinds of stuff. For me personally, I like to do it along the way.

My ministry is more of a peer ministry. It's whoever I happen to bump into. Can I bump into you? I'll tell you how this works. I was at an establishment this week that I go to regularly. The first time that I went to this establishment, the woman who was checking me in, I got the impression that she had been wounded by a man because she came across as someone who did not trust men. As a matter of fact, she across as a man hater. As a matter of fact, she came across as somebody who didn't want anything to do with me. As a matter of fact, she actually made me wait to do this check in, something that she had to make up work to do in order not to check me in. I decided I'm going to win her over because that's ... I went on a charm offensive.

It's now six months later, but this week when I walked in, she said, "Oh, hey. How you doing?" She took my card and checked me in. She said, "You know, you are always so friendly, and you always have a smile on your face." I received that. I was thinking, "Yeah, and you should know how hard I've been working to keep that." Here's the thing. I'm, along the way, I'm redeeming her attitude toward men, now, maybe not the whole deal. Maybe I even have that wrong, you know what I'm saying? But something's changing in her, and it's making my blood run fast, and it's putting a smile on my face. Whatever is that for you? The Big Idea again: **Figure out what makes your heart beat fast and puts on a smile on your face, and then do that.**

Ed Cole, my father-in-law, business mentor as well, he once told me, "Try to have, in addition to your career, have one major and one minor outside interest." I always did that. Like the Winter Park Chamber of Commerce, that, for a season, was my major outside interest. I thought on a regular basis, "How can I be an agent of reconciliation, how can I be a minister of reconciliation in the Winter Park Chamber of

Commerce?" I'd encourage you to maybe just think. That's just one more idea, application idea you may think about.

HOW TO THINK ABOUT WHAT PUTS A SMILE ON YOUR FACE

Here's how to think about what puts a smile on your face. Turn with me to 1 Corinthians chapter seven verse 17. You can read all the verses that are noted, but it says, "Nevertheless, each person should live as a believer in whatever situation the Lord has assigned to them just as God has called them. This is the rule I laid down in all the churches."

Where does God want you to serve? He wants you to serve right where you are. Where do you live? Where do you work? Where do you play? That's where he wants you to serve. Wherever you are, God has put you there for a reason. He has determined the exact times and places where all mankind and womenkind live. What is that reason? We already looked at it, so that your joy may be complete, and so that you may bear much fruit. These are just some of the reasons. It is for the benefit of the people that we're serving, but it's also for us too. This is how we experience the joy of the Lord, is by serving others. The greatest among you will be like one who serves. We talked about some of the ways that that might look like. Now, you may not have the bandwidth. When you come across somebody that has a need, you may not have the bandwidth.

You may not have the emotional bandwidth. You may not have the financial bandwidth. You may not have the time bandwidth. Peter said, "Silver and gold have I none, but what I do have, I give you." Give what you have. You're not being asked by God to be somebody you're not or do something you can't do. This is all part of how to think about what puts a smile on your face. One of our former table leaders is now the executive director of the Orlando Christian Service Center, Robert Stuart. Every time I see Robert Stuart ... Now, he's dealing with the people that are slipping through the cracks. Homelessness, hunger, poverty, that's his field. Every time I see Robert ... And, you got to remember every day he's seeing people every day who, really, they're the down and outers. Every time I see Robert, he has the biggest smile on his face because he knows what he's wired to do. He knows what his giftedness is, and he's passionate. This is what makes his blood run fast. He's bearing much fruit.

They have, through their Daily Bread program, they have fed, in our community, just Orlando community, onliners, just in the Orlando community, they have served 4,500,000 meals. That will put a smile on your face. For you, you can have a smile on your face too, and you don't have to do 4.5 million meals. The Big Idea today, **Figure out what makes your heart beat fast and puts a smile on your face, and then do that.** Let's pray. Our dearest Father, thank you for your word. Thank you for this great community and all the guys that are online, their communities. Each of us in our own way, we love our communities. God, we want you to use us to bear much fruit in these communities. Make our blood run fast. Then, we want you, also, Lord, to make our joy complete. We want you, Lord, to put a smile on our face. We ask this in Jesus' name. Amen.