

KEEP MOVING

MADE TO MOVE
SABBATH 2022



Adventist
HealthyYOU
MADE TO MOVE CHALLENGE

Good morning and Happy Sabbath to all! Today is a high sabbath as we turn our focus upon theme of health. This is our 3rd season of Made to Move, we are grateful that God has inspired our North American Division leadership to provide resources to help us prosper and be in good health! Can you say Amen?!

This season, we want to not only emphasize exercise through our Made to Move sabbath, but also the growing challenge of mental health. These

two aspects of human experience are much intertwined that it may seem. Our message today will speak to this intersection and demonstrate that physical movement and exercise are not only key to our physical health, but also our mental health.

Let's pray...."Heavenly Father. What a wonderful time to be alive. Jesus is even right now interceding on our behalf in the heavenly sanctuary. Jesus is soon to come. While we are waiting for your blessed return, we face challenges on various sides. Within our homes, within our bodies, and within our hearts. Speak to us today a message of encouragement and hope that we may see the desire of your heart that we prosper and be in good health even as our souls prosper. May Jesus be lifted up. This is our prayer. We trust that you will help this to be our experience, as we offer this prayer from our hearts. In Christ's name we pray. Amen.

Resilience is the process of **adapting** well in the face of **adversity, trauma, tragedy, threats** or **significant sources of stress** — such as family and relationship problems, serious health problems or workplace and financial stressors.



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What is resilience? [Read Quote on Slide]

In light of recent events, such as the Covid-19 pandemic, we have seen a growing crisis in not only physical health but also mental health. We are witnessing a surge in depression, anxiety, harmful stress, deep grief and terrible losses of life. How do we learn to be resilient amidst such adversity and problems? How do we manage the increasing stressors or a post-Covid world? How do we cope with the excessive loss of life and the grief that has touched nearly every home in North America? It

just seems that there are so many problems in life!

Story

I heard a story once about 2 friends talking about problems.

One man said, "I have so many problems in my life! I wish I could go to a place where there were no problems."

His friend replied, "I know a place like that. There's a whole group of people there who are 100% problem free!"

The man asked, "Really? Where? Tell me where this place is so that I can go there!"

His friend told him, "It's over on 5th and Park St." The man said, "What? Isn't that cemetery?"

His friend replied matter of factly, "Yep! Got that right, for the only people without problems in this world are dead people. Problems are for the living!"

Facing life's problems is only possible through resilience. By being able to "keep moving" no matter what comes our way. The surprising truth of our message today is that physical movement is able to make us mentally resilient. Let me explain

further what I mean.

The Brain & EXERCISE

Wendy Suzuki, neuroscientist

"Simply moving your body, has immediate, long-lasting and protective benefits for your brain...and is the most transformative thing that you can do for your brain today!"



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You see, renowned neuroscientist and researcher, Wendy Suzuki, has been studying the connecting between the brain and exercise. Notice what she says here: **[read quote]**

Emphasize: Just take this statement in "the most transformative thing that you can do for your brain today is to simply move your body! She goes on to say...

-Next Slide

The Brain & EXERCISE

Wendy Suzuki, neuroscientist

"Exercise has immediate effects on your brain. A **single workout** that you do will immediately increase levels of neurotransmitters like **dopamine, serotonin** and **noradrenaline**. That is going to increase your mood right after that workout."



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[Read Quote] Why are these hormones important?

So:

Number 1 - *Serotonin* is a hormone associated with feelings of: Satisfaction, Happiness, and Optimism. In fact, low levels of serotonin are linked with depression.

Secondly, *Dopamine* is a hormone associated with the feeling of pleasure & also reinforcement of behaviors in the brain, which can also be harmful by leading us into addiction. Imagine smelling

fresh baked cookies! That feeling you get is probably dopamine in your brain! And when you eat one cookie and go back into the potluck line for a 2nd or 3rd cookie, that's dopamine saying, "Hey, that felt really good, we should reinforce this "cookie eating behavior" another please!

Lastly, Noradrenaline is associated with Attention, Motivation, and Reward in the brain. It also helps maintain blood pressure in times of stress. Who doesn't need that right?! All of these are increased by a single workout. And Dr. Suzuki's research goes on to note that repeated workouts provide long lasting increases in all these hormones!

-References and Sources

<https://www.health.harvard.edu/mind-and-mood/dopamine-the-pathway-to-pleasure>
<https://pubmed.ncbi.nlm.nih.gov/21254660/>

“More than **education**, more than **experience**, more than **training**, a person's level of **resilience** will determine who succeeds and who fails. That's true in the **cancer ward**, it's true in the **Olympics**, and it's true in the **boardroom**.”

DEAN BECKER, CEO OF ADAPTIV LEARNING SYSTEMS



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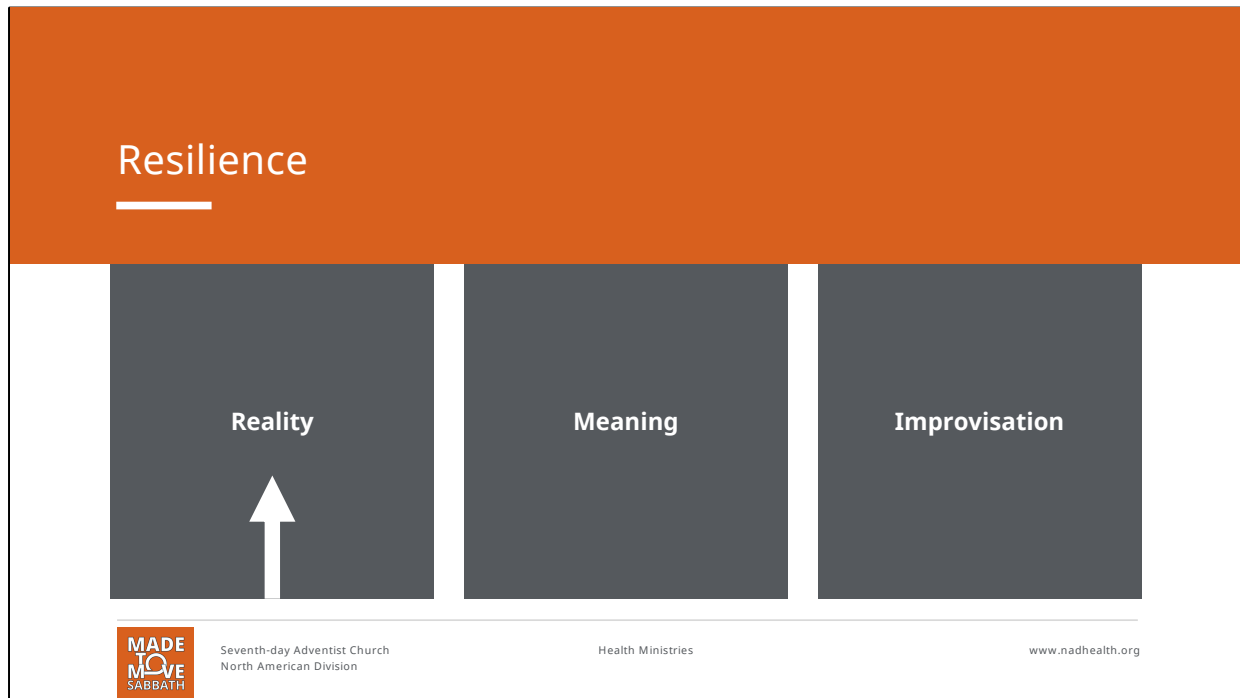
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[Read Quote, start with Author's name, Dean Becker, CEO of Adaptive Learning systems, an organization that specializes in helping develop resilience said...]

I would add to this list that more than education or theology, more than training on bible study or evangelism, and more than experience (if you've been SDA for 80 years), our level of resilience will determine our success in the christian life. In this christian race. Our ability to keep moving. For it's

not how we start the race, or how fast we run the race, but if we finish the race. And that's only possible if we keep moving, in spite of the temptations, failures, setbacks, adversity, and stressors of life.

Now that we understand that resilience is important, what exactly is Christian Resilience? How do we learn to "keep moving?"



When ever I use the word Resilience, I want you to hear "Keep Moving" in your mind.

So how do we learn to keep moving?

Resilience is made up of 3 components: **Reality**, **Meaning**, and **Improvisation**. These three practices help us to *keep moving*. Let's explore the first component: Reality.



REALITY

- 1 Resilience begins with a staunch acceptance of **reality**.
- 2 Do I truly understand—**and accept**—the reality of my situation?



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Christian resilience begins with a staunch acceptance of reality. We must ask ourselves, "**Do I truly understand--and accept-- the reality of my situation?**"

It is hard to overcome an obstacle we do not accept as being real. A stressor we refuse to acknowledge. A problem in our marriage we deny. Think about your home? Your spiritual life? Your marriage? Your health? Do you truly understand and accept the reality of your situation?

If not, it'll be impossible to be resilient. To keep moving.

King Jehoshaphat, 2 Chron. 20:3-13

REALITY

Resilience begins with a staunch acceptance of the **visible** reality.



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Allow me break up this reality concept into 2 elements.

The first is that for Christian resilience, we must begin with a staunch acceptance of our **visible** reality. That which we can see, touch, hear, feel, smell and taste.

Consider King Jehoshaphat's experience being surrounded by an innumerable multitude. We know how the story ends, but let's see how it

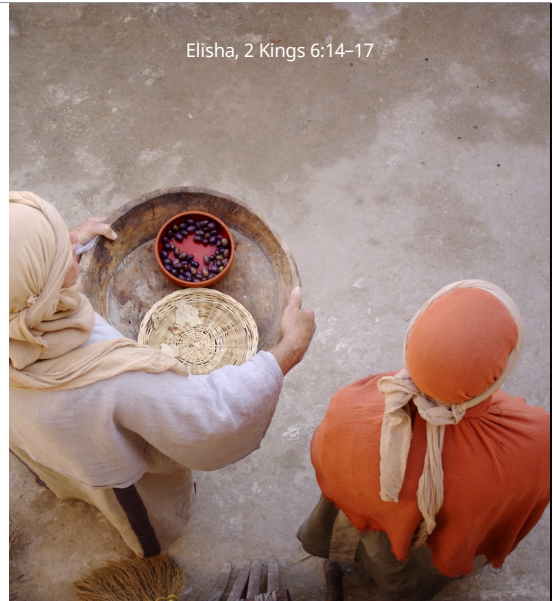
started with a staunch acceptance of the visible reality of the situation. ***[Read: 2 Chronicles 20:5-7, and 10-12. Have congregation find the passage first]***

King Jehoshaphat accepted the visible reality of the armies surrounding him. The visible reality that they had no power to fight this great multitude. We must learn to do the same in order to *keep moving* in life and in our Christian walk.

REALITY

Resilience begins with a staunch acceptance of the **invisible** reality.

Elisha, 2 Kings 6:14-17



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The second element is that we must begin with a staunch acceptance of our invisible reality. That which we cannot see, touch, hear, feel, smell and taste.

Consider Elisha and his servant's experience in this famous story, being surrounded by the Assyrian Army. We know how the story ends, but let's see how it started with a staunch acceptance of the invisible reality of the situation. **[READ: Bible Reference on Slide].**

Christian resilience is incomplete if we **only** accept our **visible** reality without also accepting our **invisible** reality. This incomplete perspective is that of the servant in the story. And maybe this morning you also are in a similar experience. All you see is the army of problems around you and your situation. But pray this morning that the Lord opens your eyes to see the invisible reality and accept it in your situation.

Or maybe you need to pray for your husband, your wife, your children, your staff, your team, or even your leadership that the Lord would open their eyes to the invisible reality of God and His agencies in your situation.

This is how we keep moving. We start by accepting the reality of our situation. Be honest with your own heart today and the Lord. Are you down? Are you anxious? Are you depressed? Are you hurting or broken? Accept the visible, but also accept the invisible reality of your situation.

Resilience

Reality

Meaning

Improvisation



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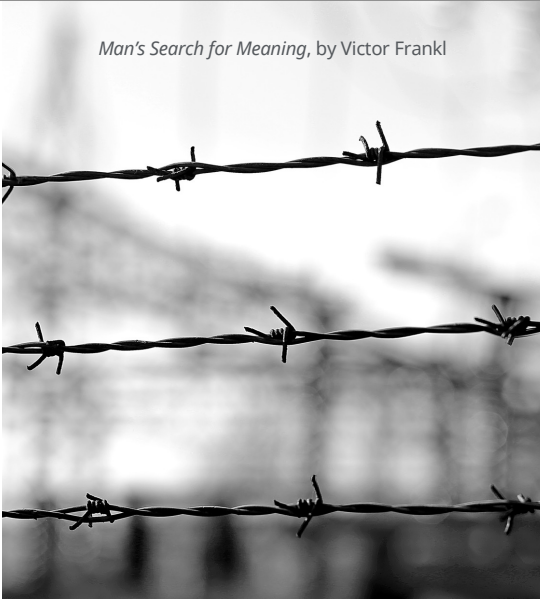
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The 2nd element or step in Christian resilience is **meaning**.

Man's Search for Meaning, by Victor Frankl

MEANING

Resilience is secondly built upon the deep belief that **life is meaningful**.



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[Read Quote on Left first]

This idea and the whole field of resilience was born out the terrible and dark experience of Victor Frankl in Auschwitz, the worst concentration camp in Nazi Germany. Victor went from centering his whole existence within the camp to getting a cigarette or extra rations to understanding how a human being can survive such evil emotionally and mentally. He began taking notes and making observations, putting his psychology background to work within this building of death. He believed

that his pain and suffering would not be wasted if it would benefit others in their own adversity.

This is the essence of this second step. **God does not waste our pain!** All that happens to us and all that we do is meaningful. It matters. Even if we cannot see how now, if we are going to keep moving, we hold this belief deeply.

MEANING



Joseph - Genesis 45:4-8



The Blind Man - John 9:1-3



Lazarus - John 11:1-4



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Let's briefly look at 3 examples in Scripture of How God did not waste a soul's pain or adversity but showed that it had meaning.

First, let's look at the experience of Joseph - **[Read Genesis 45:4-8]** Joseph believed that the betrayal of his brothers, false accusations of Potiphar's wife, the forgetful butler in prison, all were painful moments that had meaning. God didn't cause them or want them, but He used them to fulfill His purpose in Joseph's life. His providence overruled what others sought for harm.

Secondly is the The Blind Man of John 9:1-3 [Read verses]

Notice here that something that had no blame except upon sin itself and being born into a sinful world was so that "the works of God should be revealed in his life." So that the miracle of God's healing would inspire millions throughout the ages to trust in Jesus and find healing in Him. Not because God caused it or desired it. But God still used it! Can you say Amen!

Lastly, we turn our attention to the example of Lazarus. [Read John 11:1-4]

Notice that the Bible says that Lazarus was someone Jesus loved. Jesus loves us and may allow our situation to go from bad to worse. But He gives it meaning. This deathly illness might lead to temporary death, but Jesus has conquered death and restore all in a matter of days! Lazarus coming back to life made every thing he did a testimony to the glory of God.

It didn't matter what Lazarus ate, it was the fact that he could eat that brought glory to God.

It didn't matter what Lazarus wore, it was the fact that he could put on clothes and wore them at all that brought glory to God.

It didn't matter where Lazarus went, it was the fact that he could go anywhere that brought glory to God.

His very existence was so powerful and influential in leading others to trust and believe in Jesus, that the enemies of Christ, the priests and pharisees plotted Lazarus' death!

So Jesus didn't want Lazarus to be sick or die, but He used it and gave it meaning to a cosmic and global purpose!

Resilience

Reality

Meaning

Improvisation



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The final element in Christian resilience is Improvisation.

UPS – Creativity & Systems

IMPROVISATION

Resilience is thirdly built upon the ability to **make do with whatever is at hand.**



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[Read statement on the left]. This is improvisation. To use what you got. To do what you can.

Story: UPS, after a hurricane decimated a Florida community, wondered how they could provide help and hope. They had a back up of parcels to deliver and thought, perhaps if we still deliver the packages, we might be connecting the survivors with care packages or just a sense of normalcy. They were right! As the UPS trucks drove through the devastated communities, delivering

packages, home owners wept, celebrated, and expressed their gratitude for the consistency of the packages arriving and how it gave them a sense of normalcy and comfort as they sought to rebuild from nothing. UPS didn't just hold on to packages and say, "What can we do?" They simply improvised. They made do with what was in their hand and it was a blessing and source of encouragement in a time of tragedy . It showed resilience and inspired the devastated community to keep moving.

There is **good evidence** that when people are put **under pressure**, they regress to their most **habituated** ways of responding...What we do not expect under life-threatening pressure is **creativity**.

KARL WEICK



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[Read Quote, begin with author's name]

Christian resilience inspires creativity in life-threatening pressure situations. Though our marriages, our finances, our health, our jobs, our spiritual lives may under stress, do not regress to your habituated ways of responding. Do not regress to watching things you know only take you lower. Make do with what is in your hand and keep moving! Do not regress to eating things that will only worsen your health. Make do with what is in

your hand and keep moving! Do not regress to thinking and behaviors that only reinforce your depression, grief, and sadness. Make do with what is in your hand and keep moving! Do not regress to neglecting prayer and time with Jesus that will only further damage and distance you from the Lord! Make do with what is in your hand and keep moving! We may not have much in our situations, but make do with what is in your hand and keep moving!

IMPROVISATION



Feeding the 5,000 – Mark 6:34-38



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Here is a quick biblical example of this principle in Scripture. **[Read Mark 6:34-38]**

We find the story of the Feeding of the 5,000

Notice Jesus' counsel in verse 38, *How many loaves do you have? Go and see.* This is what improvisation is all about. We have accepted the visible and the invisible reality of our situation, we believe that all that we are facing and fighting will be meaningful, so now go and see what you have, bring it to Jesus, and keep moving. We often stop

moving and stop being resilient, but we think what we have is too little or insignificant. But the Bible encourages us through stories like this one, to simply go and see what you have and bring it to Jesus. Whether it be financial lack, emotional, physical health, and spiritually. Go and see what you have and bring it to Jesus.

The Difference of Resilience

For a just man **falls** seven times, and **rises up again**; but the wicked shall fall into mischief

Proverbs 24:16



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Brothers and sisters, Christian Resilience makes a difference not only in the cares of life, but ultimately in our salvation and this Christian race. Notice this text: **[Read Bible Text]**

So let's break down how this verse illustrates that the difference between the just and the wicked here is resilience. The difference is that ONE STOPPED MOVING and the other KEPT MOVING.-
NEXT SLIDE

The Difference of **Resilience**

- | | |
|---|--|
| 1. Wicked man falls less | 1. Just man falls more |
| 2. Wicked man has one fall but rises not again | 2. Just man has seven falls but rises again |
| 3. Wicked man does not rise because he has not accepted his fall (reality) | 3. Just man does rise again because he has accepted his fall (reality) |
| 4. Wicked man does not rise because he finds no (meaning) in it, or finds it inevitable | 4. Just man does rise again because he finds (meaning) in it and finds it inevitable to walk without falling |
| 5. Wicked man does not rise because of how he must rise (improvisation) | 5. Just man does rise up again however he can (improvisation) |



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Here are some key observations:

- 1) The Wicked man falls less than the Just man. So the difference is not in falling less, for the wicked do that, but end up lost.
- 2) However, the wicked man has 1 fall but stops moving. Never rises again. But the Just man, falls 7 times as much as the wicked man, but he keeps moving. He keeps getting up. But why? The difference is resilience.
- 3) The 3 components we just covered.

Reality - The wicked may not rise again because he

has not accepted the reality of his fall or understands it. But the Just man, accepts that he has fallen and rises again. He keeps moving.

Meaning - The wicked may accept the reality of their fall, but find no meaning in trying to get up and believe they will inevitably keep falling, so what's the point? But the Just man believes that each fall is meaningful and teaches him how to walk better and more balanced and stable. He believes that it is inevitable that he will one day walk without falling.

Improvisation - Even if the wicked man accepts the reality and believes it's meaningful to keep moving, but does not the way or ways he has to rise again, then he will stop moving. Some people will be lost like Cain, because they just cannot "rise again" using the means Jesus has provided. Using what is in their hands. Depending upon the righteousness of Christ and His Spirit and His promises and His power to rise again but doing what I can. Throwing out the alcohol, removing all wifi at home to avoid watching pornography, down grading to a flip phone to avoid social media addiction, going to see a therapist or get a medical assessment...no matter what it is, the wicked will stop moving until they

see a clear path and way forward rather than to keep moving and making do with what they have. But the just man rises up again...however he can. He is determined to finish this Christian race. He is determined to get victory over every sin that so easily besets him. He is determined to keep moving.

Appeal:What about you today? Are you willing test the difference of resilience? Are you willing to keep moving in your situation?

- 1) If you are someone who says Lord, I need you to open my eyes to truly understand and accept the visible and invisible reality of my situation, **I want to invite you to raise your right hand to heaven.**
- 2) If you are someone who is praying today, "Lord, help me to find meaning in the troubles I'm facing. To believe that you will not waste my pain." **I want to invite you to stand to your feet for special prayer.**
- 3) Lastly, if you are someone who is praying, "Lord, help me to be determined to find victory over depression, anxiety, addictions, brokenness in my marriage, financial issues in my life,

whatever it is and make me willing to rise again however I can. To do whatever it takes. To make do with whatever is in my hand, **I want to invite you to come forward for special prayer as I ask the pastor (or elder in charge) to pray over you and us all.** Let us pray.

God bless you!

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