

**Needy**  
**Week 3**  
March 4<sup>th</sup> 2018

Over the last weeks we have said...  
There is a God and it is not you.

And God is God  
precisely because he is completely self- sufficient in himself.  
He doesn't need anything.  
He doesn't. You do.

We have needs that we must attend to  
if we are to thrive and survive.

Think about all the needs you have.

physical needs.  
emotional and mental health needs.

On top of those needs you have spiritual needs.

You are needy. So am I.

God has created us with needs.  
He passes on to us the responsibility  
to tend to them.

If you don't eventually you will become  
someone else's problem.

On the other hand:  
when you do,  
you'll more effectively be able to care for others.  
In fact, caring for yourself first  
can and should be preparation  
for service to others.

So, we're taking this season of Lent  
to take a closer look at just how needy we are,  
how to best meet those needs  
and, as a result, how to be healthier.

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We've talked about some of the temptations  
we face when it comes to our needs.

**The first temptation:**  
*meeting legitimate needs in illegitimate ways.*

We will be tempted from time to time  
to do something we know is wrong

in order to meet a real need.

**Second temptation:**

*meeting legitimate needs through short-cuts.*

With our needs we are often tempted  
to settle for what is a shadow  
of the real and legitimate need we experience,  
to take the easy way out,  
to go for the short cut.  
You start skipping the gym  
and sleeping in instead.

**Third temptation:**

*meeting our needs by worshiping them.*

We turn our needs into our gods,  
to make them the whole of our life,  
to give to them our attention, our affection,  
and our ability, to pursue them at all costs.

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Today we are going to talk about  
two needs that go together.  
We are meant to live in rhythm  
between one and then the other.  
Life is a constant switching back  
and forth between them.

To learn more about these needs,  
we are going to look at a passage  
from the Book of Exodus  
where God gives the Ten Commandments.

Don't worry, we aren't going to look at all ten,  
we are just going to look at one.

It is important to note about  
the Ten Commandments  
that God does not give them  
as a CONDITION for relationship,  
but in the CONTEXT of a relationship.

God didn't say do these 10 things  
and then we'll talk.  
God delivers these commandments  
to the Israelites

- only after he had demonstrated his power by parting the Red Sea and rescuing them from Egyptian slavery.
- He delivers the commandments only after he has blessed them abundantly in every way

Only then does he give them the commandments.  
The commandments themselves  
reveal God's priorities.

They show that God is not only powerful,  
he is good.

God gives Ten Commandments  
for more successful living,  
they are constitutive elements of good living.  
The command we're looking at today  
is the 3<sup>rd</sup> command which goes like this:

<sup>8</sup> Remember the sabbath day, and keep it holy.  
<sup>9</sup> Six days you shall labor and do all your work.  
<sup>10</sup> But the seventh day is a sabbath to the LORD your God;  
you shall not do any work—...

Exodus 20: 8-10

The Commandment goes on to explain.

<sup>11</sup> For in six days the LORD made heaven and earth,  
the sea, and all that is in them, but rested the seventh day;  
therefore the LORD blessed the sabbath day and consecrated it.

Exodus 20: 11

God works for six days.  
He creates the heavens and the earth  
and everything in it.  
Then he creates the crown of his creation  
in human beings,  
in his image and likeness.

Then after all the work of creation,  
God rests.  
Why? Is he worn out?  
Is he tired?  
God rests to set the pace  
and the pattern  
for how he wants us to live,  
the proper rhythm in which we function best.

So let's take a quick look at this pace,  
this plan.  
God begin with work.  
At one point there was no creation.  
And he decided to get to work  
and create something,  
not because he was bored  
or had nothing to do  
but out of the expansiveness of love and grace.  
So he gets to work.  
Since we are made in the **image and likeness**  
of God we also are to work.

Notice the commandment says,

<sup>9</sup> Six days you shall labor and do all your work.

The commandment assumes  
an inclination towards work  
as if it is something we will naturally desire.  
Work is not a curse that is the result of sin,  
it is not some kind of punishment.  
Work is part of the plan,  
written into the very act of creation  
and carved on our souls  
because we have been made  
in the **image and likeness** of God.

We not only need the *produce*  
or *profit* of our work,  
we need the *process* of working.

So, it is important that we view work  
in the right way.  
There are three different  
ways to look at our work.

***One way to see work is as a job.***

A job looks at work as something simply  
to pay the bills and supply our basic needs.  
Of course it does.  
But when that is all it does  
it is not very satisfying.

***Another way to look at work is as a career.***

This is moving up the ladder  
or making a name for yourself,  
building a nest egg.  
This attitude towards our work  
might pamper and please our **ego**,  
but it also doesn't really satisfy,  
as in satisfying our soul.

***The other way to look at work is as a vocation.***

People who see their work as a calling  
see meaning and a purpose  
in their work beyond themselves,  
they recognize the real gifts they've got  
in service to a greater good,  
a higher purpose.  
That kind of work can be soul satisfying  
and ultimately if we have it,  
if we find it, it is given by God.  
We need God to have soul-satisfying work.

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But that's only part of the plan:

*work is matched with rest.*

Rest also gives you the opportunity  
to enjoy the blessings that God provides.

God once again sets this example in creation. Genesis tells us that after God creates everything, he proclaims it is

**Good Genesis 1**

Then he stops creating and rests.

Not just recreation,  
though it can be that,  
not just running around  
to a lot of kids sports,  
though sport and physical activity  
have their place.

Not just entertainment and distractions.

Some people can't wait for the weekend  
to be over so they can get back  
to the more manageable schedule of work.  
That's time off from work,  
but its not the rest we're talking about.

Soul satisfying work must be matched  
with soul satisfying rest.

Soul satisfying rest refreshes the soul  
and spirit  
and leaves us refreshed  
and equipped to return to our work.  
And to find that kind of rest we also need God.  
This is why elsewhere David says,

<sup>1</sup> *The LORD is my shepherd, I shall not want.*

<sup>2</sup> *He makes me lie down in green pastures;...*

Psalm 23: 1-2

Sheep need to be led to rest  
and have to be made to lie down.  
We are like sheep.  
We cannot find rest on our own.  
We need to be led to it.

We need God to lead us to rest.  
This begins with weekend worship  
and coming to Mass.  
When you make this a priority on your Sabbath, you are putting your trust in God  
that he will lead you to a place of rest.

For our part,  
one of our priorities in putting together  
this weekend experience for you  
is that it helps serve that purpose,

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that you can leave here  
maybe encouraged and equipped  
and perhaps even a little inspired  
to go back out to your life and work.

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God has built into our lives these two dual needs: **work and rest.**

When you hear this message,  
you probably tend towards knowing  
that right now you have a need  
for one more than the other.

- Maybe you're working in a job that is just a job or a career but isn't a calling: you don't find soul satisfaction. This doesn't necessarily mean you should make a change. Maybe you just need to look at what you're doing in a different light, from the perspective of the greater impact your work has, or the giftedness you've got to do it.
  - Maybe God *is* calling you to something else. Maybe that dissatisfaction is leading you in another direction. **Some of our staff are here because they felt God's call to change their work and join us.** Maybe God is calling you to work in a non-profit. Maybe God is calling you to the priesthood or religious life.
  - For some of you, this isn't an issue at all. And if you love your work and enjoy it take some time this week to thank God...because that's a great gift.
  - Maybe you're a student and all of this is still before you, or you're retired and you're not sure how this applies: take it to prayer and prayerfully consider what your work is and what it will be. Everyone of every stage and state of life, even the actively dying have work.
  - Maybe you have heard this message and you realize you need more rest. You don't have a Sabbath, a day where you get to rest and if you feel just tired. You are tired down to your soul. You realize your pace of life is just not sustainable. Begin by asking God to help you find rest, to lead you to a place of rest.
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