

Traditional Worship • June 10

BODY • HEART • MIND

- Prayer Concerns: Sally McGiness; Sandy Brenneman in the passing of her sister; Karen Kendall in the passing of her sister, Betty Rhinehart.
- Today's Sanctuary flowers provided by Doug & Betsy Fenner to the glory of God in memory of Doug's parents.
- Today's choral selections are provided by the Temple Choir under the direction of Joan Nevill. Organist: Barbara Waite. Special Music provided by Vacation Bible School students. The Anthem is given to the glory of God in memory of Dr. David Martin.
- Ushers (10): Greg & Linda Stilwell, captains; Chuck Taylor, Jacque Hardin, Nelson & Joyse Rivers
- Ushers (17): Eric Eades, captain, Seby Durgy, Chuck Taylor, Ronnie Pursley, Thornton Patberg (balcony), Margo Borre (balcony)
- Greeters (10): Marty Van Stone, Tom Harvey, Carla Bolin, Margo Borre
- Greeters (17): Warren & Rosemary Heinsohn, Janet Kissel, Mary Lockett

ORDER OF WORSHIP

PRE-SERVICE MUSIC

Luke Rausch, piano

WELCOME

PRELUDE

"All Creatures of Our God and King" arr. by R. Rowland-Raybold

CALL TO WORSHIP

Leader: Praise God with the sounding of the trumpet,

People: Praise God with the lute and harp!

Leader: Praise God with the tambourine and dancing,

People: Praise God with the string instruments and the pipe!

Leader: Praise God with clashing cymbals;

People: Let everything that breathes praise the Lord.

CHORAL INTROIT

"Holy, Holy, Holy" arr. by Carter

*CHIMES & SERVICES OF LIGHT

*FIRST HYMN #152

"I Sing the Almighty Power of God"

*PASSING OF THE PEACE

Leader: May the peace of Christ be with you.

People: And also with you.

Leader: Please turn to those around you and pass the peace of Christ.

SPECIAL MUSIC

"Never Let Go of Me"

CALL TO PRAYER

Leader: The Lord be with you.

People: And also with you.

Leader: Let us pray as one.

PASTORAL PRAYER/ LORD'S PRAYER

All: **Prayers of Peace, give us the grace to stand in the middle of situations; let us be channels for the compassion that leads to healing and forgiveness. O God, hear us now as we pray, each in our own hearts and in our own ways...**

GIVING OFFERING

"Let Us Break Bread" arr. by C. Callahan

*DOXOLOGY *the congregation stands as the Ushers return the offering to the Altar.*

#95 in Hymnal

ANTHEM

"All Things Bright and Beautiful" by John Rutter

KIDZ MOMENT

SCRIPTURE READING

Genesis 2:4-7

Another Account of the Creation

In the day that the Lord God made the earth and the heavens, 5 when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; 6 but a stream would rise from the earth, and water the whole face of the ground— 7 then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.

SCRIPTURE RESPONSE UMH #162

"Alleluia, Alleluia"

MESSAGE by Pastor Andy Payton

"Body"

Well good morning. Good morning. Good morning Methodist Temple. I would ask you are you still with me, but I think that's kind of a moot point at this at this stage in the game after Joy has entered the building. But it is good to be with you today. It's good to always share with you an hour of worship, but I have to say today has been a kind of energetic day with the kids singing & joy coming. It's been fun. It's been fun and it's good to be here with you today of course. Well today we're kind of taking a new transition in our sermon series; we're opening to a new chapter in our preaching together— our time together. And the series we're starting today is called Body, Heart, & Mind and the idea really is a simple one. We believe that God speaks to us through our bodies. God speaks just our hearts and God speaks to us through our minds. And so for the next few weeks we're going to be talking about how we can listen to the voice of God through our bodies, minds, and hearts. The quote that comes to my mind comes from Frederick Bittner who's a wonderful theologian who once said that if you want to hear God speak, then listen to your life. Then he goes on to explain: taste, touch, smell your way to the holy, for life itself is grace. You want to hear God speak. Listen to your life. Taste, touch, smell your way to the holy. And then he says life itself is grace. And so if you to hear God speak listen to your bodies, listen to your hearts, listen to your minds because low and behold God's voice can be heard through and within them. Today are our topic is body; and initially when I started thinking about this sermon I was going to call it body types but then my wife informed me that that might be taken in the wrong way. So I decided not to talk about body types, but instead of just body- I'm just talking about body and hearing God through our physical selves.

And as we get started, let's begin with the moment to center ourselves and to pray. Oh god it is in the midst of the chaos of this world, you are here. And I pray that you would take the words of my mouth and the meditations of all of our hearts this day and that you would work to make them to be acceptable in your sight. Oh god I do pray that you would help us this day and always to be present to you even as you are here present with us. We ask this through Christ. Amen.

So his name was Father Gillick; and Father Gillick was an old school Irish Catholic priest. The story goes one day he went to an elementary school, a Catholic elementary school, and he was going to teach a lesson there. And so he goes and teaches a lesson, and I don't think the kids are very old -they're probably second or third grade- but after the presentation is over one of the little girls came up to him and began to strike up a conversation with Father Gillick. And about mid conversation the little girl gets this look of astonishment over her face and you could see something really surprised her. She looks up her father and she says, "You're blind" to which Father Gillick responds, "Well that's no news to me." I guess as a young kid he had a sickness and lost his sight and so throughout his whole life he couldn't see. But before you could answer any more the little girl said this, she says, "you don't even know what you look like." That kind of took him a little more off guard but then before he could even respond again. She then said, "You're beautiful. You're beautiful. You don't even know what you look like. You're beautiful."

Now I think that story is a wonderful metaphor for each of our own lives. So much of the time we don't know what we look like. And we didn't to know deep down that we are beautiful. The question that comes to my mind comes from the story in Genesis after Adam and Eve eat the fruit of the tree. You know the story- Adam and Eve eat from the tree; they're not supposed to eat the fruit of the tree. And then it says the Lord God came looking for them, and the Lord God starts to ask the question where are you? Where are you Adam and Eve? Where are you? And I believe God asked us that question even to this day: where are you? Not the you that society has told you to be. Not the you that your parents told you to be. Not the you that religion has told you to be. But the real you that God has created you to be. That's the question that we must be wrestling with. That's the question we have to answer. That's the question that if we're going to experience freedom and joy in who we are we must know. We've got to listen to our lives if we're going to be able to answer that question.

And I think our scripture story this morning points us into a direction in which we can begin to kind of unfold and unpack that question about who we really are and the story of the creation of Adam. Now this is a very familiar story. Genesis chapter 2. And what's interesting to me about Genesis chapter 2 is it's the second Creation account. Did you know there's two creation accounts in the book of Genesis? Did you know that? There's Genesis chapter 1 and then there's Genesis Chapter Two. This the one we just heard is the second one. And what makes it different than the first one is that in the first one God creates the world in six days, and at the end, humanity is created. Genesis chapter 2 starts at a different point rather than waiting to the end to create humanity. Genesis chapter 2 starts with creating humanity first which is fascinating to me. It is cool to me that that's the way this one starts. As the story goes, it says that God takes the dust of the ground and breathes into the dust of the ground the very breath of life. And the scripture says that that man became a living being. Another translations says that man became a living soul, which could tell us something. If we want to hear the voice of God speak, then maybe a great place to go is our bodies. Because what makes us a self is the breath of life breathing us into existence.

In Christian terminology, the idea is seen in the Trinity. Now I know we don't talk much about the Trinity because the truth of the matter is we don't know what to do with the Trinity. It's complicated, but within the Trinity what we find is this idea that God is really breathing into us our very existence, breathing into us the very breath of life. One of my favorite authors Henry Nowin explains the trinity in this way. He said that God is first a lover. I think I have a slide on this one. God is second the beloved, and God is finally the love that connects us all. Now the way I would explain this is that God is the lover that is breathing creation into existence. God is the beloved, in other words God is being manifest in the physical world in which we see. And God is the voice of love speaking within our hearts. You see the Trinity doesn't just point to Jesus- of course it does that- but the Trinity also points to each of us and who we are as created, beloved children of God. We are the beloved who are being breathed into existence by the very voice of God.

And if you get that and if you understand that, that will rock your world. Because all a sudden God is not somewhere else. God is right here speaking through me and through you as physical bodies. One Jewish author said it this way that the human beings are the very language of God. We are the means through which God has chosen to speak, and so what all this means to me is this- quite simply it's a long way for me to say that I believe we can hear the voice of God by listening to our bodies. In some ways that I think God speaks to us through our bodies first is tension. We don't listen to tension very well but we can, and if we do tension I think has something to say it to us. Where do you hold your tension? I know some of us might hold our tension in our shoulders. Some of us might hold our tension in our eyebrows and they had this kind of look. If you're like me some of us hold our tension within our chest. But what's interesting to me is how much of that time we don't listen to our tension do we? We don't listen to our stress, do we? Our culture has taught us to push right through it. We don't listen to the voice of tension and we don't hear what it has to say to us- sometimes to our own detriment. We become physically sick. We become emotionally sick. And the truth of the matter is God was trying to speak to us the whole time through our tension.

Flip side, maybe take it from a good perspective, a more positive perspective, I believe God can also speak to us through those things that give us energy. One of the ways that God can speak to us is through those things that we love to do, and it's almost fascinating that I even have to bring this up because the truth of the matter is a lot of us don't spend time doing the things we love to do. We don't spend time doing the things that give us energy. Instead we spend our time doing the thing that is completely opposite to that. We do things that drain us which is crazy. We're not listening to our bodies; we're not listen to our physical selves. And then we wonder why we're so tired and drained. Well we're not doing the things that give us energy. We're not doing the things that give us joy. We're not doing the things, dare I say that God has created us to do. Here's a few questions to consider. If you feel yourself being drained in terms of your energy, is what you're doing giving you Joy? Second question I would suggest is, does the world need it? Third question you might ask yourself is, does this help things on earth to become as they are in heaven? Does it give you joy? Does the world need it? This is something I think sometimes the church needs to be asking ourselves. A lot of times we want to create things that we like to do but we never ask the question does the lore the world really need it, and then we get upset when no one comes. It's true. It's true. Well why don't they like what we like? I don't know. They just don't, so change it. Does it give us joy? Does the world need it? Is it making things on earth become as they are in heaven?

Here me when I say this. If it gives you joy. If it puts you in the flow. If it's something that you can sit down and write three or four hours later you're still doing it and you're energized, I don't think that's a coincidence. I don't think that's an accident. I think maybe that's what God created you to be doing. I know for me, when I experienced this the most is when I'm sitting and working on a sermon. Which maybe would indicate that I'm doing the right thing right? That I'm in the right capacity. I'm in that place that God has created me to become. One of the great tragedies is we end up doing things our entire lives that doesn't really give us joy- doesn't give us energy. And at the end of the day we feel like we wasted ourselves, and we wasted our lives and that's so tragic. And it's all because we never really listen to our bodies and never had the courage to say yes to what they were telling us.

A few weeks ago my oldest daughter, Jayden, who is 17 years old and getting ready to be a senior in high school- which is crazy- sent me a video of Jim Carrey. Do you guys know who Jim Carrey is? Jim Carrey -like Ace Ventura Pet Detective- that guy Jim Carrey? He's a classic wonderful actor and a lot like joy. He's a lot like joy that just came and visited us earlier today. So. My daughter sent me a video of Jim Carrey and in this video of Jim Carrey, he's giving a commencement speech to a group of graduates. And in this wonderful commencement speech to a group of graduates he begins to talk about his father; and he says that his father could have been a great comedian. His father loved to tell jokes; his father loved to make people laugh. But his father decided instead of doing that he would play it safe and become an accountant. Wow. I mean if you could go any more opposite Jim Carrey is dead, you picked it. So here's what happened when Jim Carrey turned 12 years old. His father who decided to play it safe lost his job. And it's then that Jim Carrey makes the point- you have one of two options in this life. You have one or two options in this world. You can lose it all playing it safe or you could lose it all doing the thing you most love. It's your choice. I would suggest to you strongly do the thing that you most love to do. Do the thing that most energizes you. My hunch is it'll work out because I don't think it's a coincidence you feel that. I think that's the spirit moving in our lives, prodding our lives, urging us to say yes yes yes to those things that give us energy.

Finally I think one of the ways we can listen to our bodies and the Enneagram. I hear the voice of God speaking through our bodies is through our instincts. This is where it kind of comes all the way back around to the Enneagram. I know we've been talking about the Enneagram for the last nine weeks, but one of the things the Enneagram helped me to understand and see is that for some of us, our default setting is that we hear the voice of God speaking to us through our bodies. They call them- here it is for lack of a better term- body types; and I'm not talking about, you know I'm not talking about it. So I'm talking about hearing the voice of God through our physical selves. And if you're eight if you're 9 or you're 1 on the Enneagram- the Enneagram is an ancient spirituality test- if you're 8, 9, or 1, chances are your default setting is hearing the voice of God speak to you through your body. And I'm a 9, so this is the way I experience the voice of God a lot of times within my life. And so here's the thing that the nines, eights, and ones do when it comes to hearing God speak to their instincts. The first thing that would kind of point us in the direction of you might be a person who hears God through your body is this- that you make quick judgments about your likes or dislikes whenever you first meet someone or experience a situation. You have an immediate like or dislike. It's not an emotional thing. It's not a rational thing; it's an instinctual thing. You just kind of make an immediate judgment of what you like or dislike about certain circumstances and certain situations.

Now I'm a body type which means over the years there have been certain people, certain situations I've found myself in where I found myself thinking you know I don't like that. And on the way home Leslie and I are talking and she's like 'What do you think?' I was like something was off. She says everything seemed fine to me. No I said something's off. I don't know what it is but it's off. It's not right. So how do you know? I was like I don't know. I just feel it in my gut, I don't know. I just feel it. Now what's been interesting to me over the years those initial hunches have been correct; and only recently did I discover, that maybe that's the way God was speaking to me. Maybe that's the way that I tune in to the spirit of God. No one ever told me it was OK to do that. We're always so afraid of stuff like this, but it doesn't make sense to be afraid of it. If God is the one breathing us into existence, then it makes sense to me that we listen to God through our physical self. And here's what you can know if you're a kind of an instinctual body type is a lot of times you act before you think, so you act without thinking which drives everyone else nuts. Like if you're my wife, for example, why don't you think about that? I don't know. It just seemed right to me, and a lot of times it was right. She'll tell you that maybe hopefully. I hope. But the reason why we do these things is because we're acting out of our instinct place. We're not acting out of emotional place; we're not acting out of our mind place. We're acting out our instinct place. Throughout the years.- here's an example- when I've listened to my instincts, it's worked out kind of interestingly. For example, when I was at a church in Tell City, I got a call to move to Methodist Temple. They were gonna make me associate pastor. At the time, I was to be an associate pastor. And I called my family and I was like, well Dad they called me; and they said they want me to move from being a senior pastor at Tell City to an associate pastor at Methodist Temple. And here's what he said, "Don't do it don't do it". You won't be in charge of yourself anymore; you'll be number two. That's not a great idea. And here's what I don't know Dad. It seems right to me. I can't explain it. And it's crazy. And I said yes. Five years later here I am; you're still putting up with me. Well I'm still listening to me go on about all my stuff. So yeah, yeah.

The telltale sign of a person who hears the voice of God through their body is they will say something like this. "I don't know but my gut tells me". I can't tell you how many times I find myself in a meeting where I'd do that. Someone says Andy what do you think? What do you think? They're trying to put me in my head and my response to the I don't know, but my gut tells me. And sometimes they look at you like you're crazy and sometimes they look like it's a great idea. But body types listen to your gut; listen to your gut. Now to be clear, does this mean that every little instinct, every little urge we have is the voice of God? No. I think we need to be really careful about just going off on our instincts all the time. In fact, to hear the voice of God we need all three parts. We need our bodies. We need our hearts. And we need our minds. And true to discernment is about weighing those three voices that are always operating within ourselves. It just says some of us are more tuned into our bodies than the other two places. So for example me. My body might be telling me one thing; my instincts might be telling me one thing, but my heart my head are telling me something different. Be careful. Your mind might be telling you one thing but your heart and your body might be telling you something else. Be careful. You get the point.

The other question you have to ask yourselves when you listen to your instincts is this, and I get this from Bishop Mike Coyner. Bishop Mike Coyner was our bishop just recently until a couple of years ago, and he's been one of my major mentors within my own life. I mean one of the great blessings when I was younger in the ministry, they made me go to these conferences and Bishop Mike with preach and that was like the best thing that would happen to a young pastor like me. This old guy getting up and sharing all his wisdom is oh it's such a gift. But I remember one of the things he said in one of his sermons was this. He says whenever you get to a crossroads within your life and you find yourself having two options or three paths or four paths- whatever they may be- he said take the path that leads toward the shadow of the Cross. Take the path, take the option that leads to the shadow of the Cross. And by that I think what he meant was this, choose the option that most reflects the mind and spirit of Jesus Christ. Take the instinct. Take the option that leads to the shadow of the path that reflects the mind and spirit of Jesus Christ. Sometimes when you do that it's not going to be like you're going to be playing it safe. To be truthful, saying yes to the mind and spirit of Jesus Christ can get you a lot of trouble in this world today. It can get you a lot of trouble in the church today. It gives you a lot of trouble in conversations with family and friends today. If you really are going to say yes to the mind and spirit of Jesus Christ, but hear me when I say that, say yes to that. Because that is the direction that the Holy Spirit is taking us.

And I'll close with the words of Desmond Tutu. After all we might as well just join the winning team before it's too late. Right? And what's the winning team: mind and spirit of Jesus Christ. Amen.

*LAST HYMN UMH #544

"Near to the Heart of God"

*CHIMES & SERVICE OF LIGHT

BENEDICTION

"Postludium" by A. Hessel

POSTLUDE