**Renew – 04/21/24**

**God is in Me, I am Enough**

**Introduction:**

Renew

Intro:

Baptism comments

* Romans 12:2
* Last week – stuck, do the thing that you would do

Continuing with Renew series

* Remember when we are in Christ, we are a new creation o His mercies are new every morning
* Witnessed that this morning – o Baptism is a symbol of that newness
  + Going into the waters of baptism and rising again a new creation in Christ
* It’s beautiful
* And it’s ongoing o His mercies are new every morning, we don’t have to rely on yesterday’s mercies because there are new ones today

▪ And that’s why we renew – renewing our minds and being transformed by his daily mercies

* Be being transformed

**Me:**

* 2016 Olympics (Rio de Janeiro) – wrestler Helen Maroulis o Opponent – Saori (Say-or-ee) Yoshida
  + Faced her twice before at other events – lost
* But she had been training for 3 years to get to this Olympic moment
* Interview – spoke of the excitement of the moment waiting in the tunnel to be introduced
  + Looking over at Saori and thinking, “Oh Dang, Helen”
    - Five seconds is enough for a bad thought/negative/doubt to get into your mind
  + Prayer – “God, how do I protect myself right now?”
    - And He gave her this mantra, “God is in me, I am enough” o Over and over
* Minutes later, Helen defeated Saori 4-1 in one of the biggest upsets in wrestling history

**We -**

I love that story

• Whether you’re an Olympic wrestler o Single mom o Pastor o Mechanic

o Schoolteacher or student

▪ **You often have to talk yourself out of doubt and into faith**

* Out of your weakness into God’s strength • Out of your head and into your future

Christ i

s

in me, I am enough

I’m guessing we’ve all heard that inner voice of failure

* Feeling unworthy o Lack

▪ I have

• Found myself struggling to manage 18 things at once – and they all matter o But I can’t do it all o Don’t have enough time

* + Energy
  + Patience
    - I don’t have enough …

And then it’s an easy jump from “I don’t have enough…” in a few areas of life to “I’m not enough…” as a person

* + - The first, a statement about a situation o *The second, a label that locks you into an old version of yourself*
    - Starting to measure yourself by what you’re missing o Turning situational insufficiency into identity

I have good days too

* Areas where I’m strong o Seasons when things go right

▪ Moments like that are great, but they will never make us feel ‘enough’

• Only God can do that o That’s why this mindset has 2 parts

“Christ is in me.”

“I am enough.” o We can’t have the 2nd without the first

God:

John 14:19-20

* Jesus told his disciples just before his death and resurrection o *“Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you.”*
* Couple of verses later:
  + *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing (15:5)* 
    - That’s Jesus telling his disciples (and us) that their lives were in him, and he was in them – and that’s what made them enough
    - He wants us to know, “we are more than what we are missing or where we fall short”
    - We have nothing to prove because our sufficiency comes from Christ, and he doesn’t fail

We’ll make mistakes

* + - Have weaknesses o God knew that before He created us
    - So instead of blaming ourselves
      * Rejecting ourselves
      * Hating ourselves
      * Running from ourselves
    - We can learn to accept ourselves

This switch – the mental change – into “I am not enough” can happen so quickly and easily for us

* Usually, we don’t even realize it o At SNHU – boss gives feedback, not negative, not scolding – just how I can do things better

▪ And suddenly – in my mind – the worst team lead ever

* + - * Don’t deserve
      * How did I ever get this position in the first place o Imposter syndrome hits hard ▪ All within a split second o We take an area where we can improve, we don’t measure up to perfection

▪ And then it spirals

* + - * “If I were a better team lead, our numbers would be better”
      * “If I were a really good team lead, my team would have the best numbers in the department” o Then

▪ “If I were a better husband and did better at home, I’d probably be a better team lead”

• “I’m a bad team lead, I’m even worse as a father…”

▪ It’s all my fault

* + I don’t have enough because I’m not enough

Let’s not lie to ourselves

* + We could make better choices along the way
  + We’re all a work in progress o We’ll never ‘arrive’
    - But let’s give ourselves some credit
      * Maybe we’re doing a really good job and have been hit with some tough blows
      * We don’t need to internalize our losses and convince ourselves we aren’t enough o Let’s accept ourselves where we are

Surrender ourselves to the Lord

Let Him grow us

And in the meantime, we’ll accept who we are

* + - * + Where we are
        + And know that in Jesus, I am enough!

The point is – we have to find our sufficiency in Jesus and stop our downward spirals of despair

* + - * + His abundant life is already in us o And out of his abundance he provides for us
    - All we need
* Enough is not a state you’ll reach, it’s a gift you have already been given o Let’s not operate from the belief that *what you do* or *what you have* is what makes you enough

▪ If we do, we’ll always be operating from a deficit because – to be honest – life is too much for any of us

God introduced Himself to Moses by saying, “I am that I am” (Ex. 3:14)

* Trying to get Moses to see his ‘enough-ness’
* And He wants us to trust Him in the same way o And the first step to that is accepting ourselves and realizing how ‘enough’ God is

I’m not enough is a wrong way of thinking

* An old mindset, part of the former self we are being transformed from
* You might feel like you’re not enough right now o But in Christ you are more than a conqueror (Romans 8:37) ▪ So, you are enough

Paul wrote it this way:

* *“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”*

(Gal. 2:20) o Paul knew Christ in him was the deciding factor

▪ And we need to know that Christ in us is the deciding factor

* ***Christ is in me, I am enough***

Helen Maroulis said it only takes 5 seconds for negativity and doubt to get into your head

* Our sense of sufficiency and worth are constantly under attack in a world that doesn’t know the new you o So, today’s challenge is to focus less on our lack, accept ourselves as God created us, and focus more on God’s abundance and less on our lack

**You:**

God is enough and he gives you enough and makes you enough

* He fed manna to Israel for 40 years
* He gave them water from a rock in the desert
* He instructed ravens to feed Elijah during a famine
* He turned water into wine
* He had fish pay for Peter’s taxes
* He fed thousands from a little boy’s lunch
* He told his disciples exactly where to cast their nets and they pulled in the biggest catch they had ever experienced
* He called Lazarus out of a grave
* I could go on and on because God isn’t running out of resources o If He showed up for men and women in the Bible, He’ll show up for you
  + - If they asked for it, so can you
    - If they believed for it, you can too o God gives you what you need, when you need it, so that you can do what he asks you to do

I’ll say it again, you are enough

Christ is in me, I am enough

Not some culturally idealized – social media approved – perfect version of you

* Not the person you wish you were
* Not the person your parents told you that you should be
* Not the person you are pretending to be
* Not the person that your IG account tries to show o You
  + - Right now
    - Today o You are already accepted by God
    - And when we’ve accepted His salvation
    - Already have the mind of Christ
    - The Spirit already dwells within you
    - God’s promises are already yours

Don’t say you’re not enough, ***say you’re now enough***

* + - That’s how God sees you, and that’s what Christ made you

Maybe here and don’t know Jesus’ abundance

* + - Don’t know that he you can be enough by becoming his disciple o You can begin accepting your ‘enough-ness’ by accepting his gift of salvation ▪ By learning from him
    - Growing in him

▪ By believing scripture when it says, “when we are in Christ Jesus, we are a new creation, the old is gone and the new has come

* Want that newness?
  + Want to know you’re enough in Christ

Salvation prayer

**We:**

Worship team

Let’s remember, we are enough because Christ is in us

* You are much more than what it is you think you’re missing o Your lack cannot label you o Your deficiency doesn’t define you o Your need doesn’t get to name you

▪ You are perfectly defined by the One who created you in His image and lives in you

• The great “I am that I am” o The God who supplies all your needs according to His riches in glory

* + *Enough is not a state you’ll reach, but a gift you’ve already been given*

The God who knows you is the God who chose you

* You have nothing to prove o No one to impress o Nobody to fear
* He knows your name and calls you by it o He knows the hairs on your head and the thoughts of your heart o He sees you, values you, loves you, fills you, empowers you o Importantly, He sees the power and the potential He has put in you

Do you?