



Freely & Lightly "Outta Pocket"

Whether we realize it or not, we are creatures of rhythm. We have a number of heartbeats during 24-hours. We also have a heart rhythm, a pattern by which those beats occur. It's described as regular or irregular, fast, or slow. But no matter what, we are rhythmic beings for sure. We have rhythms that we are continually trying to get into, i.e., in our marriage, our family, at work, in our creative spaces. One of the things you will often hear a commentator say when referring to a quarterback, a pitcher, a batter, a sharpshooter in basketball is, "They've found their rhythm, their sweet spot!" And that's what we all want! But to be honest, most of the time, we are "**Outta Pocket?**"

Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light." **Matthew 11:28-30 ESV**

Learn the unforced rhythms of grace. **Matthew 11:29 - The Message**

OUTTA POCKET

- My 1st studio experience...much different than mimicking a song on the record player or radio.
- You're ahead of the beat, or behind the beat.

Dissonance:

1. Inharmonious or harsh sound; discord; cacophony.
2. Music – a simultaneous combination of tones conventionally accepted as being in a state of unrest and needing completion.
3. Disagreement or incongruity

Three Kinds of Dissonance that put us “Outta pocket”

1. **Cognitive dissonance:** refers to a situation involving conflicting attitudes, beliefs or behaviors. For example, when people smoke (behavior) and they know that smoking causes cancer (cognition), they are in a state of cognitive dissonance.

And Samuel came to Saul, and Saul said to him, “Blessed be you to the Lord. I have performed the commandment of the Lord.” 14 And Samuel said, “What then is this bleating of the sheep in my ears and the lowing of the oxen that I hear?” 1 Samuel 15:13-14 (ESV)

2. Relational Dissonance

37 Now Barnabas wanted to take with them John called Mark. 38 But Paul thought best not to take with them one who had withdrawn from them in Pamphylia and had not gone with them to the work. 39 And there arose a sharp disagreement, so that they separated from each other. Barnabas took Mark with him and sailed away to Cyprus, Acts 15:37-39 (ESV)

3. Physical Dissonance

After this there was a feast of the Jews, and Jesus went up to Jerusalem.

2 Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic[a] called Bethesda,[b] which has five roofed colonnades. 3 In these lay a multitude of invalids—blind, lame, and paralyzed. [c] 5 One man was there who had been an invalid for thirty-eight years. 6 When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “Do you want to be healed?” 7 The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” 8 Jesus said to him, “Get up, take up your bed, and walk.” 9 And at once the man was healed, and he took up his bed and walked.

Now that day was the Sabbath. 10 So the Jews[d] said to the man who had been healed, “It is the Sabbath, and it is not lawful for you to take up your bed.” 11 But he answered them, “The man who healed me, that man said to me, ‘Take up your bed, and walk.’” 12 They asked him, “Who is the man who said to you, ‘Take up your bed and walk’?” 13 Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. 14 Afterward Jesus found him in the temple and said to him, “See, you are well! Sin no more, that nothing worse may happen to you.” John 5:1-14, emph. V. 14 (ESV)

Finding the Sweet Spot:

1. You Gotta Snuggle not Struggle!

Be still, and know that I am God...Psalms 46:10 (ESV)

“Take the off ramp and exit the rat race; consistently unplug from the world and become intimately acquainted with the truth and fact that I Am your Source for everything!”

Gino’s Message version

2. You Gotta Nestle not Wrestle!

Surely I have composed and quieted my soul; Like a weaned child rests against his mother, my soul is like a weaned child within me. O Israel, hope in the Lord from this time forth and forever.

Psalm 131:2 (NASB)