

# What's On Your Plate?

A Word for 2020 & Beyond  
Church on the Park | Sunday, 26 JAN 2020

**Text:** “The kind love of Yahweh fills the earth, teach me your portion.” (Ps 119:64, my translation)

**Theme:** Your life is like a plate—what's on it will make or break you.

**Intro:** In December, I awoke at midnight and began to give thanks to the Lord rather than focus on my pain and sleeplessness (Ps 119:57-64). Soon, the Lord put a spotlight on two Hebrew words out of Psalm 119:64: הַקֵּיךָ לַמְדֵנִי (huQEYcha lam'DENi), which means ‘Teach me your portion.’ The whole verse reads: “The lovingkindness of Yahweh fills the earth, teach me your portion.” As the Lord highlighted ‘teach me your portion,’ I saw these words in a way I never saw them before and I felt a great joy and peace. I began to pray, “*What is your portion for my life?*”

## 1) What's on your plate? (John 4:34)

- Jesus said, “My **food (nourishment)** is to do the will of him who sent me and to complete his work” (John 4:34, my translation).
- **The Plate Illustration**
  - *Have you ever been to a buffet?* Did you ever fill your plate to the brim so that you can get your money's worth? When I've done this, I've felt terrible afterwards.
    - I groaned, ‘I've had too much to eat.’
  - [Take a plate and fill it with **plastic food**.]
    - The plate represents your life, especially your everyday life.
    - This food represents people, things, activities and especially expectations. (Note: expectations can be both good or bad.)
- *Is your plate **overloaded** with stuff?*
  - [Get other people up with their plates and have them take what is theirs and put it on your plate.]
- Luke 14:16-24 - **Parable of the Dinner**.
  - All these people had **excuses** because they had **too much on their plate**.
  - Ultimately, they had what **they** wanted on their plate, but they did not have what **God wanted** on their plate.
    - They could not **fulfil his call** because they were **overloaded and distracted (Mark 4:19)**.
- Luke 9:57-62 - **The Cost of Discipleship**
  - They all had something they felt was **more important** and were **hindered by difficulties**.
- Don't let the **difficulties** of life **distract** you from **discipleship** and God's **destiny**.
- In John 4:34, we discover that Jesus was **energised and nourished** by knowing and doing the Father's will.
  - **Jesus knew the Father's portion**.
- *Often, my plate is overflowing, but what is God's portion for me? What are the boundaries you have for me and my ministry? How can I keep from stacking my plate like a mountain at a buffet?*

## 2) Let Jesus clear your plate. (Mark 11:15-19)

- Jesus was (and still is) a **master at clearing crowds**.
  - *Remember how he cleared the temple?*
    - Mark 11:15-19
      - The **temple** was not fulfilling **its purpose** to be a **house of prayer** because it became **busy and overloaded** with other things.
      - The ‘plate’ of the temple was full, but not with the right things.
        - *What does Jesus do?*
          - He **clears** their plate.

- Then, he **reminds** them of the **Father's will**. Particularly, he reminds them of what the prophets **Isaiah and Jeremiah** said.
- Our lives can get way too **crowded** with **stuff** and this **stuff** can **suck** the life out of us.
- **The Synagogues Official's Daughter** (Mark 5:34-43).
  - Look what Jesus does.
    - **"But putting them all out..."**
    - And that was the **way to resurrection life and restoration**.
      - The **supernatural** (resurrection) & the **natural** (give her something to eat)
- This week I went on a **prayer retreat**.
  - It was all about **Jesus clearing my plate**.
  - The main thing I took away from this retreat was how **beautiful Jesus is**.
    - And I'm very happy about that because we are about to begin the **Jesus Unit 2020** ([www.holyfireschool.com](http://www.holyfireschool.com))
- In **Mark 1:35-39**, **Jesus allowed** his **Father to clear his plate**.
  - Sometimes it means **getting away** early in the morning, sometimes taking an afternoon off or it may mean getting away for a few days.
  - But it's only effective prayer if you are praying: **"Teach me your portion."**
- Watch out that you don't **fall...**
  - F - Fear
  - A - Anxiety
  - L - Laziness
  - L - Lust

### 3) Only allow God to put his portion on your plate. (Ps 119:64)

- *What is God's portion for your life?*
- This is something that you must let God **teach** you.
  - It's also what **discipleship** is all about.
    - The disciples had to **leave everything behind** to learn from Jesus and take his yoke upon them.
- This is what Jesus meant when he said, **"Give us this day our daily bread."**
- At times, God's portion may **seem impossible**.
  - Remember, Jesus said, **"Let this cup pass by me"** (Mark 14:36).
    - But as he **accepted** the Father's will, he **received divine empowerment** to **embrace** his cross.
- *Do you know that eight times Psalm 119 says, "Teach me your portion/statutes"?*
  - 1) Ps 119:12, 2) Ps 119:26, 3) Ps 119:33, 4) Ps 119:64, 5) Ps 119:68, 6) Ps 119:124, 7) Ps 119:135, 8) Ps 119:171
- **"My people will get to the place I'm taking them if they learn my portion and submit to my pace."**
- **"The Lord is my portion**, I have promised to keep your words" (Ps 119:57).
- Be someone who says, **"Yes, Lord!"** Say 'yes' to his portion.
  - Too many times we say 'yes' to the **wrong things** and 'no' to the **God's will**.

*To be continued...*

**Conclusion:** There is nothing more energising, nourishing and healing like God's will and word for you.