

MILES McPHERSON



**DO
SOME
THING**



**MAKE YOUR
LIFE COUNT**

DO SOME THING!

Make Your Life Count

Miles McPherson



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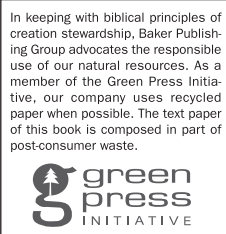
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To my parents, Gene and Margaret, who raised me better than they know. Their love and friendship to this day keep me committed to finish strong.

To my wife and family, Debbie, Kelly, Kimmie, and Miles, for being very patient with my crazy schedule. The “Five McPees” keep my feet on the ground.

To my staff whose tireless work God uses to bring about supernatural ministry each day.

Finally, I want to dedicate this book to the potential that God has assigned to you, the reader. God’s dream for your life is screaming to come out and *do something* good for someone in need. My prayer is that as you read this book you give your potential the **freedom** to speak to you, inspire you, and move you to DO Something.

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Introduction

I walked directly behind the nurse without looking left or right. She was leading me through the intensive care unit. All I could hear was the hissing of ventilators, the *beep-beep-beep* of heart monitors, and the whispers of other nurses. I kept my eyes straight ahead and ignored the knot in my stomach.

A church member had asked me to visit a twenty-five-year-old woman named Tracy who had been in a terrible car accident. Of course I would. That's what pastors do. I thought I was prepared.

The nurse stopped, and I glanced up. There. *Oh no*. That had to be Tracy.

The young woman lay flat, with a bunch of tubes coming out of her body and running into a machine. Small chains and straps from an overhead frame suspended her swollen arms, burned black and pink. Both legs were in straps too, and pointed toward the ceiling. Her knees were wrapped in white gauze. That's where they had been amputated.

As I got closer, I noticed Tracy's chest was bare. My eyes traveled up to her head. Chunks of blond hair had been burned away. One eye was completely swollen shut. The other one stared at me.

I imagined she had lots to say. *Who are you? What do you want? Somebody please cover me up.*

It was my first hospital visit as a young minister. I was a professional-football-player-turned-youth-pastor. And I was clueless.

I took another step forward and leaned down, introducing myself. I offered to pray for her.

Around the tube in her mouth, the young woman mumbled something.

“Can I get you something?” I asked.

She shook her head and mumbled again, this time a little louder.

I glanced around for the nurse, who was doing something a couple of beds away, and then asked, “Are you trying to tell me something?”

She shook her head and mumbled louder.

Again I asked, “Do you want me to leave?”

Again Tracy shook her head. This time she began to groan. She started to rattle her arms and what was left of her legs.

The nurse walked over and glared at me, as if I’d yanked on Tracy’s chains or something. She draped a towel over her chest. I swallowed and moved to the other side of the bed as she tried to calm Tracy down. But Tracy wouldn’t stop shaking and moaning. The nurse kept glancing at me with a disgusted look on her face.

I looked over my shoulder toward the door. That’s where I wanted to be: through that door and gone. *I am in shape*, I thought irrationally. *I can jump this bed behind me and run out of here . . .*

Then an orderly rolled in a gurney, right in front of the doorway. I was trapped! It felt like I was in a box full of ants—*anxiety* was crawling all over me. All of a sudden my vocabulary was one word: *Um . . .*

Thank goodness it wasn’t long before the nurse excused me from the room. She saved me. It is one thing to miss a tackle or let a guy catch a touchdown pass. But this was failure on a much higher level.

I remember walking to my car as fast as I could without breaking into a sprint. I wanted so bad to hide my Bible under my shirt. I was sweating with shame. *I have no business claiming to be some pastor*. God sent me there to encourage that girl. I failed her—and Him.

Why couldn’t I do something for her?

I eventually realized that before I could *do something* for Tracy, I needed first to *do something* for myself.

Before You Can Do Anything

I had walked into the hospital as “Joe Pastor,” the guy with all of the answers, on a self-righteous mission to *do something* good for someone in need.

But I was missing a huge step. I should have left the pastor title in the car. I should have walked into Tracy’s hospital room as a broken man who had spent time in my own spiritual “hospital bed.” Instead of expecting to do something *for* her, I should have come to do something *with* her: to *hurt*.

I should have known better too. After all, I had hurt before, both alone and alongside others.

At one point as a young man playing professional football with the NFL, I was living the dream—and dying a nightmare of a cocaine habit. I was cut from NFL teams three times, and God miraculously delivered me from my addiction in one day. I’ll give you the dirty details later in the book.

I eventually made a commitment to serve the Lord and not myself. I had no idea what was in store. I became a youth pastor and evangelist, and eventually started the Rock Church. By our nine-year anniversary, we had become one of the nation’s fastest-growing churches—which simply means we have a lot of responsibility for a lot of hurting people.

I have, in my own small way, been Tracy. And I have seen many Tracys—people whose lives have been destroyed by car accidents, severed relationships, paralyzing pride, brutal addictions, and smashed careers.

The only reason many of them survived their tragedy is because along the way there were people willing to do something and share the lessons of their own brokenness.

Making Your Life Count

The world needs you. It’s broken.

Look around you. We’re facing economic chaos, endless wars, AIDS, famine, ecological ruin, political corruption—the list is endless. Your neighbors are in desperate need of love and a helping hand.

It's my belief that what the world needs is God's love. But whether or not you share my Christian beliefs, you can recognize that someone needs to do something. Right now!

That someone can be you. You were created to do something great. You want your life to count, or you wouldn't have picked up this book. There's no better way to make a difference in the world than to take action and help someone out—no matter your age or race, no matter your religion or lack of religion, no matter what.

But there's a step we all need to take first: you and I need to recognize that not only is the world broken, but we are broken also.

The Plan

Through the years I have gained insights from the life of Jesus Christ on how I can do something to make my life count and to help people in need. These insights might save you some time and energy.

I asked myself, if Jesus was God—holy and perfect—why couldn't He just have revealed Himself as God and then died, say, a week later?

Wouldn't that have been enough to pay for our sins? He was sinless, after all. His sacrifice would have been acceptable. Why three years of ministry? Why teach the lessons? Why perform the miracles? Why be denied, why be betrayed, why suffer a horrible death?

The reasons are many, but here's the one I want us to focus on. He was on earth to do more than to accomplish the sacrifice on the cross.

Jesus came to launch a *plan*.

Jesus' plan would not only secure salvation for those who would believe but would establish a foundation for *us* to execute *our* individual roles in the plan of salvation for others.

One way to look at this master plan, and apply it to our lives, is to divide it into five parts. Being the preacher I am, I have named the parts with labels starting with *P*:

Preparation

Purpose

Pain

Power

Passion

The five P's make up a plan that you and I can follow. This plan empowers us to communicate hope to a broken world. A world that is wounded, critically ill, sustained by life support. A world that has been burned by sin.

Simply put, you and I were created by God to do something great with our lives, something like Jesus did—but not because we are smarter, more special, or better qualified than anyone else. We're not. Whether you accept it or not, you too are broken.

Our spiritual health has been (or perhaps is still) just as compromised as Tracy's physical health was. Our wounds are deep, they are severe, and they are fatal. The only thing separating us from those whose spiritual wounds will kill them is the encounter we have had—or need to have—with the Great Physician and Savior, the Son of God, Jesus Christ.

Until you get in touch with your brokenness, you won't be able to relate to someone else's brokenness. Until you are able to express yourself through your pain, the cries of those we need to help will only sound like mumbling.

Celebrating Our Brokenness

The first thing Jesus did was to do something *with* us: He became a man and subjected Himself to the temptations and struggles of this world. After He identified with our brokenness, He went on to do something *for* us. He died on the cross.

If you want to do something great, keep in mind what Jesus told us to remember. Just before He left, He gave us specific instructions. He said, *Celebrate My brokenness. Celebrate My body, broken for you. Celebrate My blood, spilled for you.* That's what communion is all about.

You see, He could have asked us to remember His resurrection. He could have asked us to honor the miracles He performed, or to practice the way He outsmarted the smartest theologians of the time. No. He said, *Celebrate My brokenness.*

Why? Just as He identified with our brokenness before He did something for us, so we must identify with our brokenness before we can do something for others. We do this by acknowledging our own

brokenness and sharing the healing that God is bringing to our lives. Let's keep in mind that our "DO Something" is all about allowing Him to do something *through* us. God has to first do something in you before He can do something through you.

Do you want to do something significant with your life?

Do you want to do what Jesus did?

Here is your chance.

Just as Jesus did something with eternal impact on our behalf, He has left a model for us to do something with eternal impact for those He would send our way.

God's intended ministry in that hospital room that day was not a program but an intersection of what He was doing with my personal brokenness and the brokenness in Tracy's life.

Warning: If you are not willing to be vulnerable with your own brokenness, it will be very difficult, if not impossible, for you to do something of eternal significance for the broken world around you. Don't be like the proud, clueless young minister in that hospital room. Admit that you are broken, and humble yourself. Ask God to begin His healing work in you. It is only then that He will be able to work through you to heal others.

Before you begin, I invite you to hear a word of encouragement from me at www.milesmcpherson.com.

About This Book

This book has six sections, each with five chapters.

Part 1 is the **Plan**: *An Overview of the 5 P's*

Part 2 is about **Preparation**: *Advance Work*

Part 3 is about **Purpose**: *Obedience*

Part 4 is about **Pain**: *It Doesn't Have to Only Hurt*

Part 5 is about **Power**: *The Ability to Do*

Part 6 is about **Passion**: *Never Give Up*

Each chapter has several of the following features:

- *A story from real life.* All of the people you'll meet on these pages are real people (including me!), although a few names have been changed to protect the privacy of the individuals.
- *The life of Christ.* We will focus on an aspect of the life of Christ in each chapter.
- *DO Something activities.* At the end of each chapter you will be challenged to do something practical—to put into practice the principles of the chapter.
- *DO Something heroes.* We'll be highlighting exemplary people throughout the book, including a way to get further information, such as websites.
- *Ph.DO assignments.* For those who want to get an “advanced degree” in doing something, we will provide an assignment

with practical steps online. Ph.DO's are for those who want to start ministries that can provide ongoing *do something* opportunities for themselves and others.

- *Help Wanted* fact boxes.
- *Prayer*. Each chapter ends with a suggested prayer.

You want to make your life count. So, *DO Something* and begin reading!



Part 1

The Plan

An Overview of the 5 P's

No one has done more good in and for this world than Jesus. During His three-year ministry, He established a moral standard for humankind that has yet to be improved upon. He healed the sick, cast demons out of the possessed, and raised the dead. He has a **Plan** for you, and guess what it says?

You were created
to do something great!

.....

Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.

—John 14:12

1

Donna and Bill

Preparation—Advance Work

For we are His workmanship, created in Christ Jesus for good works,
which God prepared beforehand that we should walk in them.

— Ephesians 2:10

Donna was in the kitchen of her *Jungle Book*-bamboo hut when she heard the knock on the door. She put four-month-old Bethy in her high chair and told four-year-old Elisa to stay at the table.

The visitors, whoever they were, were speaking English. *How odd*, she thought. Everyone in the tropical river valley spoke only Palawano, except her husband, Bill, and her.

Bunched up on her stoop were ten brown-skinned, gangsta-looking men carrying automatic weapons. They were dressed in green fatigues darkened by sweat from the 90-degree heat and 80 percent humidity. Grenades hung from their belts.

The man in front looked up at Donna, a tall, thin blonde from California.

“Where-is-your-husband-Bill-Davis?” he spat out in one breath.

How do they know his name? Donna's heart began to race. What do they want?

She pictured her daughters and then Bill, who was alone in a hut at the other end of the grass airstrip, studying the Palawano language.

A young couple from San Diego, Donna and Bill had just moved into the area. Their new home was in a remote spot on Palawan, a province in the Philippines. They felt that they had found the perfect place to fulfill what God had called them to do: plant churches and translate the New Testament into the native language of a people without the Word of God.

Just as God made preparations for Jesus long before He came into the world, so God has made preparations for the great works He has planned for you to do as well.

Like something on *National Geographic*, the lush jungle valley was dotted with three- and four-hut communities, each about a fifteen-minute walk from each other. Not the end of the world, but you could just about see it from there.

What Donna and Bill didn't know was the Moro National Liberation Front (MNLF), a Muslim rebel group, was in the area too.

The men at her door were Filipino and Malaysian members of the MNLF, determined to "liberate" the southern part of Palawan.

"We are moving into this jungle," the young leader said to Donna after she told him Bill wasn't home. "And if you stay out of our business, we will leave you alone. But if you meddle in our affairs, we will kill you."

Donna looked at her kids. *I didn't sign up for this*, she thought.

.....

Dozens of people waited in line to get dunked in the water by a creature who looked like an ancient-era Bigfoot. Hair past his shoulders, bushy beard, camel's hair clothing, John the Baptist stood in the middle of the river, pushing them down and pulling them up.

Step by step, people inched through the water closer to John. In and out of the water they went as they repented of their sins.

All of a sudden, John's jaw dropped. He stepped back and froze. Standing face-to-face with Jesus, John did not know what to do. How could he baptize the Messiah, the Christ?

The apostle Matthew records John trying to prevent Jesus, saying, "I need to be baptized by You, and are You coming to me?" (Matt. 3:14).

That's when Jesus put everything in perspective for John. "Permit it to be so now, for thus it is fitting for us to fulfill all righteousness" (v. 15).

By saying His baptism would be "fulfilling all righteousness," Jesus was acknowledging that preparations had been made for Him to be baptized. It was part of a master plan that was prepared long before Jesus walked into the Jordan River that day.

The Scriptures describe, in advance, the details of His birth, including the place, those who would come to worship Him, those who would try to kill Him, where His family would flee to, and who His family would be—the family of David into which He would be born.

The Scriptures describe how He would die, the details of His betrayal by Judas, Peter's denial, His torture, and His last words on the cross.

The Scriptures also detail the preparations made for the Holy Spirit to empower Him, for the Word of God to be His truth document, and for the disciples who would serve with Him.

The Bible tells us John the Baptist himself came to prepare the way for Jesus. In addition, John's ministry was also prepared for by the prophet Isaiah, who said, "The voice of one crying in the wilderness: 'Prepare the way of the LORD; Make straight in the desert a highway for our God'" (Isa. 40:3).

Just as God made preparations for Jesus long before He came into the world, so God has made preparations for the great works He has planned for you to do as well.

HELP Wanted

Throughout the world, 443,000 Christian missionaries in 4,340 agencies currently are deployed to countries outside their own.¹

“Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world” (Eph. 1:3–4).

Every possible spiritual advantage God could set aside for you, He did. He had your name placed on the plan long before even your great-great-great-grandparents were born. For one simple purpose: to prepare you to do something to make your life count.

.....

More of a Marriott woman than the “me-Tarzan-you-Jane” type, Donna would be the first to tell you that a bamboo hut with no electricity or running water was not her first choice for a home.

Now, on top of that, Islamic rebels? *I don't think so.*

Yet, as Donna and Bill talked and prayed about it, they realized it came down to something their beloved pastor back home always said. “Do not doubt in the dark what God has shown you in the light.” Donna and Bill were certain God had led them in “the light” to the jungle. That was further confirmed a few years later.

Bill was teaching an overview of the Bible when one old man, a clan leader from the southern part of the island, showed up. He was not a Christian. He listened, and at the end, he did what polite Palawanos do to show they have paid attention: he summarized the whole message out loud.

He really got it, Bill thought.

Two years later, this man's wife, a little old Palawano granny, visited Bill and Donna on their porch.

“You know,” the woman casually commented in her native language, “the only reason my family listened to you was because of what my father said when I was a child.”

Bill asked what she meant.

The Palawano woman told them that her father had been a type of prophet in the tribe, a high-level spiritual leader. When she was a child, which would have been before World War II, her dad had sat her and her siblings and cousins down and told them something.

“Someday, Americans will come with a book,” he said. “They will live among the Palawanos and tell us how to know God and have eternal life. This will be the truth and you should believe it.”

When Bill and Donna first came to the valley and began teaching, the granny heard about it and kept nagging her husband: “Go see what the Americans are teaching. Maybe this is what my dad told us about.”

The Palawano man eventually went. He was the old man who “got it.” Both he and his wife became believers.

.....

God was preparing the ministry on Palawan long before Bill and Donna were born. God also knew that the rebels would show up at Donna’s door. He knew she would be in the house alone with little kids. He knew she was not completely comfortable with living in the jungle and would want to go back to San Diego. So, to keep them on course, he prepared Bill and Donna’s pastor to teach the key principle of believing what you’ve learned in the light, even when you’re in the dark.

Bill and Donna have been on Palawan for twenty-eight years. The rebels left them alone, and they have planted several churches. They also are close to finishing the translation of the New Testament into the indigenous language.

You and I are not messiahs, of course, but just as Jesus came to do something to love this world, we too have a mandate to do something loving and, in our own small way, to bring hope to someone who is hopeless. Just as God made all the necessary preparations for Jesus to accomplish His purpose, He has done the same for our success as well.

Jesus needed only three years to make an impact on the world. And it was an impact that is still going strong almost two thousand years later. This was not only because He was so well prepared but because He did something about those preparations.

He took advantage of them.

The stakes are high. God has eternally prepared you to do something significant in someone’s life. In part 2 you will gain insights on how God has made preparations for you to make your life count.

Don’t waste another minute.



ACTIVITIES

Identify one skill that you have been prepared with, which could not have come from anyone but God. Then with that skill in mind, write down one type of person you might think He prepared you to help.

Dear Lord, please give me eyes to see the preparations You have made for me. Please give me the faith to believe that what I think are coincidences might actually be the advance work of Your hand.

HEROES

Find out more about Donna and Bill at www.milesmcpherson.com.

2

Romeo

Purpose—Obedience

Jesus answered and said to him, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.”

—John 14:23

“We have Sheri on the line,” the radio DJ announced. “Sheri, are you there?”

“Yes, I’m here. Hi—” Sheri said. It felt weird talking into her telephone and hearing her voice come out her radio a split second later. She turned the stereo off.

“Welcome to the ‘War of the Roses,’ Sheri! How are you today?”

“Fine . . . I think.” She sighed. She didn’t feel like admitting her heart was breaking.

“So, tell us what’s going on with—is it your husband?”

“Yes, my husband. Romeo. We’ve been married for six months, and, uh, I think he may be cheating on me.”

“Ah, that’s rotten, Sheri. Tell us why you think that.”

“Well . . . ,” she took a deep breath, “when we first met, we spent every day together. We’d do stuff like walking around the park every Saturday, holding hands, talking about everything, especially how we looked forward to having a family together. He was always telling me he loved me. He was like my best friend”

“Then what happened?” the radio host interjected.

“About two months ago, he started telling me he had to work late on Friday evenings, and on Saturday mornings he was too tired to walk.”

“Is that the only thing that changed?” the DJ asked.

Sheri felt herself start to get teary. “No. I found lipstick on a shirt in the bag he was taking to the cleaners. It wasn’t mine.”

“Uh-oh,” the DJ groaned.

“There’s more—” Sheri whispered, sniffing. “Someone keeps calling the house, but when I answer the phone, they hang up. Last Saturday, Romeo slept in again, and that night the phone rang. I picked up, and again the caller hung up on me. Five minutes later, he left the house and did not come back for three hours.”

The DJ made sympathetic sounds and then said, “Listen, we can help you get to the bottom of this. We’ll have Joe call Romeo, and offer to send a dozen roses from him to anyone he wants, free. Hopefully he will send them to you. You want us to do that, Sheri?”

Sniffing and taking a deep breath, Sheri said, “Okay.”

“You sure you’re ready for this, no matter what happens?” asked the DJ.

Sheri didn’t hesitate. “Yes. I need to know.”

“Okay, Sheri, then let’s get Romeo on the line.”

Sheri heard a dial tone, the faint beeps of a number being dialed, and a half-dozen rings. Then—

“Hello?”

She recognized Romeo’s voice.

“Hello. Is this Romeo?” Joe said.

“Yeah, who’s this?”

“Hi, Romeo. My name is Joe. I’m calling from Truly Yours, a new flower shop that has just opened in your neighborhood. We’re offering you a free dozen roses you can send to whomever you want. No strings. Just a way to introduce ourselves to the community.”

“Did you say free?” Romeo sounded suspicious.

“Right. No charge—”

“What’s the catch?” Romeo demanded.

“No catch at all, Romeo. You can send the free roses to whoever you want. All we need is a name, an address, and something to go on the card. That’s it. Do you wanna do it?”

“Free?”

“Yup!”

“Okay, I’ll do it.”

“Great! What name would you like to put on the card?” Joe asked.

“Uh—”

Sheri bit her lip.

“Laurie . . .”

She sucked in her breath.

“Okay now, what would you like to say on the card?”

“How about, *Saturday was amazing. Can’t wait to see you this weekend—*”

Sheri couldn’t hold it in any longer. “Romeo! How could you!” she screamed into the phone. “*Who’s Laurie!?*”

“Sheri? Is that you? What’s going on?”

“That’s what I’d like to know! Who is Laurie? Who are you cheating on me with?”

Sheri flashed back to their wedding ceremony, with the vows and promises, and felt her life crumbling around her. She thought of all the intimate moments in which she felt vulnerable but protected, safe in his arms.

“She’s nothing!” Romeo stuttered to explain. “Just someone I met at the bar the other night—”

“You’re lying!”

“She means nothing to me! Sheri, what are you doing? This is stupid! You know I love you—”

.....

Jesus stood surrounded by men in religious robes and multicolored turbans. They were taking turns questioning Him, like tag-team wrestling.

First the Sadducees confronted Jesus about the resurrection. They were “sad, you see,” because they did not believe in it.

After Jesus bent their minds with His wisdom, they walked away with their tails between their legs and tagged the Pharisees, who jumped into the ring for a shot at Jesus.

Jesus must have rolled His eyes when one of the Pharisees challenged Him with an *Are You Smarter than a 5th Grader?* question.

“Teacher, which is the great commandment in the law?”

He answered, “‘You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’

This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets” (Matt. 22:36–40).

God’s purpose for your life is to love Him by obeying Him.

What is the fastest way of being blessed by God? That is easy: keep the great commandment to love God and love your neighbor.

Loving the world was undoubtedly the purpose of Jesus’ life. You know the familiar Bible verse: “For God so loved the world that He gave His only begotten Son . . .” (John 3:16). This is also the purpose of our lives. In other words, the foundation of everything we do must be out of loving God and loving our neighbor. Jesus also told us that people would know we were His disciples by our love, one for another (John 13:35).



If Romeo loved Sheri, as he claimed, why did he find himself on the radio program getting slammed by her?

Let me tell you why. Romeo did not know that love has rules. Or, if he did, he ignored them.

Loving God is not some emotionally based, do-gooder kind of thing. No, it is very specific and simple. To love God is to *obey God*.

First John 5:3 says, “For this is the love of God, that we keep His commandments.”

The main rule for loving is to obey God.

That’s it.

Because the second commandment, loving your neighbor as yourself, is an extension of the first, its definition is also pretty simple. If loving God is obeying His commandments, loving someone else is helping them obey God.

When Romeo saw the Laurie lady in the bar, his hormones screamed, *Check it out! You want to kiss her, don't you? Correction: you need to kiss her! Go, man, go!*

At that point Romeo should have expressed love toward his wife and walked out of the bar.

Love does not have an emotional “opt out” clause that says, *I can obey when I feel like it*. No, love is a commitment, not an emotion. There will be times when our mood—or emotional condition, or physical will—does not want to obey God. But that is just too bad. If we really love someone, we will do whatever we can to stay true to that love. Period. End of story. That is the greatest commandment. That is our God-given purpose.

Jesus gave His life, not because of some emotional attachment to someone or something, but out of obedience. His obedience led Him into the desert to be tempted by the devil. His obedience is what led to all of His miracles. His obedience paved the way for our sins to be forgiven.

He humbled Himself and died on the cross out of obedience (Phil. 2:3–8).

His obedient act is what makes our obedient acts possible.

God's purpose for your life is to love Him by obeying Him. He has created you to do something great with your life. Each of us will have unique things to do, but whatever we *do*, it should be out of obedience to God.

In part 3 of this book, you will glean five insights from Jesus on how to fulfill your purpose of loving God through humble obedience.



ACTIVITIES

Identify one area of your life that you know is disobedient to God. Now write down the first step you can take to bring this area of your life back into obedience.

I will obey God by _____

Dear Lord, I want to love You with all of my heart. Please reveal to me those areas of my life that are disobedient to You, Lord. Please give me clear direction through Your Word, other people, or that still small voice in my heart, on how to bring my life into obedience to You.