Opening Scripture

*Matthew 24:37-44 NLT*

*“When the Son of Man returns, it will be like it was in Noah’s day. [38] In those days before the flood, the people were enjoying banquets and parties and weddings right up to the time Noah entered his boat. [39] People didn’t realize what was going to happen until the flood came and swept them all away. That is the way it will be when the Son of Man comes. [40] “Two men will be working together in the field; one will be taken, the other left. [41] Two women will be grinding flour at the mill; one will be taken, the other left. [42] “So you, too, must keep watch! For you don’t know what day your Lord is coming. [43] Understand this: If a homeowner knew exactly when a burglar was coming, he would keep watch and not permit his house to be broken into. [44] You also must be ready all the time, for the Son of Man will come when least expected.*

**Are You Shaken or Stirred?**

Introduction: We are living in times that are unprecedented for our country and for us as believers. Many are living in fear, including some of our brothers and sisters in Christ. My desire tonight is to be a messenger of hope, the reality is that we who belong to Christ, we are living in the most exciting time in human history. With each passing day we are coming closer to our Lord’s return. There should be great anticipation in our hearts, but if we are not careful about what we are focusing our attention on we can be swept away with fear and panic just like the rest of the world. So the question of the night is **Are You Shaken or Stirred?**

*Hebrews 12:25-29 NLT*

*Be careful that you do not refuse to listen to the One who is speaking. For if the people of Israel did not escape when they refused to listen to Moses, the earthly messenger, we will certainly not escape if we reject the One who speaks to us from heaven! [26] When God spoke from Mount Sinai his voice shook the earth, but now he makes another promise: “Once again I will shake not only the earth but the heavens also.” [27] This means that all of creation will be shaken and removed, so that only unshakable things will remain.*

*[28] Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe. [29] For our God is a devouring fire.*

**What Does It Mean To be Shaken?**

The word shaken here in the Greek means: to waver, agitate, rock, topple, or destroy.

We are going to identify some ways we can protect ourselves from being shaken. Just like a home can be built to be resistant to the damage of an earthquake, so can our lives be built in such a way that we can live resistant to the shaking that is going on in our world today.

To take a closer look at this, lets use the example of how a house is built to resist damage from an earthquake.

**An important first step** is to **inspect** the foundation of the home, because building regulations in earthquake zones require that a structure is designed to withstand, or move undamaged with, the horizontal and vertical forces imposed on it by an earthquake. The earthquake’s forces should pass through the frame of the houseBuilding regulations in earthquake zones require that a structure is designed to withstand, or move undamaged with, the horizontal and vertical forces imposed on it by an earthquake. The earthquake’s forces should pass through the frame of the house to its foundations and leave the building intact. to its foundations and leave the building intact. **Another important step is what is referred to as Anchoring where** Anchor bolts are used to secure the walls and floor of the home to the sill plate of the home and ground. **A third step** that is often taken to build an earthquake resistant house is **to build Cripple Walls**. Cripple walls are exterior foundations that carry the weight of the house above them, and surround the crawl space. They behave like shock absorbers during an earthquake. They must be well braced with plywood on the inside to avoid side to side swaying and collapse during an earthquake.

As a homebuilder can use these steps above to develop a physical house, we as the people of God can take steps to live in such a way that we are resistant to the shaking that is causing so many to give up, cave in, and quit.

**Step One: Pay Attention During Moments of Weakness**

(Illustrate point with following verse)

*Luke 4:1-3 NKJV*

*Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, [2] being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry. [3] And the devil said to Him, “If You are the Son of God, command this stone to become bread.”*

The enemy looks to attack you at your weakest moments. (i.e. you had the worst day you have had at work in years and that day you get news your child was expelled from school, or your spouse is in your face about something that you forgot to do yesterday)

**Step Two: Pay Attention After Moments of Great Triumph**

*1 Kings 19:1-4 NLT*

*When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. [2] So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” [3] Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. [4] Then he went on alone into the wilderness,*

*traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.”*

(Expound on how Elijah just slew 450 prophets of Baal after a great demonstration of the power of God-to him being provoked to suicidal thoughts after receiving a message from this woman Jezebel)

**Step Three: Stay Nourished With God’s Word & Resist The Lies of The Enemy With God’s Word**

*Luke 4:4-13 NKJV*

*But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’” [5] Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. [6] And the devil said to Him, “All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. [7] Therefore, if You will worship before me, all will be Yours.” [8] And Jesus answered and said to him, “Get behind Me, Satan! For it is written, ‘You shall worship the LORD your God, and Him only you shall serve.’ ” [9] Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, “If You are the Son of God, throw Yourself down from here. [10] For it is written: ‘He shall give His angels charge over you, To keep you,’ [11] and, ‘In their hands they shall bear you up, Lest you dash your foot against a stone.’ ” [12] And Jesus answered and said to him, “It has been said, ‘You shall not tempt the LORD your God.’ ” [13] Now when the devil had ended every temptation, he departed from Him until an opportune time.*

*Matthew 4:11 NKJV*

*Then the devil left Him, and behold, angels came and ministered to Him.*

(Identify how Jesus used God’s word to resist temptation)

*1 Kings 19:4-8 NLT*

*Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, LORD,” he said. “Take my life, for I am no better than my ancestors who have already died.” [5] Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” [6] He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. [7] Then the angel of the LORD came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” [8] So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.*

**Takeaways here include:**

* **Even though Elijah was so fearful and stressed that he wished to die, He maintained communication with God which resulted in him receiving physical nourishment through the ministry of angels**
* **We can notice how Elijah used physical nourishment provided by God to travel 40 days and 40 nights, while Jesus went 40 days and 40 nights without physical nourishment and defeated Satan’s temptations with God’s Word, serving as evidence that man does not live by bread alone but God’s Word.**

Taking the necessary precautions to protect your heart from fear and focus your attention on God’s soon return will prevent you from being shaken and keep you Stirred Up in your anticipation for Christ’s soon return.

*1 Thessalonians 4:14-18 NLT*

*For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with him the believers who have died. [15] We tell you this directly from the Lord: We who are still living when the Lord returns will not meet him ahead of those who have died. [16] For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died will rise from their graves. [17] Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever. [18] So encourage each other with these words.*