



Are you FAT?

This isn't about being fit

Borrowed this acronym from CRU
Three characteristics to look for when mentoring

The three characteristics Jesus saw in his disciples

Three characteristics that need to be true of us so that God can mold us and help us grow

*There are a lot of Christians who are not FAT
-They say they are Christians but lack the commitment and openness to allow it to change their lives.

*Following Jesus is only valuable if we let Jesus affect our daily life

Faithful
Available
Teachable

Faithful - John 6:66-69

Jesus feeds the 5,000, walks on water, and the next day speaks to a huge crowd
Jesus tells this crowd they have to eat his flesh and drink his blood
-Kosher chicken factory

Ver 66

Because of what he said many of the people leave him
It got hard so they gave up
They weren't faithful, they had little commitment

Ver 67-69

Jesus asks his disciples what they are going to do
Peter says we are committed and faithful no matter what
Not sure they totally understood but they had faith in Jesus

If you really start to follow Jesus you will be confronted with hard things
*its not always going to be about a free lunch
*Faithfulness means I'm going to keep following Jesus even when it's hard

Available - Luke 5:1-11

The call of Peter, James, and John
These guys weren't sitting and doing nothing
They were busy fishermen
This was their life and the family business

Ver 4-5

Jesus comes to them in the midst of the busyness of their life

Ver 6

They listen to Jesus and catch a bunch of fish
They struggle to even bring them in to land

Ver 10-11

They get them in and they leave to follow Jesus instead
They don't cash in on the fish, they leave them
Greatest catch of their life and they leave it to follow Jesus

They were busy guys who just had great success but decide to devote their time to following Jesus instead

*They made themselves and their life available to Jesus above what they had always known and above success.

Faithfulness was about sticking with Jesus when it's hard. Availability is about sticking with Jesus when things are good and it's not convenient

There are always lots of things to consume our time and especially when times are good it is tough to carve out time for Jesus but we need to make ourselves available to him.

*This is more than just an hour a week at church

*Is Jesus so amazing that you want to spend time with him and get to know him?

Teachable - Matthew 13

Ver 1-9

A great crowd comes to Jesus and he tells them a parable

The story would have connected with his audience

However, the point of the story is not automatically there

There is no explanation to the crowd

*what if i just told a story about Jonathan planting grass

ver 10

Jesus is now speaking privately with his disciples

ver 11-13

Jesus speaks in parable so that everyone doesn't get it

He wants people like the disciples who are going to seek the deeper meaning

This is what separated them from the rest of the crowd

ver 18-23

Jesus explains the parable to the disciples

-Jesus wants people who are teachable

-People who are going to take the time and effort to understand and then apply

*Remember we are learning about God and that isn't a simple topic

-This is the toughest of the three

-You might be committed, you might be willing to show up, but are you willing to do the work to really understand who Jesus is and then change your life accordingly

*personal study and small groups

*you have to let this change you, you have to take it outside the building

Are you FAT?

The disciples had found something valuable in Jesus so they made themselves FAT, we have the same opportunity today to receive the value of Jesus

"Jesus didn't come to help me discover who I really am, he came to tell me who he knew I really was and to do something about it." NT Wright