

The Dudes at the Dunes - Men's Retreat 2023

Sunday Morning - Rhythm 4 - Grow, "*Engage the Nudge*"

Psalm 1:1-6, "1. Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners, or sit in the seat of mockers; 2. But his delight is in the law of the Lord, and on his law he meditates day and night. 3. He is like a tree planted by streams of water which yields its fruit in season, and whose leaf does not wither. Whatever he does, prospers. 4. Not so the wicked! They are like chaff that the wind blows away. 5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous; 6. For the Lord watches over the way of the righteous, but the way of the wicked will perish."
New International Version, 1986.

1. Review. Psalm 1, "*Seven Rhythms of a Man's Heart*".



Rhythm 1 - Pursue - "*Follow the Star*". Pursue = "**Seek**". "**Walk**" vs. "**Race**". How **often** should I "seek"? Goal is to "**win**". **Tourist** vs. **Pilgrim**. Memories vs. "holy & sacred". Wise Men. Look up to move forward. Direction not destination. Ask questions until found. **One question?** "Where is he who is born King of the Jews?"

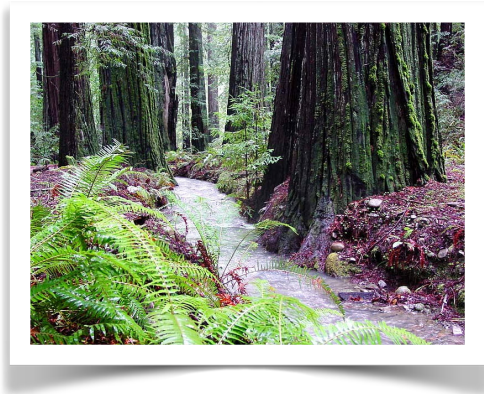
Rhythm 2 - Read - "*Rhythm the Book*". Delight means "to find **Joy**". Like treasure and pearls. How **often** should I "read"? Workout vs. rhythm. Jesus used only scripture against Satan. Can you? Precepts vs. Promises. 2,500 vs. 7,500. "Don't you just love the Savior?" **One Question?** "Is the Word of God your very life?"

Rhythm 3 - Pray - "*Talk to Papa*". Meditate is **pondering, personalizing** and **praying** the text back to God. "The Lord's Prayer" is Upward, Inward and Outward. Prayer "caught" vs "taught". "Can you pray with me one hour?" Direction - Strategy. Balance - Strength. Rhythm - Speed. **One Question?** "Can you teach me to pray?"

2. Rhythm 4 - Grow - “Engage the Nudge”.

Psalm 1:3, “He shall be like a tree planted by the rivers of water . . .”

When you read, “a tree planted by rivers of water”, what do you envision?



California Redwood Trees vs. Israeli Negev Acacia Tree

“**Water**” in Psalm 1 . . . can mean a river, it can also mean, “source”. Meaning a source of water above ground but also can mean a source of water below ground. The ancient Hebrew language had very few descriptive words for water; unlike our English.

The Acacia Tree. Grows in harsh environments; has green leaves year round and fruit in season. It’s roots go deep to find water that no one sees. Which is why God had Moses and the Israelites make all the Tabernacle furniture and equipment out of Acacia wood and then covered it in gold. The case can be made David is describing a man who is a type of “**Tree of Life**” described in the Garden of Eden, **Genesis 2:9**, and reappears in the New Heaven in **Revelation 22:1-3**. Are you a “**Tree of Life**” to your wife and family, church and community? **Take the pilgrimage.** “Look up to move . . . well you know the drill by now.

How does God make you into an Acacia Tree? He helps you grow one step at a time by leaning in close and helping you to “**Engage the Nudge**”.

You have to **Grow Deep**; before you **Grow Up**.

How often should you “Grow” and “Engage the Nudge”? If you don’t grow daily, you will notice. If you don’t grow for a week, your family will notice. If you don’t grow for a month . . . everyone will notice.

When it comes to “Tree of Life” manhood . . . there are no days off.

Jesus helps Peter, “Engage the Nudge.”

John 21:9-19, “When they landed, they saw a fire of burning coals there with fish on it, and some bread. Jesus said to them, “Bring some of the fish you have just caught. So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. Jesus said to them, “Come and have breakfast.” None of the disciples dared ask him, “Who are you?” They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish. This was now the third time Jesus appeared to his disciples after he was raised from the dead.

When they had finished eating, Jesus said to Simon Peter, “Simon son of John, do you love me more than these?” “Yes, Lord,” he said, “you know that I love you. Jesus said, “**Feed my lambs.**” Again Jesus said, “Simon son of John, do you love me?” He answered, “Yes, Lord, you know that I love you.” Jesus said, “**Take care of my sheep.**” The third time he said to him, “Simon son of John, do you love me?” Peter was hurt because Jesus asked him the third time, “Do you love me?” He said, “Lord, you know all things; you know that I love you.” Jesus said, “**Feed my sheep . . .** Then he said to him, “**Follow me!**” (Rhythm 1 - Pursue - “**Follow the Star**”.)

Lesson. Jesus was the **offended party** and **restoring party**. Peter is broken hearted and can't restore himself. Jesus knows that and comes to help him restore the one relationship he denied three times even existed. Jesus helped him state publicly what Jesus knew was already in his heart . . . “a love for the Savior.” Why say it out loud? Words matter. **Luke 6:45**, “out of the heart the mouth speaks.” Jesus restores him completely with grace and compassion. How? A “**Nudge**” - “Feed My Sheep - Follow me”. That was a solid invitation to **continue** his pilgrimage, until he too would die upon a cross, upside down for his Savior. A Savior who was his “**Tree of Life**”.

Application. Who in your life needs you to be the offended party and restoring party? To play both sides of the relational chess board? Who needs you to be a “Tree of Life” man that offers redemption and restoration with grace and compassion? Who in your life needs a “Tree of Life” friend and doesn't deserve it? Are you a “Feed the Sheep” kind of disciple of Jesus? Jesus will show you how - with a “**Nudge**”.

The “Pilgrimage” of “*Nudges*”.

2 Peter 1:5-11, “For this very reason, **make every effort to add to your faith** goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

The One Question Wise Men ask . . . “**What's the next step?**”

As you Pursue - Read - Pray - Grow . . .
“Expect Attacks, Form your Packs, Have their Backs”

1 Peter 5:8, “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”

Ephesians 6:10-12. “Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

Ecclesiastes 4:9-12, “Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up . . . Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

WSJ - 2011 05 07 - “The Seal Sensibility”

“What kind of man makes it through Hell Week? That's hard to say. But I do know—generally—who won't make it. There are a dozen types that fail: the weight-lifting meatheads who think that the size of their biceps is an indication of their strength, the kids covered in tattoos announcing to the world how tough they are, the preening leaders who don't want to get dirty, and the look-at-me former athletes who have always been told they are stars but have never have been pushed beyond the envelope of their talent to the core of their character. In short, those who fail are the ones who focus on show. The vicious beauty of Hell Week is that you either survive or fail, you endure or you quit, you do—or you do not. Some men who seemed impossibly weak at the beginning of SEAL training—men who puked on runs and had trouble with pull-ups—made it. Some men who were skinny and short and whose teeth chattered just looking at the ocean also made it. Some men who were visibly afraid, sometimes to the point of shaking, made it too. Almost all the men who survived possessed one common quality. Even in great pain, faced with the test of their lives, they had the ability to step outside of their own pain, put aside their own fear and ask: How can I help the guy next to me? They had more than the "fist" of courage and physical strength. They also had a heart large enough to think about others, to dedicate themselves to a higher purpose.”

The Wise Men came to the manger in a “Pack” - You should to.

Psalms 1:3, “He is like a tree planted by streams of water . . .”

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