

The Dudes at the Dunes - Men's Retreat 2024

Sunday Morning - Rhythm 7 - Finish, "Stick the Landing"

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". Look up to move forward. Direction not destination. **One question?** "Where is he who is born King of the Jews?"

Rhythm 2 - Read - "Rhythm the Book". Workout vs. rhythm. 2,500 Precepts vs. 7,500 Promises. 2,500. **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. **One Question?** "Can you teach me to pray?"

Rhythm 4 - Grow - "Engage the Nudge". Grow Deep to Grow Up. Expect Attacks, Form your Packs, Have their Backs. **One Question?** "What's the next step?"

Rhythm 5 - Bless - "Be the Blessing". Pray "For" vs. Pray "Over". Is blessing your calling? Tear off the Roof. **One Question?** "Who am I called to bless today?"

Rhythm 6 - Protect - "Guard Your Heart". You are . . . Inside Out+. Sin starts with "Huh?!" Solomon's heart vs. David's heart. **One Question?** "What's in my heart?"

2. Rhythm 7 - Finish - “*Stick the Landing*”.



Psalm 1:3c, “. . . whatever he does prospers . . .

June 26, 2016, Sam Mikulak stuck the landing in the final round of the Men’s High Bar competition at the Men’s US Gymnastic National Championships.

It’s never too late to “Stick the Landing”

Hebrews 9:27, “it is appointed for man to die once, and after that comes judgment.”

Philippians 3:10-14, “I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but **I press on to take hold of that for which Christ Jesus took hold of me**. Brothers and sisters, I do not consider myself yet to have taken hold of it. **But one thing I do**: Forgetting what is behind and straining toward what is ahead, **I press on toward the goal** to win the prize for which God has called me heavenward in Christ Jesus.”

2 Peter 1:5-8,10b-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 . . . For if you do these things, you will never stumble, and you will receive a **rich welcome** into the eternal kingdom of our Lord and Savior Jesus Christ.”

Psalm 116:15, “Precious in the sight of the Lord is the death of his faithful servants.

Mathew 25:23, “**Well done**, good and faithful servant!”

What words will you hear the moment after you die?

3. The “Blood Letters” of great men who “Stuck the Landing”

“Grandpa” Moses’s Last Words . . . “Tell Your Kids.” (Ten times)

Deuteronomy 6:1-9, (The Shema) Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. **Impress them on your children.** Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”



Joshua’s Last Words . . . “My House, God’s Rules.”

Joshua 24:15, “And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: **but as for me and my house, we will serve the Lord.**”

The Apostle Paul’s Last Words . . . “Run to Win!”

2 Timothy 4:1-8, “In the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of his appearing and his kingdom, I give you this charge: Preach the word; **be prepared in season and out of season;** correct, rebuke and encourage—with great patience and careful instruction . . . But you, **keep your head in all situations, endure hardship,** do the work of an evangelist, discharge all the duties of your ministry. For I am already being poured out like a drink offering, and the time for my departure is near. **I have fought the good fight, I have finished the race, I have kept the faith.** Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.” **1 Corinthians 9:24,** “Run to win.”

The Author of Hebrews Last Words . . . “Look to our Hero.”

Hebrews 12:1-2, “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us throw aside every weight, and the sin which so easily ensnares us, and let us run **with endurance** the race that is set before us, **looking unto Jesus,** the author and finisher of our faith, who for the joy that was set before Him **endured** the cross, despising the shame, and has sat down at the right hand of the throne of God. Consider him **who endured** such opposition from sinners, **so that you will not grow weary and lose heart.**”



My Savior's Last Words . . . "To Make Known - To Be Known."

John 17:1-5, 26, "After Jesus said this, he looked toward heaven and prayed: "Father, the hour has come. Glorify your Son, that your Son may glorify you. For you granted him authority over all people that he might give eternal life to all those you have given him. Now this is eternal life: that **they know you**, the only true God, and Jesus Christ, whom you have sent. I have brought you glory on earth by **finishing** the work you gave me to do. And now, Father, glorify me in your presence with the glory I had with you before the world began . . . **I have made you known to them**, and will continue to **make you known** in order that the love you have for me may be in them and **that I myself may be in them.**"

The Thief on The Cross last words . . . "Jesus, Remember Me."

Luke 23:39-43, "One of the criminals who hung there hurled insults at him: "Aren't you the Messiah? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "**Jesus, remember me** when you come into your kingdom." Jesus answered him, "Truly I tell you, **today you will be with me in paradise.**"



It's never too late to "Stick the Landing!"

John 19:30, "Jesus said, "**It is finished.**" With that, he bowed his head and gave up his spirit."

The Great Commission, "I will be with you always . . ."

Matthew 28:18-20, "Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. **And surely I am with you always, to the very end of the age.**"

Proverbs 4:18, "But the path of the righteous is like the **first light of dawn**, which **shines brighter and brighter** until the full light of day." ESV / ISV

Psalms 1:6a, "For the Lord watches over the way of the righteous . . ."
The One Question Wise Men ask . . . "**Am I on the righteous path?**"

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