

# Following Instructions

## “The ‘Eternal Life’ Recipe”

### I. SCRIPTURE

Psalm 32:8 NKJV – “I will instruct you and teach you in the way you should go; I will guide you with My eye.”

### II. FOLLOWING THE RECIPE

How often are we faced with having to put something together? Whether it’s a new food dish, or a new piece of furniture that we have ordered for our homes? Rarely does anything come premade or preassembled.

Or, if it’s putting together a new food dish, we’ll usually have a recipe that we can follow. It will tell us exactly the food items, the ingredients that we will need to start. If we’re missing an ingredient, such as the flour to make a loaf of bread, then we’ll forget the idea of baking some bread until you have the what is needed to start. So first, you’ll want to make sure that you have everything necessary. Then, the recipe, the instructions, the recipe will guide us through a step-by-step process, telling us exactly how to put everything together. First, we might add and mix some ingredients together in a mixing bowl. Meanwhile, we might be pre-heating the oven to a certain temperature. All the while, we might be putting something else together on the side, such as a topping or something else that we will want to add later in the cooking process. There’s usually a period of time where we have to cook or bake our mixed ingredients, which adds even more time until our creation will ultimately turn out to be the masterpiece we hope it will become, something that will we will enjoy, often together with our family and friends.

But then I start to notice, that the entire process, if I do it right, is going to take at least an hour, but that is after I make a quick run to the store to buy that one particular seasoning that ran out of, that is “a must” for my dish to taste just right.

### III. TAKING SHORTCUTS

And so now I’m thinking... “Do I really want to go through all of these steps?” “Maybe it would just be easier to go out to dinner,” [Recount Thursday evening: taking our own exhausted cook Hydie (and Rica) out to dinner.]

**Well, what if our cook Hydie is still sleeping, and Rica and I are hungry, and we have to fend for ourselves? Well, thank goodness that we have that frozen dinner, or pizza that we can just pop into the microwave or oven. Right? And so now, instead of taking over an hour to put together that food masterpiece that I was craving initially, we'll just settle for something quick; something not quite as tasty, or healthy as the original idea, but will certainly take care of our growling stomachs. And so now I begin a much shorter process: preheat the oven, unpackage and heat the food, and then eat.**

**(Recount the decline of the one breadwinner-one homemaker family in my lifetime. Mom as RN and main provider. The emergence of the pre-microwave, frozen dinner era. Then the emergence of microwaves.) And so now, I'm looking at a much more abbreviated set of instructions, for a much quicker frozen dinner, or pizza meal. But wait! I notice the ingredients of this "fast" food. I notice and begin to wonder ...**

**What the heck are all these ingredients:**

- 1. Polyfluoroalkyl? Isn't that a chemical that's associated with cancer, fertility issues, low birth weight, and a weakened immune system in people?**
- 2. Potassium bromide? Isn't that banned in Canada, the United Kingdom, and the European Union due to animal studies that found it linked to cancerous tumors?**
- 3. Propylene glycol? Isn't this the same stuff they cosmetics, anti-freeze, and ice packs? I thought that this additive caused liver and kidney issues in people?**
- 4. TBHQ? The stuff that kills our good bacteria in the stomach?**
- 5. Calcium Sulfate? Isn't that the stuff they use on construction sites, in tile and plaster?**
- 6. Phosphate additives? BHT? Propyl gallate? And, Phthalates and other additives?**

**And now I start to realize, that aside from the other high calorie, fat, cholesterol, sodium, sugar, and carb content issues in the average meal option, these alternative fast-food, shortcut meals are likely to contain some other not-so-obvious ingredients that can cause cancer; liver problems, bone and heart issues, and other major health concerns.<sup>1</sup>**

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<sup>1</sup>. Amy Capetta, "10 Toxic Ingredients You Didn't Know Were In Your Fast Food," msn lifestyle, 8/8/2020, Accessed March 6, 2021, <https://www.msn.com/en-us/health/nutrition/10-toxic-ingredients-you-didnt-know-were-in-your-fast-food/ss-BB17Ht5l#image=1>.

#### IV. LIFE'S SIMPLE, HEALTHY RECIPE FOR A *RIGHTEOUS* LIFE

We recently added the latest Jewish Voice Bible to our church reference library. Copyrighted in 2018, it is a Messianic bible translation for Christians and Jews, and is also known as the Tree of Life (TLV) Version. I like how it introduces Psalm 32, where our scripture reading comes from today: CONFESS, RETURN and LEARN. In short, Psalm 32 is a simple recipe, providing us with instructions on how to emerge from a sinful, polluted, depressed lifestyle, into a joyful, righteous walk with YAHUAH [God].

##### A. CONFESS

“One evening [King] David rose from his bed and strolled on the roof of the royal palace. Then from the roof he saw a woman washing—a very beautiful woman. Then David sent messengers and took her when she came to him, and he lay with her.<sup>2</sup> And soon after, Bathsheba became pregnant. Meanwhile, her husband, Uriah, an elite soldier in David’s army is away in battle. And after some scheming, David “put Uriah in the forefront of the hottest battle and [withdrew] from him so that he may be struck down and die” (2 Sam. 11:15). And so now, David is both an adulterer and a murderer, and in need of a new, a remorseful, repentant heart and mind. For a while, King David didn’t even realize how sinful he was before YAHUAH [God]. Remember that it took YAHUAH [God] sending His prophet Nathan to David before he even realized what sin he had committed... pretty much in full view of YAHUAH [God] and man. I’m thinking, “What a fool! What a greedy and arrogant person he was to use his position, his power to exploit his subjects, his neighbors, his righteous soldier employee and wife.

By now, brothers and sisters, I imagine that you’re probably thinking the same way as me about David: this morally deprived elitist. But wait! You and I may not be going out and physically committing adultery or fornication, but what are we doing within our own minds? It is safe to say that on average, over 50% of you church people, who are hearing this message today, are viewing pornography. Well, let me ask you, where is going on in your mind you’re doing that? Or maybe it’s a little more innocent than that. What about that beautiful girl or boy that catches your sight? Not a problem for you? Ok then, what about this...? What about your anger toward your brother or sister, or your neighbor? Or... have you called them or anyone else you know an “idiot” lately? Then I want to remind you of our Savior YAHUSHA [Jesus]’s says about your sinful way of thinking; He’s talking to you now in the same way he sent Nathan to talk to David:

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<sup>2</sup>. 2 Sam. 11:2, 4; Unless otherwise noted, all Scripture is from the *Tree of Life* (TLV) Version.

**“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that everyone who looks upon a woman to lust after her has already committed adultery with her in his heart. And if your right eye causes you to stumble, gouge it out and throw it away! It is better for you that one part of your body should be destroyed, than that your whole body be thrown into Gehenna [Hell].” (Matt, 5:27-28)**

Women here today, don’t think that you’re off the hook if you think that you’re free from this sin. Let me ask you instead, “When was the last time”, for example, “that you might have coveted another person’s possessions? Their husband’s traits? Their lifestyle? Or maybe just their stuff?” (Mention Hydie possibly coveting the “handyman” skills of another; Rich pretty much a failure at this – fixing broken fences, furniture or following instructions in putting together front porch chairs.) So, women, please don’t think today that not “lusting” after another man physically gets you off the hook, for breaking the 10th commandment – coveting – is just as much a sin as breaking the 6th and 7th commandments, wouldn’t you agree?

And what about YAHUSHA [Jesus]’s added words: **“You have heard it was said to those of old, ‘You shall not murder, and whoever commits murder shall be subject to judgment.’ But I tell you that everyone who is angry with his brother shall be subject to judgment. And whoever says to his brother, ‘Raca’ shall be subject to the council; and whoever says, ‘You fool!’ shall be subject to fiery Gehenna.”** (Matt. 5:21-22) Wait a minute! Didn’t I just call David a “fool” a few minutes ago? And didn’t I even call him worse than that? Well, there goes my righteousness!

Maybe even after hearing all of this, some of you still think you’re a pretty good. Then, I’ll just leave you with one more scripture: “As it is written...

... ‘There is no one righteous—no, not one. There is no one who understands, no one who seeks after God [ADONAI]. *All!* Have turned aside; *together* they have become *worthless*. There is *no one* who does good—No! Not even *one!* Their throat is an open grave; with their tongues they keep deceiving. The poison of vipers is under their lips. Their mouth is full of cursing and bitterness. Their feet are swift to shed blood. Ruin and misery are in their paths, and the way of shalom [peace] they have not known. There is no fear of God [Adonai] before their eyes.’” (Rom. 3:10-18)

Yes, brothers and sisters, with whatever the RUACH [Spirit] is convicting you of now... confess it now! If you still don't feel it, then I ask you to remember also now what YAHUSHA [Jesus] says of people in His end time church:

**“For you [still] say, ‘I am rich, I have made myself wealthy, and I need nothing.’ But you do not know that you are miserable and pitiable and poor and blind and naked. [So,] I advise you to buy from Me gold refined by fire so that you may be rich, and white clothes so that you may dress yourself and so the shame of your nakedness will not be revealed, and eye salve to anoint your eyes so that you may see. Those whom I love, I rebuke and discipline. Therefore, be zealous and *repent.*” (Rev. 3:17-19)**

## **B. DESCRIPTION OF OUR SINFUL CONDITION**

YAHUSHA [Jesus] points out what our sinful condition looks like to Him: “miserable and pitiable and poor and naked”. And let's not forget the part about us also being so “blind”, that we even think when we look at ourselves that our filthy rages, naked exposure, and possessions are but the finest linen and wealth.

Once David ego was deflated by YAHUAH [God] through His prophet Nathan, he describes his physical and mental condition. This is how David describes himself after his RUACH [Spirit]-led self-realization... as he is now remorseful, and he now confesses his sin before the throne of YAHUAH [God], he says “when I kept silent, my bones became brittle through my groaning all day long. For day and night [YAHUAH,] Your hand was heavy upon me. My strength was drained as in the droughts of summer” (Ps. 32:3-4). Woe... is... me... in your sight, dear LORD.

## **C. THE RETURN**

Notice, now, what happens as David feels the gravity of His situation. “Then... I acknowledged my sin to You and did not hide my iniquity. I said: ‘I confess my transgressions to ADONAI [God],’ and You forgave the guilt of my sin.” (Ps. 32:5)

And so now, David hands over all the “fast-food” type poison to YAHUAH [God] that he had been filling his body and mind with over the time of his sinning. Yes, David turns over his brittle, groaning bones to YAHUAH [God]. Yes, David turns over his blindness to YAHUAH [God]. He now sees that his royal clothing is nothing more than a bunch of filthy rags... he now sees that his elitism, his pride, his arrogance and his way of life are now nothing more than a miserable, pitiable, poor, blind, and nakedness condition... and he is now terribly ashamed of himself, as he now purchases of the refined gold and white raiment from His Savior.

And notice now, after he repents of his sinful condition, how quickly his polluted, depressed lifestyle turns into a joyful, righteous walk with YAHUAH [God]. Notice how he appeals to you and me to confess our condition, too... as he now starts to describe his own joy. You see, that's what begins to happen to a person when they turn over their own prideful poison to Him. We start looking differently at every one else. Instead of being someone that we can exploit, a person to "get off" on, a person to get out of the way, someone who is "stupid", someone to get angry at, or someone who has skills or stuff that we want... like David, we start to look at others in an unselfish manner... we start to care about them. David now appeals to you and me to get what he got. With a Christ-like heart, He now says to YAHUAH [God] for you and me...

"So, let everyone who is godly pray to You [YAHUAH (God)]... in a time when You may be found. For when great floodwaters rise, they will not reach [them]. You are my hiding place— You will protect me from distress. You surround me with songs of deliverance," (Ps. 32:6-7) and you will do that for them too, won't you dear YAHUAH [LORD]? So, let everyone godly pray to you, O ADONAI [LORD].

#### V. LEARN THE RECIPE – FOLLOWING YAHUAH [God]'s INSTRUCTIONS EXACTLY

As we close today, I would have you notice how YAHUAH [God] responds to David. For David knew, as he wrote today's Psalm, that YAHUAH [God] will respond to you in the same way that He responded to Him. YAHUAH [God] responds to you and me now with these words; He tells us now: "I will instruct you and teach you in the way you should go [Rich]. I will give [you] counsel— My eye is on you. [So, Buddy,] do not be like the horse or the mule [anymore], which have no understanding, and must be held in with bit and bridle or they will not come to you," He says to us now. For "many are the sorrows of the wicked, but lovingkindness surrounds the one who trusts in ADONAI [God]. Be glad in ADONAI [God] and rejoice, [all] you [who are] righteous [now], and shout for joy! All [you] who are [now] upright in heart." (Ps. 32:8-11)

It's pretty easy to follow YAHUAH [God]'s simple recipe for having that masterpiece we so desire... without all the poisonous, worldly additives. There are no shortcuts... but the steps are simple: 1) CONFESS. First, we hand over our blindness to Him, so we can see ourselves as He sees us: miserable, pitiable, poor and naked. Then, as we feel our wretchedness, we give all of that over to Him too. Then, 2) we RETURN to Him and we allow Him to start "instructing us in the way we should go, with His eye on us." Yes, brothers and sisters, let's REMORSE, REPENT and RETURN to Him now.