

Matthew 6:25-33
Investing Our Physical Capital
Sunday November 15th 2015

Today is the conclusion of our 5 capitals series. Remember the capitals are gifts or assets God has given us to live well and witness to his love.

The 5 types of Capital that God gives us in descending order of importance are:

- 1st: Spiritual
- 2nd: Relational
- 3rd: Physical
- 4th: Intellectual
- 5th: Financial

Each of these types of Capital or assets that God has given us is 10 times more important than the one below for thriving in life and witness to the world. Sorta like the Richter Earthquake Scale of God's gifts for service.

The number one capital, Spiritual, and Physical capital are seen linked in verse 33 **"But seek first his kingdom and his righteousness, and all these things will be given to you as well."** Remember the Kingdom of God is a relationship with Jesus; so that when we seek him and his righteousness through our good works; we build our relationship with Jesus Christ who is God. The physical, and the relational are tied closely together.

Now I want to define **physical capital as our time, our health and our physical strength.** The young and the retired have the most time. Those under 40 seem to have the best health. And those under 30 seem to have the most physical strength.

In terms of time, we all get the same amount of time every year. We have 60 minutes to the hour, 24 hours to the day, 365 days in most years, which equals 525,600 minutes per year. We all get the same

amount of time. We all don't get the same number of years, but we do get what is allotted to us by God.

Psalm 139:16, which we read today says, **“Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”** I was listening to the speaker from Casa De La Luz hospice on Thursday. She said something so matter of factly that was so biblical. She said essentially “When its time its time. We don't go before our time, and when it's time to die we die.”

The question in terms of this message of “investing your physical capital” is what are we going to do with our time between now and when we go to our Forever Home and what steals our time in the meantime? More on this later.

Our Physical strength and health are very important for as it is said, “If you have your health you have everything.” Well almost everything, but our physical health and strength are enlivened by our relational capital (our family and friends and fellow believers) and guided and empowered by our Spiritual Capital.

You might have noticed Physical Capital was in the middle of the pack of the 5 Capitals. Without it the intellectual and financial capital will not come into being. It is the Physical Capital of time that we use to build our relationships, our intellect, our financial resources and of course our relationship with God. In one sense time underscores it all.

Now our physical bodies are part of our physical capital. Psalm 139:13, 15-16a say this:

- ¹³ For you created my inmost being;
you knit me together in my mother's womb.**
- ¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.**

¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

Life is good, it's beautiful and sacred being created by God, sustained by God and watched over by God.

Most of you as retirees have more "physical capital" in terms of time than those younger, even though I have heard many retirees say, "I am busier now than when I worked." And even when our physical strength is gone we have the power to pray to and praise God. As the words of the hymn go "Praise will employ my nobler powers."

Now what steals physical health, time and strength is worry. Some literally get worn out by worry. Worry steals the present filling it with fears that most often never come about. The stress of worry damages our heart and health and often keeps us from doing the works of the Kingdom of God.

These verses today are primarily about worry. In fact they give us 4 reasons not to worry and a couple of things to deal with worry, but that's for another message. For our purposes today I want to deal with just one of the arguments God gives for not worrying. Verses 31 and 32 say, "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"

For the pagans run after all these things, and your heavenly Father knows that you need them."

Jesus idea behind this thought is "that if God has so wonderfully made you, will he not sustain you?" As verse 26b says, "Are you not much more valuable than they?" referring to the birds of the air. God who creates, sustains.

Physical capital is given for our enjoyment for us! God wants us to enjoy and take care of the bodies and lives he has given us and use our physical bodies in the service of others. Psalm 139:14, **“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”**

In the service of others our Offering Bible quote reminds us that what God gives us is not only for ourselves but others. **“God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” 2 Cor. 9:8**

Again, Physical capital is also our very bodies. God’s investment in your body can continue beyond your death. Your physical body can be invested in others. In the United Methodist Calendar of Sunday’s this is **“Organ and Tissue Donation Sunday.”** Across the United States, this Sunday and last Sunday are “Organ Donation Sabbaths”.

Now when I mentioned this was the United Methodist Church’s designated Organ and Tissue donation Sunday to someone their immediate response was, “What does organ and tissue donation have to do with our worship and faith?” That was an excellent question!

The simplest answer is that it is a way of loving our neighbor! This is a way of loving our neighbor that most don’t think of.

It is a way of loving our neighbor, giving the gift of life that most often costs us nothing for we are dead - our spirits have gone home to God, where they await the general resurrection of the dead to receive new, perfect bodies.

When you think about it, Jesus was the first organ donor of our faith. Jesus gave them all for us. As Romans 5:8 states, **“But God demonstrated His own love for us in this: while we were yet sinners, Christ died for us.”**

Now organ and tissue donation has touched my family’s life.



My oldest daughter, Sarah, received bone tissue to repair her jaw when she was in high school. That was an act of love that the donor knew nothing about on this earth for they were dead, but that act of love lives on in my daughter.

It seems every time I get ready to preach a message on organ donation I get a call from the Red Cross to donate blood. The first time I was writing a sermon on this I got a call as I was typing. Couldn't be a hypocrite and say no, which is also why when it was announced in our bulletin of a recent blood drive, I went.

Now I could give you a lot of grim statistics about the number of people needing organ donations and the number that die while waiting; but I would rather give you Good News and brag on the success stories I know. My daughter Sarah as you heard is the first.

At FUMC of Mesa there was a young woman in the young adult group with cystic fibrosis her name was Shelly. There was also a young man named Steve. Shelly finally came to a time in life where she needed a lung transplant or she would die. Steve stepped up and donated a lobe from one of his lungs. Another man donated another lobe. She got two small lobes that soon grew into two strong lungs. Lungs like to grow. Steve grew his lobe back.

Note what happened here. Both were going to church and Young adult group. Both were seeking the Kingdom of God by doing this, and God provided all other things. Later Shelly married and adopted two kids. About 2 months after the adoption she tragically died after complications of an unrelated surgery. Steve's sister-in-law eventually married Shelly's widow and raised her kids. All of these people met in Church!

At Christ Church two members of the choir, Jim and Kelly, sorta knew each other for years. Jim's kidneys failed and he needed a kidney transplant. He kept singing in the choir and the choir prayed for him. Kelly got tested and found out she was a better match for him than even his brother; so after 2 months of thought and prayer she donated a kidney to him.

She went on to get married, have another child and then move on in life. Jim is still singing in the choir and serving God through his church in whatever way he can. Again while seeking the Kingdom of God and God's righteousness; God provided.

Organ and tissue donation comes in many forms from blood donations to our entire bodies. At Christ Church a former professor from the U of A died of Alzheimer's. I did his memorial service, but before I did, his widow told me of his desire to donate his body to science so they could study it and maybe start to find a cure for this horrible disease that took his life.

Our denomination, The United Methodist Church, encourages organ and tissue donation. *In 1984 the United Methodist Church issued a policy statement in regarding organ and tissue donation. It states:*

"The United Methodist Church recognizes the life-giving benefits of organ and tissue donation,

and thereby encourages all Christians to become organ and tissue donors by signing and carrying cards or driver's licenses, attesting to their commitment of such organs upon their death,

to those in need, as part of their ministry to others in the name of Christ, who gave his life that we might have life in its fullness."

A 1992 resolution states, "donation is to be encouraged, assuming appropriate safeguards against hastening death and determination of death by reliable criteria." The resolution further states that, "Pastoral-

care persons should be willing to explore these options as a normal part of conversation with patients and their families.”

So, I would end by saying invest your physical capital, your time, your health, your strength in the Kingdom of God to do the good works Christ created you to do. Do good works while you can for as Jesus said, “The evil days are coming when no one can work.”

On the table in the Narthex are brochures, donation cards etc. Pick one up as you go.

In fact go out into this community and tell them you attend the most demanding committed church in the area.

On October 31st we asked for your service in Agua Prieta and more than 10% of our congregation went.

On November 8th we asked for a commitment of your financial resources and on November 15th we asked for your internal organs.

We're all in for Jesus at Vista Church!

In the Name of the Father, the Son and the Holy Spirit Amen.