

“You’ve Got the Power!”

21 August 2005

Bible passages:

John 10:10 “I have come in order that you might have life—life in all its fullness.”

Mark 9:23b “Everything is possible for the person who has faith.”

Narrative 1--Intro to video:

Ben Zander is the conductor of the Boston Philharmonic, and his wife, Roz Stone Zander, is an author and executive coach. Both of them have dedicated their lives to helping others realize that they have the power within themselves to live the life God intended.

Their basic understanding is that each of us has power within us, and it’s the power of possibility. It’s a matter of living our lives in tune with that possibility. The Zanders believe that they have discovered some keys to living that way, and that’s what we’re going to be thinking about together this morning.

They have created a video which summarizes some of the main elements of living into the possibilities that fill and surround us, and we’re going to use a few segments from that video to help us think about our own lives.

One of the first things the two Zanders assert is that we have to be full participants in life. No sitting on the sidelines, or just watching life go by. We have to be engaged and involved, or as they put it, we have to “sit on the front row of life.” Let’s see what they have to say.

Video segment 1: Sit on the front row of life

1:53 IN: Ben says, “Throw yourself into life like a pebble in a pond, and notice the ripples...”

Out: Ben saying, “Once we get that, everything opens up in a different way.”

Narrative 2:

Hearing them discuss throwing ourselves into life really reminds me of something Jesus said, and living life fully alive. He said, “I have come in

order that you might have life—life in all its fullness.” I wonder what it would mean for each of us if we actually sat on the front row of life, fully participating in all that life has to offer us.

A year or two ago, the Dockers brand asked its wearers to answer the question, “What makes you, YOU?” I enjoyed reading some of the responses that appeared in subsequent ads. For instance, a woman named Niki Kirk said, “I constantly seek knowledge. I am perpetually curious. I love new ideas, cultures and experiences. At 41, I’m learning to surf. And I’m learning to be happy with myself.”

That’s what one person has to say about being fully engaged in life. How would we answer that question for ourselves? Before we can actually respond, we probably need to deal with the voice in our head that tells us we can’t do it.

Video segment 2: Quiet the voice in your head

2:23 In —Ben in his shirt sleeves, saying, “I teach students at the New England Conservatory of Young Musicians...”

Ou: —Ben sitting in chair saying, “Thank you for sharing...I’m busy.”

Narrative 3:

It’s probably a hard thing for most of us to learn to block out the voices that we’ve become so accustomed to hearing—that we’re not good enough, or smart enough. We’ve heard them so many times that we’ve begun to believe them.

However, that doesn’t have to be the case. We need to realize that we have the power of possibility within us, and those possibilities are limitless. We just have to overcome our fears and the barriers that we think are in our way, and move forward. It all begins with one step, and then another, and another. Before we know it, we’re moving in such a way that we can’t hear those voices anymore.

There is something that can help us deal with those voices, and that’s connecting with our God, and connecting with others who are on the journey to live into possibility. That can be more powerful than we could ever believe.

Video segment 3: Live in Possibility—become part of the song

1:17 In with the screen reading “Live in Radiating Possibility...”

Out —Ben in chair and telling about roots of aspen tree, then closing with the words, “...how differently we would behave...that’s what this is about.”

Narrative 4:

I first discovered that a grove of aspen trees share the same root system a few years ago when I happened to be in Colorado in the fall when the aspens were turning to a ripe golden color. It was very clear that they were bound together in much the same way that you and I are connected, and there’s something life-giving and contagious about that connection.

I read a story about something that happened during the Middle Ages. Because lighting a fire from scratch was such a difficult thing, people often carried around a metal box which contained a smoldering cinder. The cinder was kept going each day by feeding it a little bit of kindling. That meant that people could light a fire with ease wherever they went because they always carried the spark.

When we realize we’re connected with one another, and when we realize the world of possibility in which we live, then we realize that we are carrying the spark with us. And that spark can light a fire for us and for all whom we encounter.

I guess the question to ask ourselves is, “Is that spark smoldering within me? How can I keep that fire burning for myself and for others?”

Video segment 4: “I am a contribution”

2:22 In with Ben saying, “I want to tell you a story, and including the screen that reads “Invent a new game...”

Out just after Ben talks about the socket is possibility, and closes with the words, “Every human being is brought into the world radiating possibility; the trick is to keep the song going.”

Narrative 5a:

What are we plugged into? Believing that each of us is a contribution to the whole of life is being plugged into the socket of possibility; it’s being

plugged into the socket of faith—in ourselves and in God. Remember we are creations of God, and God only creates good things.

Song: (*last stanza of “Impossible Dream”*)

Narrative 5b:

Our other Bible passage says it quite plainly with these words: “Everything is possible for the person who has faith.” If we have faith in ourselves, and in the God who made us, we can live into possibility. We are powerful people, every one of us, and we are filled with the power of possibility.

Nelson Mandela was trying to help us all see what lies within us when he quoted the words that Marianne Williamson wrote in *A Return to Love*:

Our deepest fear is not that we are inadequate;

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous

—

Actually, who are you not to be?

You are a child of God.

Your playing small doesn't serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us.

It is not just in some of us; it is in everyone,

And as we let our own light shine, we unconsciously give other people permission to do the same.

Each one of us is powered by God to live a life of possibility. Are we ready to live the fullness of the life God intended?

Closing:

Theologian Soren Kierkegaard once wrote: “If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of what can be, for the eye, which, ever young and ardent, sees the possible.”

As we leave here this morning, I hope and pray that each of us can see what is possible.

Have a good Sunday, and go in peace. Amen.