

**IT'S ALL ABOUT YOU...MAYBE NOT**  
**PSALM 1:1-3; 127:1-2, 15; 102:1-4; JOHN 13:1-18**  
**2026-03-22**

In this abbreviated series on Lent, we're looking at some selections from the Psalms, to focus on what God has done for us, to ready us as we journey to the cross with Jesus.

We've looked at some important themes, beginning with **loneliness**, navigating the **valleys** of life and **broken-heartedness**. Lent is also a time of **waiting and trusting**, discovering the absolute **truth** that Jesus spoke and still speaks today. Don't miss the **wonderment**; that the God of the universe, condescended Himself to come to earth in human form for the express purpose of dying—the most wicked of deaths—so we might have life—not just life, but abundant life, in rich relationship with Him, both now and in eternity. There is no truth that speaks beyond this. You can trust Jesus to do what He said He would do, beyond question and without reservation.

And just to wrap up last week's key, **Lent's the time we wait very uncomfortably** on Jesus as He heads resolutely to the cross. **But after the cross**, since His resurrection, the nature of **the waiting changes as dramatically as one can imagine**, as all humanity now awaits His return—most eagerly for those who've given their lives over to Him—but not so for those who don't.

That's where we've been. Today's message is entitled, "**It's All about You**". I'm guessing every one of you've met someone about whom you could say, "It's all about them." You know what I'm talking about. You may try to join in a conversation but the dialogue soon turns into a monologue and you hear far more about that other person and his life than you really want to. You are a convenience. You happen to be the one there to hear it all and if you could put in a substitute, maybe a cardboard version of yourself, the conversation would go on the same. **Rick Warren's opening line of the "Purpose Driven Life" frames the whole book: "It's not about you." All life, our lives, each of us, is about God.** While we may believe that, we don't live like it. **It's due to our sin nature and so it's human nature** that we make it all about us. **Jesus came to change that.**

The Psalms provide remarkable insights into how to live. Sometimes there's a pattern beginning with the Psalmist whining to God—where are You, why am I suffering so, why do the arrogant live trouble free while I've got all these problems? Then the Psalm turns as the Psalmist recognizes God's greatness and presence all along. Let's look at a few.

Many of you are familiar with **Psalm 1**: "Blessed (happy, contented) is the one who does not walk in the counsel of the wicked or stand in the way of sinners...but delights in God's word (way) and meditates on it day and night. He/she is like a tree planted by streams of water that yields its fruit in season and whose leaf does not wither. Whatever he/she does prospers."

**One of the main reasons** we think life is all about us is that we **get** sidetracked. **Our attention moves from** “what’s needed” to “what’s wanted”. Distracted driving is a good example. What’s needed is safe driving; what’s wanted is whatever catches our eye that shouldn’t while we’re driving. You see that all the time. It makes driving a constant adventure.

But **we’re also guilty of distracted living**. The Psalmist here lays out two very clear options. **We can live the way of the world** (what’s wanted) **or we can live by God’s Word** (what’s needed). Because of sin, we’re easily distracted by the success, acceptance and prosperity the world flaunts. It’s very easy to get drawn into that. It takes a very intentional and disciplined heart-mind to stay clear of such trappings. It takes even more than that. **It takes reliance on** the Word of God; **reliance on** God’s way; **reliance on** asking God in prayer to show you the right way. Try to develop the habit of talking to God about all things. It doesn’t have to be long or elaborate. Put God into your consciousness always. If you do this, you’ll find yourself asking yourself, “**What would be God’s take on this or that instead of** just rushing into action. You’ll find yourself weighing conversations differently, how you regard what you watch or hear—WWJD. So, we get distracted. But we also get our priorities mixed up.

**Ps. 127:1-2, “Unless the Lord builds the house, its builders labour in vain.** Unless the Lord watches over the city, the watchmen stand guard in vain. In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.”

A **professor filled a jar** with water and asked his students if the jar was full. The answer—yes. But then he added some large stones and asked the same question again, to a little less certainty this time. Then he added some smaller pebbles and after that some sand asking the same question each time. Where’s the substance? Is it in the water that splashed out or in the solid material? **The point is**, if we start with what’s most important there will be room for the rest. What’s most important in life? **Unless your house’s built on God’s foundation** you’re wasting your time. **So many people work desperately to build their lives on their own foundation**, their own way, on their own merits. They are building on quicksand—in the end it will all collapse like a house of cards. Just like the water isn’t the main thing in the jar, so **when we place more value on the things of this world**, our lives will be missing substance, empty of real life. Worse, these things clog us up, reducing the capacity we have for what is important. **Put God first and** you will have room for the other things.

So, distracted living. Wrong priorities. Next: Do you remember **how you loved hide-and-seek** as a kid, or how much your children or grandchildren love/d it? But we have this tendency to never outgrow it as **we continue to play it with God and point the finger at Him**.

To **Ps. 102:1-4** “Hear my prayer, O Lord; let my cry for help come to You. **Don’t hide your face from me** when I am in distress. Turn Your ear to me; when I call, answer me quickly. My days vanish like smoke; my bones burn like glowing embers. My heart’s blighted and withered like grass; I forget to eat. **Can you relate** to that kind of discouragement? The psalmist is in profound despair, pleading with God to stop hiding from him and his people. Do you think

God plays games with us like that? **God never hides.** He's always near. **But our sin makes us want to hide from Him**—re-member Adam and Eve after they ate the forbidden fruit? But **God never stops pursuing us**, seek-ing us. And **when we confess our sins and seek His forgiveness, He offers it freely through Christ.**”

So, the problem is us. Distracted living, wrong priorities, playing hide and seek with God. **We also have a bent toward selfishness.** It can invade every part of our lives—from how we view ourselves to how we treat others—our attitudes, actions, words and decisions all reveal self. It's time to check our “I” sight and change us from “It's all about me, to it's all about Him. Jesus took our death upon Himself so we can live forgiven in this life and forever in heaven. Look at Jesus' actions at the Last Supper. The King of kings and Lord of lords wrapped a towel around Himself and proceeded to wash the feet of His disciples. If you invite Him to help you do that, to be like that, think how the world will change—one person at a time! **It's not about you; it's about Him!**

It's not just that we face all these obstacles on the way to the cross, it's that Jesus clears them out; He blows away all the clutter to bring us directly to the Father, through Him.

**One of the greatest obstacles to seeing God is complacency.** Who really cares? Most people today who don't know Christ could care less. They're doing just fine thank you very much; content, but oblivious. Don't Worry; Be Happy. In Psalm 36, David is amazed at how content people are in their sin. They've no idea about who God is, what He wants and give no thought to Him, let alone fear Him. They've **no idea what sin is**, if they ever even hear the word. They don't know they're lost so they see no need to be saved, no need for His mercy; they're good just as they are. **Their goodness is based on some arbitrary standard:** “I'm not so bad. I'm better than ...and the good I do outweighs the bad...I'm OK.” So how can we help others? First, pray that God will address their lack of awareness about their own sin and lack of regard for God. Second, be transparent about the log in your own eye, before drawing attention to the speck in theirs. **But we too can be too casual** about our own sin. If that's so, we widen the gap between us and God. Keep a close account of your sins with God.

When was the last time you heard or used the word “**contrition**”? In Psalm 51 David says, “*The sacrifices of God (what God wants) are a broken spirit; a broken and contrite heart...*” **guilt, shame and remorse are all tied up in contrition.** You see people all the time on TV express regret about such and such a wrong. But mostly they're saying it because they've been caught in the act; otherwise there'd be no statement. **They're not remorseful at all.** We can fall into that track. Sing this morning's chorus into your heart: “Create in me a clean heart, O God and renew a right spirit within me.” Ps. 51 follows Nathan outing David for his adulterous affair with Bathsheba. He'd much to be penitent for. **God is greater; His forgiveness exceeds our worst behaviour and thoughts.** Thank you, Jesus that you have paid for my sins. Have mercy on me, O God, a sinner.

Another obstacle to seeing God is **confession**. This one we know about. **If Christ has already taken my sins away, why must I confess them? Confession is cleansing.** Corrie Ten Boon said “**You will find it necessary to let things go, simply for the reason that they are too heavy**”. David says much the same thing in *Psalms 38:4*: “*For my sins have gone over my head; like a heavy burden, they are too heavy for me.*” That’s powerful.

Have you ever felt so burdened by your own sinfulness, your own unworthiness, that you just couldn’t stand the weight of it for another minute? **Confession provides the catharsis**, the release, the relief, the cleansing—because Christ takes the burden away. Imagine how crushing that feeling is for those who don’t know Christ? **They’re locked and lost in their sins, because you cannot cleanse yourself.** Too often we take the forgiveness that comes from Christ for granted. **Go deep in thought on how much He paid, what it cost Him**, so you can confess your sins and confidently know He has and will take every sin-burden from you.

**Some feel they’re too sinful to be forgiven** for what they’ve done. It’s not so. To believe that is to be locked into your own self-importance. **It’s saying Jesus died for nothing, His sacrifice is too weak** to cover your sin. God’s all powerful and all sufficient. What Jesus has done is enough for us! Confidently place yourself in God’s hands for healing of body, mind and spirit.

Finally, **repentance**. Turn from walking away from God and walk —run **to Him**. That’s repentance. Stop the sinful track, the selfish ways and walk the road of redemption that is ours in Christ. It’s impossible to travel that road without Christ.

**Who cares? God cares—more than you will ever know!** We can face our failures when we understand just how great and complete Christ’s sacrifice is on our behalf. When you won’t acknowledge this, you’re saying Christ died for nothing. **No other faith has anything to say about forgiveness and** how God accomplishes it. Christ gives us the strength to live as God’s redeemed people. What’s the result? We follow Jesus’ ways of living, loving and serving.

**We’re still going to sin, but Christ** provide the roadmap through it. He not only shows us the way; He takes us by His nail-scarred hands and walks us all the way with Him. Share with others this week your gratitude to God for His forgiveness of your sins and the grace He offers through Jesus.