# 9.29.2024 Sermon The Great Exchange

### SUMMARY KEYWORDS

god, praise, worship, presence, worthy, daddy, ai, talk, give, father, praying, song, love, good, holding, life, walk, exchange, problems, arms

#### SPEAKERS

Rev. Saundra Anderson

I'm not in a rush to leave this moment. This is worship. So, whether I say anything that I've written down, this is worship. Taking the time God says we're two or three, I know I'm here for God. All I need is one more to be here for God, and He guarantees He'll be in our midst.

It's impossible to not feel this presence. God's presence is with us every day, but it's something different when He reveals Himself to us face to face, and it's like, wow, you've been here all along. You don't worship God because I just got something to do. I worship God because He is good and He is worthy of my praise. If I can be in the army and I can stand up when a general walks in a room, if I can salute an officer who doesn't deserve it when I feel the presence of God before me, I can give Him praise because He is worthy of my praise.

Don't be too busy. Don't be too distracted that you miss it. It ain't got to be in this building. You can be outside walking. I go on walks. I see the birds chirping in the air. I see the waters roaring. And I say, God, you are doing what you designed creation to do and you are good. He speaks through creation, constantly reminding us of all that He is. So, in this moment, leave your circumstances outside. Worship is saying, "Hey, I stop everything. Them problems. Going to be that when I leave here, I want to give you honor, because I need you." And if I got nothing else but a heart of worship, I am here, and that's all I got, but I know you'll meet me here.

We talk about praise. Praise ain't just a genre where worship is the slow songs and praise is when we get all hyped up. That's what we like to think. Praise is when we praise and talk about our children and our spouses and talk about how good God is. I can't help but to share this praise with you. Friday morning, my family was supposed to catch a flight because of the storms, didn't happen. The flights got canceled, and they said we spent all day, whole day,

contemplating, are we going to drive? Are we going to stay here? And I went to bed. We had no Elsa. And all throughout the night, I kept waking up praying, praying for the protection of my family. And I called my mom at five o'clock and I said, "What you doing?" Oh, I'm praying.

Only little did I know that when they got here and I saw my father. They said, "Well, we going to have to go to the urgent care because your daddy, favor y'all." My daddy blacked out and fell out of a car on the interstate, head first, unconscious. Everybody's phone in SOS mode, because all the storm, you can't even get the emergency contact to call 911, but I can't get the police or the ambulance. I'm praying, and I don't even know what I'm praying for. And I said, "Well, maybe, maybe they not on the road, God, maybe I'm just praying because the storm is in their path."

He heard their prayers on side the road when my daddy body was still and unresponsive. I could be fatherless right now, but my daddy is in this building, and he heard my cry. He is worthy of my praise, if we take the time to see we pass over moments when you're a little child, you learn please and thank you. And it's good for a while, and all of a sudden, people stop saying thank you. I don't know if it's all of a sudden out of obligation, you just say, "Well, you got to," we fail to tell God thank you, because after a while, he do it so much. He wake us up every day that we forget to say thank you. We say, "well, it's another day you ought to wake me up." When some people didn't wake up. My daddy could've not woke up. But he is here. If you are here in this building, you got something to praise him for, because somebody else did not take lightly the small things that God does. He is worthy of our praise.

This just praise and worship. He exchanged that God. I got nothing. I got nothing.

And even in my nothingness, you keep it all to me, I don't have to earn it. I don't have to strive for it. I don't got to pray all day and night for it. I come to you broken, and he said, "I cannot despise a heart that's broken and searching for me." As the deer panteth for the rivers of the water, my soul passed out the God and he will not despise a heart that is thirsty for him. And if that's all you got a heart that's thirsty, he will give you everything that you want. The song that we sung earlier about this face to face, I was holding baby Eli a couple weeks ago, and I kept getting this image of this father holding this baby and this I held baby Eli, and I said, "Wow, everybody got broke. Best friends, not your grown broke best friends. I'm talking about the little children that's in our lives that ain't got nothing to give us." But the very thought of them being in our arms brings us such delight.

That's how we are in the arms of the Father, we ain't got nothing. They told me to a couple weeks ago, Baby Eli couldn't even smile. He didn't even ever smile to give but being in the arms of the Father, he is delighted by your presence. It's the communion of face to face. You

got nothing to give me, but because I created you, I pour into you. I sit there and I call you. I say, "Hey, I'm Daddy."

I'm Dad, I'm your protector, I'm your healer, and you're crying. He says, "It's going to be alright. I got you." And all we got is this gaze looking up at the father, believing that you said you got me. So okay.

You said, "Your daddy, okay? You said, You're a healer, okay?"

And even when we, baby Eli, held him last night, and guess what he did? He started pooping in my hand. Even when we poop and make mistakes, God says so. Hey, Imma clean this up. Imma throw it away. In a sea of forgiveness. Do you ever see that poop again? Never, ever again.

Every mess we make, God throws it away, never to be seen again. He cleans us up. Wipes us up. He holds us again and said, "You are worthy to be here, even with your nothingness, and as you grow, I tell you who I am, and then I tell you who you are. You are Eli, you are Janice, you are James, you are Tracy, you are beautiful, you are worthy, you are smart, you are love, you are good, because I am good. I pour into you. You pour into me. And we exchange this dance. And then when you know who I am, and then you believe who I say you are, then we can go out into the world and we can say, hey,

I can tell you who you are. I can show you who you are, because he has shown me who I am. That's worship. I give. He gives. And then we give to each other out of what we hear. But we got to take the time to stop talking and chattering and doing everything else besides listening, because we're too busy. Oh god, I hear you, but I just want to do this while I listen. You gonna miss something? You gonna miss something? Listen, because he's always speaking. Open your eyes. It ain't just in this building. When you're walking around, when you're looking at creation, open your eyes, because he's talking. When this person drops in your spirit and you say, "Why am I thinking about this person?" He's talking. But are you willing to move? Are you willing to do it? That's worship. You talk and say, "Hey, God, I'm willing use me do it and then exchange. Hey, when we come to church, you give me a hug. I needed it.

I compliment you. You needed it. We sing songs, not because when we were in elementary school, we sang songs to learn, right? We learned our ABCs. I learned my multiplication. All singing songs, singing songs teaches. We sing this song for God. We sing these songs because, guess what? Just like learning our ABCs, every time we sing it, it makes us remember, Oh, nothing like a good song when we say oh. I remember when this song came out. I remember what I was going through in my life when this song came out, and I remember who God is when I sing this song. These songs are for us to be reminded of his goodness, to be reminded that he's with us, to be reminded so when we step out of worship, we can live our

day to day life, just living when I used to have problems in I'm sorry Joni, you're gonna be doing this, but this is probably just gonna be my sermon.

We're going to talk about when I was in middle school, and I would get picked on because I was a nerd. I would go home and talk to my sisters about my problems. They would say, "Okay, okay, we get back to school," and I don't walk behind them. I walk in front of them because I know who got me. I know who got me. They exchanged something. Man, from that moment on, when I walked those halls by myself, they didn't need to be there anymore. The Princess didn't need to be there anymore. When they know who you are. That's God. When you tell him about your problems, and he says, "I got you." You can walk through life saying, "I don't need to feel your presence with me to know you got me." And they know you got me, so I ain't got nothing to worry about. I can just walk through life.

So, bring your problems and stuff to worship. Tell God all about it because he's our friend. And when you tell him about it, you leave it there. I didn't go back and forth and ask, "Did you talk to him? What did they say?" I just knew that when I told them, that's their problem now. You got my back. That's the same way with God. You tell him about your problem and you leave it there. Don't keep picking up the problem over and over again. He said he got it, and when they do it, thank him for it because he's worthy of it. You cast your worship on him.

He's always with us. His presence matters. It's different when they said it wasn't coming, I said, "Well, I just FaceTime you." It's a difference knowing somebody's presence is with you, and then when they walk through these doors. Because I said, "You know what, I'll just go ahead and go to this conference." It was lunchtime. I walk out of the bathroom, and I broke down in the presence of my father because his presence, it's different, oh, the phone is different when you just say, "Oh, yeah, God, I know you're living inside of me," but it's different when He reveals Himself to you, and you know without a shadow of doubt you're here with me, and I feel your arms around me.

Y'all, I wouldn't even be before you right now if something had happened to my daddy. And the funny thing is, they were at the halfway point. 13-hour drive. It was at the halfway point. If something like that would have happened to me, I would have turned around to home to safety, but the Father, the Father comes after you to be in your presence. Oh, God, do you see it? He speaks in everything, even this situation, this circumstance that could've gone bad. He's speaking in it because the Father chases me down to be in my presence because he wants to commune with us, even if for 24 hours, he would go the mile to be in your presence. And this isn't just about me and my brother's biological father. This is what God does for us. He will chase you down to be in your presence. He's always saying, "Come spend time with me. Come commune with me." But we're too busy, too busy. And even in that, he still loves us.

Nothing can separate us from the love of the Father. Nothing. When the world said no, and God said yes, I thank him. When I said no, when I said no, they talk about me running around this church. When I walk through these church doors, God answered a prayer. But even then, I was saying, "No, I'm not worthy. I don't deserve it. You can't use me." And constantly he shows up and uses me every single time. If he created you, you got a purpose. If you listen, you're figuring out. He's holding you in his arms. He's telling you constantly, "This is who I am. This is who you are." And if you believe it, you can go out into the world and just be.

When you raise your child, you don't sit here, good, bad, or indifferent. All you want for them is to live their life. When God created, he said it was good. He created, it was good. And one talking about, "Hey, you gotta get down and worship. You got to go do this. You got to go do that." He created, it was good, and creation did what it was designed to do. And he knows we're going to make mistakes, but he still says, "We're good," and he still holds us and says, "It's going to be okay." And after that communion, that worship, that exchange, you go back into the world and you say, "Now I can live my life." Your child can live a life because it's you who's worried about the bills, it's you who's worried about all this other stuff. But they don't get to experience that. They get to live their life. That's how it is with God. You don't have to worry about the big stuff. I just want you to live your life because if you start worrying about this, then you're going to be a teenager or a child stressed out, worried with anxiety that you don't even have to carry if you just brought it to me because that's my problem.

#### Live your life.

That's what God wants for us: to live and be in communion with Him. But if you're carrying all the problems of the world, all these circumstances that's preventing you from talking to him, yeah, you're not going to be able to live the life that's intended for you, because you're concentrating on the problems.

## God is so good.

So good. This song called by S W, SWV called "Weak," and it starts saying, "I get so weak in the knees I can hardly speak. I lose all control, and something comes over me," because its love is so, what it is, it's love is so hold on. Y'all know this, some of you may not okay. Here it is, the only part I'm gonna read after this. It says, "I don't know what it is that you've done to me, but it's caused me to act in such a crazy way. Whatever it is that you do what you do when you're doing it is a feeling that I want to stay because my heart starts beating triple times with thoughts of loving you on my mind, I can't figure out just what to do when the cause and effect carry you. I get so weak in the knees I can hardly speak, I lose all control, and something takes over me in the days, your love is so amazing. It's not a phase. I want you to stay with me by my side. I swallow my pride. Your love is so sweet, it knocks me off of my feet. I can't explain

why your love makes me weak." When you're in the presence of God and you're so overwhelmed by his love, I think that's why sometime people bend their knees and worship you. Lift your hands, not because out of oh, this is what they're telling me to I lift my hands because I feel the spirit saying, "Hey, surrender this all to me." I have no choice in his presence of being all that my knees get weak and I say, "God, I'm nothing without you." This is not something we do. We stand up, we sit down, we lift our hands, we tell you to dance around. They ain't dancing because they're up here for a show. They're dancing because something is stirring in them. They can't sit down in their seats because maybe they got something to praise God about. Maybe it's overwhelming to them why God loves them. Maybe they just can't sit still because his love is so amazing.

This is how I define worship. I'm not going to give you some definition, some book aspect of it, Kevin does a good job with this Greek grammar school Crash Course, he'll give you all the definitions of the word worship and praise, and you get all into that,

I just got a heart. That's all I got today, and I feel that's all God wants to give because that's worship to me. And when I got nothing else, I just got a heart. And the rest of my time, I just let God have his way.

I do this to you all the time. I know Joan, you can beat me up later on, but I just want to close with that and offer this space, this opportunity that if you got anything that you can be excited about, that you can praise God about, that you can worship God about, take this one moment in time to say, "God, what are you saying to me? Reveal to me who you are, show me who I am, so that I can live my life and praise and sing of your praises to others so they can catch a fire and receive what I got."

Amen.