

FCCsunday

Danny Ovalle, Pastor | September 6, 2026

“**READY-SET-STOP**: *Matters of First Importance!*”

INTRO

Now, brothers and sisters, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. For what I received I passed on to you as of **first importance**: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to .” (1 Corinthians 15:1-5)

“The Importance of First Importance: Stop Working and Start Resting, Enjoying God and all He has accomplished for you in His Son!”

Time passing screams to us to STOP and consider matters of **first importance**.

Soon I need to sign up for Social Security! 😬

WHAT! How'd that happen? Yes, time waits for no one, they say. It sure doesn't.

A dream ago I was playing baseball in the Chelsea City Championship at the Stadium, Diamond 1. A dream ago, my Cyndie and I said our “I Do’s” on the shores of Waikiki. Truth is, life here in this life is shortening by the day. So let’s chant together this little ditty: “Time flies, so let’s maximize” ...with that which matters most...most for time, and for eternity.

But we just cant STOP! We are hard wired to work! To Do list! Be! Get er Done! All out! Go!

WE NEED TO SLOW DOWN! Life is short, fragile & fleeting.

Recently I traveled for the very first time in a Tesla that went 0-60mph in 2.2 seconds!

So I googled: “*do modern psychologists agree we move too fast in life in American culture*”

Yes, modern psychologists and mental health experts widely agree that American culture pushes an excessively fast pace of life that harms mental and physical health.

The Core Problem: Hurry Sickness

- **Constant Urgency:** Psychologists use the term **hurry sickness**—a continuous struggle and relentless sense of urgency to squeeze more tasks into less time.
- **Burnout Culture:** American norms tie personal worth to productivity and constant output, leaving little room for mental rest.
- **The Brain on High Alert:** Chronic rushing keeps the nervous system trapped in a low-grade **fight-or-flight mode**, flooding the body with stress hormones like cortisol.

Negative Effects of a Fast Pace

- **Higher Stress and Anxiety:** Moving too fast leads directly to higher rates of generalized anxiety, sleep disruption, and emotional exhaustion.
- **Worse Decision-Making:** Under intense time pressure, the brain abandons deep, rational thought in favor of quick survival heuristics.
- **Reduced Life Satisfaction:** Studies show that feeling chronically “time-scarce” ruins people’s enjoyment of everyday moments and lowers overall happiness.

WE NEED TO STOP! Life is short, fragile & fleeting.

Heard of Doom Scrolling?

Doom scrolling means repeatedly scrolling through social media, news, or online content—often negative, alarming, or upsetting—even though it is making you feel worse.

It's the experience of thinking, *"I should stop,"* but continuing to consume one troubling story after another. In simple terms: **your mind keeps looking for more information, even when your heart and emotions need a break.**

"CAN'T STOP, addicted to the shin dig..."(Red Hot Chili Peppers)

So, in the fast pace of life, as the hours, days, weeks, months, years ... even decades that roll on...Jesus steps in and in a thousand different ways says: **S.T.O.P.**

He has a different way of saying it, doesn't He? Just listen to how He says this...

Just then a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?" "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, keep the commandments." "Which ones?" he inquired. Jesus replied, "'You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, honor your father and mother,' and 'love your neighbor as yourself.'" "All these I have kept," the young man said. "What do I still lack?" Jesus answered, "If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this, he went away sad, because he had great wealth. Then Jesus said to his disciples, "Truly I tell you, it is hard for someone who is rich to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." When the disciples heard this, they were greatly astonished and asked, "Who then can be saved?" Jesus looked at them and said, "With man this is impossible, but with God all things are possible." (Matthew 19:16-26)

We need ease - rest in our day. We crave control. We want it, we crave it.

If its just rest and ease you want, without Jesus, you'll never experience "Christ in us, the hope of glory!"(Colossians 1:27)

In the garden, Adam & Eve swallowed whole the lie that "You will be like God". And they gave birth to child God wanna-be's ... right down to you and me.

Being God is a dead-end life. STOP! Self-salvation projects are your ruin. STOP!
The search for endless satisfaction is exhausting. STOP!

God, in the gospel, through the finished work of Jesus says:

"READY...SET...STOP!"

Stop working and Start Resting, Start Enjoying God! THIS IS OF FIRST IMPORTANCE!

STOP n smell the roses. STOP cuz our culture is ricocheting madly like a pinball at the speed of light! STOP cuz life is short, shorter than you think...

STOP and reflect on what's really important ("first importance")

STOP all our self-salvation projects and inhale Real and Lasting salvation.

Ready...Set...Stop

When God says this gospel (good news) is of **FIRST IMPORTANCE**, He means it.
It is not of second importance.
It is not towards the bottom of your very important to do list.
It's not an add-on.

STOP! It is FIRST. Number 1.
A Number One, King of the Hill, top of the list, A number oneeee!"

““Come to **me**, all you who are weary and burdened, and **I** will give you rest. Take **my** yoke upon you and learn from **me**, for **I** am gentle and humble in heart, and you will find rest for your souls. For **my** yoke is easy and **my** burden is light.”” (Matthew 11:28-30)

Jesus gives us His 7-fold STOP! REST! BE REFRESHED, even saved! (I, ME, MY 7X)

Jesus died for you...to forgive you & give you His very righteousness!
And He rose from the dead to give you His very life!

The gospel of Jesus Christ says
READY...SET...STOP!
Tetelestai! It. IS. Finished!