

Untangled 4 – Is Jesus Still Worth Following?

Facing Fear NEXT WEEK Bumper

Welcome to Redemption Church in Plano Tx. My name is Chris Fluitt.

We are excited about our new Message series in October! We are done letting fear control our lives!

Join us as we face fear.

FACING FEAR QR CODE

ALSO we have a 31 day action plan for you to face fear every day.

Go to the link and download your copy.

Every day it gives you...

- A fear to face
- A scripture to use
- An action to challenge fear
- And a prayer prompt to get you started

Download it and come next week. Bring a friend.

Untangled Title

We are in the final week of our UNTANGLED series. We have asked many of the big questions people are asking.

Did you miss a week? You can find it on Facebook, Youtube, Podcasts, Spotify and our website.

When life is smooth, it's not hard to trust God. But what about when everything falls apart...?

Is Jesus still worth following?

How can I trust a silent Jesus?

How can I truly follow when life has let me down so badly?

I've asked that question...

- 15 year old – Parents separated
- Pastors I trusted failed morally
- Last year when we lost the little girl we loved as our own... when I stood at her funeral - I asked it again.

That's the question in front of us today:

We live in a world that feels like it's standing at a crossroads.

Trust is collapsing everywhere.

- Only 22% of U.S. adults say they trust the federal government to do what's right. (Pew Research)
- In the U.S., marriage rates are down, and the share of adults living together without being married has more than doubled - from 3% in 1995 to 7%. (Pew Research Center, *Marriage and Cohabitation in the U.S.*, 2019).

- Trust in **medicine / health systems** is down - **trust in physicians and hospitals has slid from 71.5% in early 2020 to 40.1% in 2024.** (JAMA Network Open, 2024)
- About **29% of Americans** now say they are **religiously unaffiliated** - atheist, agnostic, or “nothing in particular.” (Pew Research)

Trust is hard to find in society.

- People don't trust health care.
- People don't trust the news.
- People don't trust education.
- People don't even trust jobs, banks, or the economy.

All Systems are Down.

It feels like **all systems are down.**

Picture this: you walk into a restaurant and there's a sign on the door that reads: **“All**

systems down. Trust at your own risk.”

You'd hesitate before ordering a meal.

That's where we are culturally. Suspicious. Skeptical. Wondering if there's anything left we can count on.

That is the context we find ourselves. And we are asking people to trust Jesus... We should not be surprised if they are struggling to trust.

There is a scene in your Bible just like this...

Let's set the scene.

John 6:53-66

“Jesus said to them, ‘Very truly I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.’ ... On hearing it, many of His

disciples said, 'This is a hard teaching. Who can accept it?' ... From this time many of His disciples turned back and no longer followed Him."

Jesus was confusing.

Jesus was offensive.

People walked away.

Do see a crossroad of trust?

Many of His DISCIPLES decided Jesus was NOT worth following anymore.

John 6:67-69

"'You do not want to leave too, do you?'

Jesus asked the Twelve. Simon Peter

answered Him, 'Lord, to whom shall we go?

You have the words of eternal life. We have

come to believe and to know that You are

the Holy One of God.'"

Walk away or stay?

Forget or follow?

Peter stayed... why?

Because Jesus has the words of eternal life.

Not just advice, Jesus is Life.

And here's the key:

You can get advice anywhere! If all Jesus offered was advice, Peter and the others could have walked away too.

The crowd left because they thought it was advice they could take or leave.

The disciples stayed because they realized-it wasn't advice, it was **life**, and there's no other source of life.

4 REASONS JESUS IS STILL WORTH FOLLOWING: progressive click

1. Theological

Peter said it best: “You have the words of eternal life.” (John 6:68) Jesus isn’t optional wisdom - He is the source of life itself.

Read your Bible and you will find reasons to follow Jesus.

2. Philosophical – Pascal’s Wager

A French philosopher in the 1600’s, Pascal argued that following God is the wisest choice.

| | Jesus is True | Jesus is False |
|---------------------|--|--------------------------|
| Follow Jesus | Infinite reward – eternal life | Finite difference |
| Don’t Follow | Infinite suffering – eternal loss | Finite difference |

The takeaway is simple:

- If Jesus is true, following Him means **infinite reward**.
- If He isn't, you still lived a life with peace, purpose, hope, and community.
- But if you reject Him and He is true, the cost is **infinite loss**.

Pascal's point? **The only wise choice is Jesus.**

And Scripture takes it further - He's not just the best bet. He is **truth** and He is **life**.

3. Psychological

Faith makes a measurable difference.

- A 2022 study found prayer actually slows heart rate, lowers muscle tension, and reduces stress signals in the body.
- A 2024 study found that in **57% of cases**, people with strong religious

involvement reported **lower anxiety symptoms**.

- Other meta-analyses have shown that religious or spiritual practices can significantly reduce symptoms of depression and anxiety in some patients.

Remind me... is anxiety, depression, and mental health a major issue in the world today? YES!

Jesus wasn't exaggerating when He said in **Matthew 11:28**: *"Come to Me, all you who are weary and burdened, and I will give you rest."* Modern research keeps catching up with what He promised 2,000 years ago.

4. Health & Human Flourishing

Faith shows up in health and relationships too.

- A Harvard study spanning 14 years found that **regular church attenders had about 50% lower risk of divorce** compared to those who rarely attended.
- Young people raised with daily spiritual practices were more likely to report higher happiness, less likely to abuse drugs, and more likely to find meaning and purpose as adults.

That's not coincidence. When you build on Jesus-the Rock-you're not tossed around by every cultural wave. Your marriage, your relationships, your stability - they hold stronger.

Every angle-Scripture, philosophy, psychology, health-points to the same conclusion: **Jesus is still worth following.**

So let's stop and think about this.

If this is true - if Jesus really is the source of life - shouldn't you at least look into it?

If there's a way to have a better life here on earth through Him, why wouldn't you explore that?

If He can improve your peace, your relationships, your purpose - why settle for religion as a structure when He offers life as a relationship?

Don't treat Him like advice you can take or leave. Treat Him as life - because that's what He is.

Treat Jesus as LIFE, and not just a Life Hack:

Progressive click

1. **Engage both heart and mind.** Don't just feel your faith - think it. Don't just think your faith - feel it. Do both. Which do you struggle with? Cross train

your faith.

2. **Practice presence.** Take five minutes a day - no phone, no noise. Just pray: “Jesus, I’m here. You are my life.” That shift in focus will anchor you.
3. **Invest in community.** Don’t try to follow Him alone. Live this LIFE with others. Join a Connect group. Serve with others. Following Jesus works best together.

Because following Him is not about adding another rule to your list - it’s about discovering life in Him, on the best days and the hardest ones.

musicians

Remember in John 6 when Jesus has many walk away... He turns to the 12 and asks “Will you leave me too?”

Jesus asks us: **“Will you leave Me too?”**

Our answer must be Peter’s: **“Lord, where else would we go? You have the words of eternal life.”**

3 steps toward Jesus: progressive click

1. **Step toward Jesus in honesty.** Tell Him what you’re carrying. Need to repent?
2. **Step into practice.** Choose one discipline this week-Scripture, prayer, or worship-to keep your eyes on Him.

We have 1st Thursday worship & prayer this week... great opportunity.

3. Step up to encounter Him.

We have a space for prayer. Come forward. Meet Him here. Let Him remind you He is still worth following.