



CORE

A Life Transforming Experience

Fight or Flight?

CORE

The “fight or flight response” is the response of the body to a perceived threat. When faced with danger, the body releases hormones such as adrenaline and cortisol. These hormones give us a burst of energy and strength by increasing the heart rate, slowing digestion and directing blood to major muscle groups.

Although the response is helpful in cases of physical threat (such as needing to run away from a bear), it is inappropriate and maladaptive when it occurs in social or performance situations, as is the case with social anxiety disorder (SAD).

In Ephesians 6 we see how God wants to prepare us for those times of perceived threat.

CORE

The Armor Of God

Ephesians 6:14-17

- ✦ Waist with truth (Defensive)
- ✦ Breastplate of righteousness (Defensive)
- ✦ Feet with Gospel of peace (Defensive)
- ✦ Shield of faith (Defensive)
- ✦ Helmet of salvation (Defensive)
- ✦ Sword of the Spirit (Offensive)

If we don't learn how to use this one offensive item to defend ourselves, we're going to spend our entire Christian experience running from the enemy, instead of standing as Paul commands us in the text, just trying to survive.

Hence the title for this evening's message
Fight or Flight?

CORE

Some of us may feel like that's our experience today.

CORE

“The first Adam fell; the second Adam held fast to God and His Word under the most trying circumstances, and His faith in His Father’s goodness, mercy, and love did not waiver for one moment. “It is written” was His weapon of resistance, and it is the sword of the Spirit, which every human being is to use...”

-God’s Amazing Grace Page 35

"Let the youth try to appreciate the privilege that may be theirs, to be directed by the unerring wisdom of God. Let them take the Word of truth as the man of their counsel, and become skillful in the use of "the sword of the Spirit." *Satan is a wise general; but the humble, devoted soldier of Jesus Christ may overcome him."*

-God's Amazing Grace Page 35

**“One little word (from The Word) shall fell him (the devil)”
-Martin Luther**

C O R E

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

-Hebrews 4:12

Typically, here in America. when there is something that is capable of causing a lot of damage they require you to go through some sort of training before being entrusted with it's use. IE firearms, heavy machinery, driving a vehicle, etc.

CORE

I find that interesting when thinking about our next text.
Turn to 1 Samuel 17

CORE

David hear's Goliath blaspheming God and offers to fight him. Saul tries to talk him off the ledge, but David won't back down.

1 Samuel 17:31-33

CORE

**Saul's mindset:
youth=inexperience/weakness**

1 Samuel 17:34-39

CORE

“David has never fought with arms in a battle.”

Andrews Study Bible

CORE

David didn't know how to use a sword, but he did know how to call on the Lord in his time of need.

CORE

1 Samuel 17:40-49

CORE

So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine and killed him. There was no sword in the hand of David.

-1 Samuel 17:50

Then David ran and stood over the Philistine and took his sword and drew it out of its sheath and killed him and cut off his head with it. When the Philistines saw that their champion was dead, they fled.

-1 Samuel 17:51

David chose fight.
The Philistines chose flight.

CORE

From this point forward David always used a sword in battle because he now had experience with one.

CORE

**“Saul has struck down his thousands,
and David his ten thousands.”**

-1 Samuel 18:7

God intends for His people to be well equipped to use the *Sword of the Spirit*, not only to defend themselves, but to advance His Kingdom.

CORE

But what do you do when you have a whole group of people (army) without swords?

C O R E

1 Samuel 13:19-21

CORE

There were no blacksmiths to sharpen the swords of God's people because their enemies knew that if they were properly equipped they would succeed in battle. Isn't that just the way satan works?

C O R E

We have to prioritize equipping our young people for battle. How can we expect them to fight for the kingdom if they can't even survive their own daily battles because of a lack of training in, or a knowledge of, the Word of God?

**“My people are destroyed for lack of
knowledge...”**

-Hosea 4:6

This is why we are beginning the CORE program. To deal with this very issue. To train young people to be able to succeed in their own battles, and to be able to fight for the kingdom in what ever arena God calls them.

C O R E

There is no line of work in which it is possible for the youth to receive greater benefit. All who engage in ministry are God's helping hand. They are co-workers with the angels; rather, they are the human agencies through whom the angels accomplish their mission. Angels speak through their voices, and work by their hands. And the human workers, co-operating with heavenly agencies, have the benefit of their education and experience. As a means of education, what "university course" can equal this?

-Education 271

With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world! How soon might the end come—the end of suffering and sorrow and sin!

-Education 271

**“Every church should be a training school for
Christian workers.”**

-Ministry of Healing 149

So on the day of the battle there was
neither sword nor spear found in the hand
of any of the people with Saul and Jonathan,
but Saul and Jonathan his son had them.

-1 Samuel 13:22

This is what too many of our churches look like today. The pastor/bible worker are out on the front lines, while the members don't have what they need to engage in this fight. That has to change.

CORE

Remember Paul said we need to put on the **WHOLE** armor of God or we won't be able to withstand the attacks of the devil.

If you were in this army, an army that's unarmed, and you were facing a huge opposing army that did have swords, how would you be feeling?

I would choose flight.

Many did just that.

1 Samuel 14:11,22

Maybe you're a young person who feels like you're the only person in your class who is willing to fight God's battles, and you don't think you can make any difference by yourself. Take a look at what God can do through someone in a situation just like yours.

C O R E

1 Samuel 14:1-23

CORE

**Jonathan chose fight.
The Philistines chose flight.**

C O R E

When Jonathan took that step of faith and went alone if no one else would join him, God fought for him. And when others saw what God did, and how He provided, they decided to join in the fight. Your example can make a huge difference. Don't give up.

C O R E

Fighting the battles without help can be a very lonely experience. Especially in settings like this. But God stands with you, and every ounce of comfort, strength, and integrity that you need for each day He is more than willing to provide. You're not alone.

CORE

“I believe no man can be completely able to summon all his strength, all his will, all his energy, for the last desperate move, till he is convinced that the last bridge is down behind him and that there is nowhere to go, but on.”

-The White Spider Page 90

I'm fully convinced that we find ourselves in that "last desperate move" that the author is referring to. In his case it was referring to climbing mountains, in ours is the closing scenes of this great conflict between Christ and satan. We need to be training Jonathan's to finish this work.

**We take that need very seriously at CORE and are
inviting you to join us in this fight.**

CORE

Would you want to find yourself in a situation like David? Standing before a giant without knowing how to use a sword? If David lost, God's people lost. Everything was on the line.

Yes God fought for him in that situation, because he called out to Him and God used what he had in his hand. But David never went to battle without one after this.

CORE

There's only one other instance where David is without a sword after his battle with Goliath, but he quickly finds one to be able to ensure he can defend himself.

1 Samuel 21:8, 9

CORE

**Whose sword is he given when he is in need?
The first sword he had experience with. The sword
of Goliath**

C O R E

Are we beginning to see the need we have as a people to gain a knowledge of, and an experience with the Sword of the Spirit?

CORE

“For you shall not go out with haste, Nor go by flight; For the Lord will go before you, And the God of Israel will be your rear guard.”

-Isaiah 52:12

**That means that victory is assured behind you (the cross)
And before you (the second coming)**

C O R E

We have two choices on this battlefield:
Fight, like David and Jonathan
Flight, like the Philistines and the Israelites
Which choice will you make?

“Look up, my brethren. Has the gospel lost its power to impress hearts? Is it because the regenerating influence of the Spirit of Christ has died away that hearts are not purified, sanctified, and prepared for the Holy Spirit? No; the Sword of the Spirit, the Word of the living God, is with us yet; but it must be wielded with earnestness. Let us use it as did God's sanctified ones of old. By its living, quickening power it will cut its way to hearts. . .

The Lord calls for a reformation all through our ranks. . . .

When the church is awakened [*and trained], decided changes will be made. Men and women will be converted, and so filled will they be by the Spirit of God that they will pass from country to country, from city to city, proclaiming the message of truth. With hearts filled with earnest love for souls, they will open their Bibles and present the Word"

-The Upward Look p.16

**This is exactly what we are striving to achieve at CORE
And we invite you to prayerfully consider if God is leading
you to come join us for a year of service where you can own
your faith, find your calling, and change the world.**

CORE

What is CORE?

9-Month Mission Training School

Based In Pennsylvania

18-30(ish) Year Olds

Work Study Options

CORE

What is CORE?

Bible Work

Literature Evangelism

Digital Media Evangelism

Health Evangelism

Organic Agriculture

Overseas Missions

CORE

What is CORE?

Mental Health
Practical Christianity
Public Speaking
Etc.

CORE

Can't come the full 9-months?

Consider Track 2

January 6-June 1

CORE

Track 2

The type of person we are looking for;
committed Christian, passionate about
your faith, have a burden to help your
local church.

CORE

Track 2

Prerequisites-

At least 21 years old.

SDA member in good standing.

Letter of recommendation from pastor.

Complete our online course.

CORE

Still wrestling with the time
commitment?

Check out our CORE Intensives.

CORE

CORE Intensives

Take 4 days to grow your faith and learn from some of the best teachers our church has to offer.

CORE

Who Is Teaching?

Dwight Nelson-Preaching

James Rafferty-Revelation

Steven Grabiner-Daniel

Skip MacCarty-The Covenants

Don Mackintosh-TCI/Health

Randy Siebold-True Education/Leadership

CORE

Who Is Teaching?

Randy Siebold-True Education/Leadership

Rob Benardo-Romans/Everlasting Covenant

John Kent-Preparing For Overseas Missions

Gary Blanchard-The Church's Need Of Youth

CORE

Who Is Teaching?

Nathan Renner-How To Study The Bible

Jay Rosario-Apologetics/Gaining Decisions

Israel Ramos-Campus Ministries

Steve Toscano-Church History

Rico Hill-Health

Paul Coneff-Mental Health

CORE

Who Is Teaching?

Chad Bernard-Youth Ministries

K'dee Elsen-Biblical Psychology & Counseling

Bill Brace-Christ Centered Public Evangelism

Chris Matts-Digital Media Marketing

Dale Leamon-Abiding In Christ

Dee Casper-Discipleship/Adventist Doctrines

C O R E

Own Your Faith
Find Your Calling
Change The World
paconference.org/CORE

CORE