

# Sacredly Written Sermon Notes

Capturing Heaven's Downloads, One Message at a Time

Rock City Church | Pastor Darius | August 3, 2025

Message Title: "Bye"

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## Scripture Focus

### Matthew 7:16 (NASB 1995)

"You will know them by their fruits. Grapes are not gathered from thorn bushes, nor figs from thistles, are they?"

## Sermon Summary

This message powerfully explores how spiritual growth often requires a bold and intentional *"bye"*—a willingness to walk away from what no longer serves your purpose, even when it's familiar or comfortable. Pastor Darius challenges us to evaluate our relationships, mindsets, and spiritual habits, reminding us that necessary endings, spiritual discipline, and God-led exits are the gateways to divine entrances, healing, and elevation.

## Saying "Bye" is Spiritual

**"Sometimes the most spiritual thing you can ever say in life is 'Bye.'"**

- What you're able to walk into is determined by what you're willing to walk away from.
- You can't say hello to something or someone new unless you're willing to say goodbye to something or someone now.
- Every divine entrance often begins with a difficult exit.
- **Lethal Loyalty:** Many struggle with living the abundant life of Jesus (John 10:10) because they're more loyal to history than destiny.

- We get stuck celebrating “He got up!” and miss the shout that “**He got out!**”
- Are you still stuck in the same tomb that held you last year? (depression, anxiety...?)

*Jesus got up **and** He got out.*

## Endings vs. Exits: What's the Difference?

- Saying “Bye” isn’t just about things ending—it’s about how you manage the exit.
- Exits = external (leaving the job, the relationship, the place)
- Endings = internal (letting go of what you expected, what you hoped for)

*What if you're stuck in a cycle because you exit a season that God was calling you to stay in it and end some stuff?*

## Spiritual Headquarters: The Battle Within

**“He knows if he can’t stop you, he can get you to stop yourself.”**

- Jesus fasted for 40 days only to face the enemy for one moment.
- When you conquer YOU, the enemy can’t stop you.
- **Don’t play about praying and fasting.**
  - When you’re tapped into God, the fight is already fixed.
- **Matthew 7** teaches the **full gospel**: not just the person of Jesus, but the principle too.
- The **Person** = the example
- The **Principle** = the execution
- We must also preach **His Power**.
- Without power, you’ll seek revenge in places where you’re offended.
- **“God, don’t stop at giving me information—I want impartation.”**
- I need power to do what Your Word says.
- I need power to **trust You when I can’t trace You.**

- God will **test your motives** by blessing people right in front of you with what you wanted.
- Be careful when you can't celebrate someone else's blessing.

## Spiritual Warfare & Necessary Endings

- Sometimes God isn't telling you to leave the job, the church, or the marriage—He's telling you to end the expectation you came in with.
- Necessary endings: some things must end before they end you.
- Bye isn't quitting—it's qualifying.
- We're all in a war: the battle of the mind.
- The real battle is not always about what you're fighting... it's about what you're willing to leave behind.

2 Corinthians 10:3–4 (NLV)

"It is true, we live in a body of flesh. But we do not fight like people of the world. We do not use those things to fight with that the world uses. We use the things God gives to fight with, and they have power."

## Praise is a Weapon

- **Prophetic act:** lift your hands even when you don't feel like it—because lifting your hands lifts your spirit.
- Praise is not just singing—it's **spiritual warfare**.
- Praise confuses the enemy.
- **Praise builds strongholds**
  - Not all strongholds are bad!
- Praise might not change your situation, but it changes how you **see** your situation.
  - Before: "God, this problem is big."
  - After: "Problem, my God is bigger."
- The devil wants to make your mind his headquarters.

*Praise is the protest that reminds you who's really in control.*

# Relationships, Access, and Healing

- Matthew 7 is Jesus teaching how to live a **healthy life while loving unhealthy people**.
- Healing is not avoidance. Just because you're healed doesn't mean you won't get hurt again.
- Healing gives you the **capacity** to handle the hurt.
- Sometimes the unhealthy person is your **spouse** or **family member**.
- **Time doesn't reveal who people are—seasons do.**
- People who could handle you last season may not be able to handle you now.
- You don't need *everyone* to like you—just the **right person**.
- The **quality of your life** is impacted most by the people you give the most access to.
- We owe everyone love.
- We **don't** owe everyone **equal access**.
- Some people you can't keep choosing... choosing them is **poisoning you**.
- **To the strong friend:** You are also human. (Reminder to myself).

## Spiritual Warfare in Who You Pick

- When God wants to change your life, He sends a person.
- When the enemy wants to ruin your life, he sends a person.
- When people show up—ask, “**Who sent you?**”
- If the enemy knows your weaknesses, he'll send anointed opposition.
  - Ex: **Delilah**
- The enemy will send what looks like a **blessing** but is really **bait**.
  - That's manipulation in disguise.
- The wrong picks can keep your life stuck.
- Some of the people that make you laugh can also be the ones that make you cry.
- **Picking is spiritual warfare.**
- God will never make the pick for you.
- Sometimes we keep blaming our past—but we're the common denominator.

## Pearls, Pain, and Praise

## Matthew 7:16

“By their fruit you will recognize them.”

- Why did Jesus use **pearls** in His example?
  - Pearls are created when an irritant (like sand) enters an oyster’s shell.
  - The oyster produces a liquid that coats the sand and **transforms the pain into beauty**.
- Your pearls are not born from education—they’re born from **irritation**.
- You haven’t learned how to praise God until you’ve given Him an **irritated praise**.
- Jesus is showing us how to turn our **pearls into wisdom**.
- **Stop expecting people to treasure what God never meant for them to touch**.
- Some of us call it a “circle” when it’s actually a pen full of **swine**.
  - Swine = unclean animals who love mess.
- If your peace and joy keep getting infiltrated—it’s mess.
- Are you **building with** someone or constantly **building them up**?
  - Dating or daycare?
- Catalogue who’s wasting your time.
- “What do I do, God, when You’re calling me to win without the people I wanted to win with?”

*“God, send me people I can build with—not build up.”*

## The Power of Goodbye

You’ll never say hello to your future until you say goodbye to:

- Certain people
- Old ideas
- Past attitudes

*Some things need to die so greater things can live.*

## Bye to What’s...

### 1. Unhealthy

- If the connection feeds your stress more than your soul—it’s too expensive.

## 2. Unhelpful

- It may not be a sin, but it's making you too slow.
  - Hebrews 12:1 (NIV)

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."

## 3. Unholy

- Holy = set apart. You live differently. You see life differently.
- Are you unhealthy, unhelpful, unholy?
  - You may be attracting what you are.
  - You attract who you are—not who you want.
- God will never bless what He told you to break.
- We are called to live set apart—not conformed to this world.

# Reflection Questions

1. What is something or someone God is asking you to say "bye" to in this season—but you're still holding on?
2. Have you confused an expired season for your identity? What are you still trying to maintain that God already ended?
3. What emotional or mental tombs have you gotten up from—but haven't gotten *out* of yet?
4. What cycles keep repeating in your life because you're afraid to exit or let go?
5. In what areas have you been loyal to your history more than your destiny?
6. Are you fighting spiritual battles with silence when you should be using praise as your weapon?
7. What lies or attacks has the enemy used to get you to *stop yourself*?
8. Are you praying for change while refusing to fast, release, or reposition yourself for it?
9. Who in your circle consistently drains your peace, joy, or vision? Have you mistaken their *presence* for their *purpose*?
10. Have you been healing or avoiding? Are there relationships you've kept open that God is calling you to redefine or end?
11. Are you allowing people access to your pearls—people God never told you to give that level of access to?

12. Have you been blaming others for poor decisions when the common denominator is your own picking patterns?
13. Can you confidently say that the people in your life were *sent by God*, or have you accepted people sent by the enemy to distract or delay you?
14. What are you currently calling a blessing that may actually be bait?
15. What is God trying to grow in you through irritation, disappointment, or necessary endings?
16. What might you be carrying right now that isn't sinful, but is simply slowing you down from purpose?
17. What needs to die in your life so that greater things can live?

## Personal Reflection

I've been in a quiet war lately—not just with people, but within myself. Pastor Darius really had me leaning in because this season has been forcing me to say “bye” in ways I didn't expect. Not just to people, but to expectations, attachments, and parts of me that were too loyal to what used to be.

One of the biggest shifts I've been making is around boundaries. That line—“We owe everyone love, but we don't owe everyone access”, Headlock number 1. That right there?! I've always had a soft spot for wanting to let everyone in, trying to help, trying to hold space, trying to ***be everything*** for everybody. But that's how I end up drained, disappointed, and distant from my own needs. I'm learning to set boundaries and be selective about who gets close. My peace is too expensive to keep giving away on clearance. Not everyone deserves a seat at my table just because I love them. Love doesn't require access. That truth is freeing.

The part about irritation praise? Headlock number 2. Let me tell you... I've been in a place where my prayers lately haven't been pretty. Just the other day, I was irritated—talking to God like, *Really? I'm doing what You told me to do! I'm obedient, I'm faithful, I'm trying my best and the attacks keep coming back to back to back!?* And yet, even in that aggravation, I find myself still lifting my hands and in my bible. Not because everything feels good, but because my spirit reminds me that He's still in control. I haven't always praised Him from the place of “I'm okay,” but now I understand that praising Him even when I'm frustrated is spiritual warfare. That's how I let the enemy know, *You're not winning over here*.

Headlock number 3: *What do you do when God calls you to win without the people you wanted to win with?* I'm still healing from that one. Letting go of people I thought were permanent, releasing relationships that felt like assignment but turned out to be seasonal. It's grieving something you hoped would last, and realizing that loyalty to history can block your destiny. I've had to accept that not everyone's meant to go where I'm going—even if my heart still loves them. That's not rejection, that's redirection.

“Bye” isn't giving up. It's leveling up.