

UN-HURRYING YOUR LIFE

Dear Friend:

Do you remember the word boredom? Can you remember the last time you had nothing to do? These two things sound like something from the past. Guess what: they are! No surprise here: Microsoft took a survey and found that 77% of young adults answered “yes” when asked, “When nothing is occupying my attention, the first thing I do is reach for my phone.” OK, so you are about five decades older than a young adult, but I would guess you live a hurried, “on to the next thing” life. May I suggest four things to un-hurry your life?

First: Prayer. Anyone pray too much, raise your hand! All hands are up? I thought so! Don't just pray more but pray slowly and more specifically. A second slow-down tip: Silence. Shh.... No talking, listening to music, kids, traffic, iPad or anything. Get somewhere and get in tune with God. Third slow down tip: SLOWING! Sounds redundant doesn't it? OK, it is but do this. Who says just because you got a text you have to answer it immediately? Most of the time what you are doing when that text comes in really should get done before starting another conversation, same with answering the phone. Do your present activity first, then call back. Sadly, many people become a slave to texting and phone answering and thus, it's the tyranny of the urgent. Fourth slow down tip: Sabbath. What sabbath? We call it Sunday but it stands for a broader thing: REST! Yes, obey the sabbath, worship at church, but make sure you also take the rest of the day for rest!

In Christ's Love,

Pastor Mike

Prayer: Dan Kopp, Pastor Mike on Mission Trip, Anna Louise Beaver

Events: Women's Ministry, Thursday, October 20th at 6PM. We will be starting to work on the blankets as well as our regular meeting shenanigans:)