

IN TOUCH
WHO LIKES DISCIPLINE?

Dear Friend:

Who likes discipline? A five year old doesn't like discipline, a middle school student doesn't like discipline and no teenager that I have ever known likes discipline. There are two disciplines: the discipline of correction for wrong behavior (as in the case above) and the discipline of right behavior to keep us on the path of self-control and growth as a human being. For Christians, there is a third type of discipline...we should practice in the form of spiritual disciplines. Spiritual Disciplines are habits from the heart and soul that we need to practice regularly so that we can grow and mature in Christ. Some spiritual disciplines include: Sabbath/rest, fasting, simplicity, and prayer. Unfortunately when most people hear the word "discipline" they cringe or think of punishment. This is not spiritual discipline. Spiritual disciplines are hard to practice on a consistent basis but when they are practiced they are enjoyed – even fasting.

Why are spiritual disciplines hard to practice regularly? It is simply this; superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. You see, the desperate need today is not for a greater number of intelligent people or gifted people, but for deep people, especially spiritually deep Christians.

This Sunday I will be talking about the sabbath and rest. We shun rest because it appears we are lazy. Interesting: Until the early 1900's, rest was a trait of wisdom and wealth. Following the industrial revolution, rest became a sign of laziness. One of the main reasons we are a restless people is because we are drowning in dissatisfaction. Did you know advertising is designed to make you feel dissatisfied? Of course it is, why else wouldn't it be? If you are satisfied with all the things you have, why would you buy the product advertisers are trying to sell! Here is a little test to determine if you are a person who doesn't find it easy to rest:

1. Moving from one check-out line to another because it looks faster
2. Counting the cars in front of you and jumping lanes to go faster
3. Multi-tasking to the point of forgetting one of the tasks

How do I measure? Guilty, guilty, guilty (especially the traffic thing). God made Sabbath rest as a command. He did not create it so that we could get more done but so that we would get much, much less done and more time being. Being in worship, being with friends, being with family and being still and knowing that he is God. This Sunday you and I will learn not only how to rest on Sunday but also to build rest into the other six days of the week.

In Christ's Love,

Pastor Mike

Prayer: Sandy Estep, Duane McKinney Family, Shut-ins of the month: Trisha Dolejs and Midge Gathers

Events: This Sunday after church, *Mission Thailand*. Spend 30 minutes hearing a report about the pastor's trip. HOPEFULLY sample some Thai food!