



Rest. Renew. Rise.

"Those who wait for the Lord will renew their strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary." Is. 40:31

Summer Schedule

[June] Rest*

June 26th: Developing a plan for R & R

[July] Renewal

July 3rd: Deciding and Doing!

July 10th: Renewing Faith

July 17th: Renewing Vision

June 24th: Renewing Commitment

July 31st: Renewing Relationships

*No Classes during June. They will resume on **July 10th** as is indicated by **bold** dates.

1. **What are you doing to deal with defeat and exhaustion?** (i.e. praying, changing a schedule, talking about it, avoiding it, pursuing action steps for change, etc.)
2. **Review a list of possible solutions to your problem (or source of exhaustion) and ask "Could I do this?" and then "Would I do this?"** If the answer is yes to both, then select one solution to work towards.
3. **Create a detailed plan that will increase your success for following through with your choice solution.**

Needing to go ahead and make that change?

Develop
A PLAN.



Remember to Plan

It's just as spiritual as spontaneity

*“Be careful that you **Do not forget the Lord** who brought you out of Egypt, out of the house of slavery...” –Deuteronomy 6:12*



R&R

Opportunities:

Prayer Room: Open Tuesday s and Thursdays, 7-9 a.m. for personal or intercessory prayer. Scriptural reading and guided prayer will be offered at 8 a.m.

Renwal Planning: Schedule a time to meet with pastoral staff and volunteers to discuss and/ or discern plans for personal renewal, ministry involvement, or fulfilling a personal dream/goal. Email at admin@midcog.org

Relationship Renewal: July classes will be a shorter than normal to allow time for food, prayer, and small group fellowship.

Online Resources: Go to www.midcog.org for links to online blogs, podcasts (audio sermon), devotional material and more from the staff and others.



rest + renewal = growth

A neighbor and her husband had planned to wait to have children, but that was based on sheer will power, not contraception. They learned that they were expecting and were shocked that the plans had changed. In reality, they never really “planned” at all which resulted in circumstances they weren’t quite ready to face. Life gives us things we can’t plan for (tragedy, change, blessing), but we do have some power to plan in alignment with God’s plans.

Read Deuteronomy 6:10-12

For the Israelites, their plan was to follow God’s plan, because it promised all sorts of blessings--- houses, food, health, etc. They planned to change their ways, worship God, and enjoy his love and benefits forever. God also had a plan. He even gave details (the law). The plan and the details were to help people know what to do and how to follow him.

The Israelites reaped God’s blessings, but forgot the follow through on the plan to worship God alone. They are reminded *not to* forget the goodness of God and that HE brought them out of Egypt. It was God’s plan, not their own, that had delivered them. Now their part was to plan to remember and adore him. Time and again they forgot. We’re a lot like the Israelites. We’ve always planned to keep God first. We never planned to get burned out and overburdened. We never planned to forget God. We never planned to feel fatigued in our faith and frustrated in our worship. But, we probably didn’t plan *not to* either.

Lack of planning minimizes follow through.

God’s plan was simple; create, establish, restore, and redeem. He created the world, established order, offered restoration when things went awry and ultimately made a way for humanity to be redeemed back unto himself. It didn’t happen by chance or without a plan, God knew the details and communicated a covenant with his people.

So, what is it that God has been stirring in you to start, stop, change, or mend? And if you’ve come up with some solutions or ways to do it, then have you also made a plan? Just thinking about doing something different is only the first step to change. To experience God’s rest and renewal, what is it that you need to “plan” to do (or not do!) Care to take a moment to think through or write out that plan?

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