



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 19th: Discerning what to do different
June 26th: Developing a plan for R & R

[July] Renewal

July 3rd: Deciding and Doing!
July 10th: Renewing Faith
July 17th: Renewing Vision
July 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 already doing in your life/faith to help overcome or prevent exhaustion and burnout?**
2. **On a scale of 1-10 how effective are your methods for ensuring rest in your life on a regular basis?**
3. **List all possible solutions for the situation that is wearing you out.** (Include even the outlandish or unrealistic solutions). Spend this week just reflecting on all possible options for making a change. (i.e. If work is burning you out, a solution could be resigning, changing hours, delegate responsibility, etc.)

Keep doing the same old
same old?

Discern
What to do

DIFFERENTLY



Stop.

Sometimes we just have to hear it that plainly.

“You are Worried and upset about many things. Only one thing is needed...”

Luke 11:40



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



I read an article about a bird, a house wren. They have a habit of overbuilding. Their custom is whatever place they select - large or small, they must fill it completely before it is finished. They don't know when to stop. If they find a tiny spot under the side of a house, they will build the nest. But if they discover a knothole, they will build & build adding stick, wad & bulk until the nest is massive. It seems they have no concept of what is enough. If there is space it must be occupied.

The bird describes a lot of us. I know it does me. If I give something away, I quickly replace it with more. If there is a free spot on my calendar, I feel obligated to do something. If the phone rings & I am too busy already, I quickly agree to add another thing to my list. If silence fills my home, why do I feel guilty for sitting down and resting?

Luke 10:38-42

He came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Both women were excited about Jesus' presence, but each expresses it in quite a different manner. Mary sits down, focuses her attention on Jesus... She rest in his presence. But, Martha didn't know when to stop. Instead she stayed so busy with preparations for him, that it took her solely out of Jesus' presence.

What about you? Do you know when to stop and rest in his presence? Psalms 46:10 states "Be still and know that I am God." I am always telling my children to, "get still." Just as my children will benefit from getting still at times, we will benefit as children of the Most High God, to: "Stand still and consider the wondrous works of God." Job:37:14

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