

The Rec-Connection

October 2004



“No one hates their own body, but lovingly cares for it, just as Christ cares for his. As we are his body.” Ephesians 5: 29 & 30



So Little Time...

Here I am back at work after a great vacation. It was a much needed time of rest and relaxation. On the final day of the trip I was thinking about how much fun we had and how renewed I felt. It was a time free of stress and the pressures associated with life. I thought about how a time of renewal was needed more often than the occasional family vacation. It is needed weekly and maybe daily for the renewing of our mind, body, and soul.

The weekend is supposed to be a time for renewal. But, how often does the weekend become a chance to catch up on chores around the house and shuttle kids to the next practice or recital? The fact of the matter is that we are all busy, every one of us. There are only so many hours in the day and there are only so many things that can get done. So it boils down to one simple thing...priorities. Where do we choose to spend our time? Is there a television show you never miss? How much time do you spend in chat rooms and on the Internet? What takes precedence in your life?

This recently became very apparent to me as I decided to begin a daily quiet time. About a month ago I realized that my prayer life had begun slipping and that I needed a dedicated quiet time each day to listen to and talk with God. Knowing full well this would not be easy (as I had often tried and failed in the past), I started small. Fifteen minutes a day was my goal. With the constant support of my Bible study group, I struggled each week to find time. But no time was found. The mornings always turned into a rush out the door, the day is packed with emails and telephone calls, and in the evening I have to catch up on everything else that has not gotten done. No time for God. What complicates the matter is that I dedicate at least 3 days a week to exercise, sometimes even on weekends, and yes, I even exercised while on vacation! I try to be very diligent about this time and when I miss it I always try to make it up later. It is interesting what my priorities have been and where I choose to spend my time.

The challenge remains. How do we find time in a busy lifestyle for *Re-Creation*? And by “*Re-Creation*” I mean a time for yourself where you can rest, spend time away from the pressures of the day and focus on Kingdom Issues. The answer is that there is no time to be *found* because every free minute of your day is consumed with an activity. Try this: examine an average 24 hour day and make a list of what takes up most of your time. In most cases #1 and #2 should be sleeping and working. Beyond that it's up to you. Be honest with yourself and you'll find that where you spend your time might surprise you. I found that I spend an average of an hour and a half each day watching Sportscenter. Interesting when the program is only an hour long! It seems to me that if I am simply more diligent with my time, I can still watch ESPN and have 30 minutes each day for a quiet time, double my goal! Now let me clarify here, there is nothing wrong with a life of activity. The problem arises when the activity takes precedent over our Lord and Savior and the real Kingdom Issues. A quiet time for me means a closer connection to God and ultimately a better ministry. While watching Sportscenter helps me maintain dominance in my fantasy football league, it is not a Kingdom Issue. Time with God is.

The earthly treasures we accumulate today will soon be dust, while treasures in heaven last an eternity. Spend your time building a life on the rock of Christ and not castles in the sand that will soon wash away. Just like everything else, our time is a gift from God and we are only allotted so much of it. Think carefully about how you spend your time and how it can glorify God.

Luke 12:33-34

...provide purses for yourselves that will not wear out, a treasure in heaven that will not be exhausted, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

NIV

Chris Jones

Director of Recreational Ministries

Featured Program

Fall Block Party & Fun Run

Recreational Ministries is proud to host the first ever CUMC Fun Run. This event will kick off the Block Party at 8:30 am and conclude with the awards ceremony at 9:30 am.

WHO: *Anyone...even the family dog*!*

WHAT: *A two mile run/walk through the local neighborhoods.*

WHEN: *Check-in begins at 8:00 am and the race will begin at 8:30 am. Don't be late!*

WHERE: *Race will begin and end in front of the Christian Life Center.*

WHY: *For fun of course*

**If you bring the family dog please have them on a leash and be prepared to clean up after them.*

PRE-REGISTER:

Pre-registering guarantees that you will receive a T-shirt and just plain helps us out, so don't delay! Registration is \$15 for adults, \$10 for children 9 years and younger, or free to children 9 years and younger who do not want a T-shirt. T-shirts will be available on race day for on-site registrations while supplies last.

Pre-registration can be done through the mail or by stopping off at the church.

Registration forms are available at www.cumc.com/clc

AWARDS:

Prizes will be available for the top 3 male and female finishers, top 3 under 9 years of age finishers, and fun prizes for last place.

In addition to the Fun Run, Recreational Ministries will be partnering with the CUMC youth to sponsor a **CLIMBING WALL!** Make plans to hang around after the race and try your hand on the wall, or any of the other great events!