

The Rec-Connection

September 2005



Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. 1Timothy 4:8

The Lilies of the Field

I have a confession to make...it's very hard for me to say this...but sometimes...I worry. Real shocker right. Who doesn't worry! You may not know this but I am an "overthinker." I often noodle different issues and usually end up with more questions than answers. So after much thought on worry, I have realized that the idea of worrying...well, worries me. Ironic, right? Let's put that quandary aside for a moment and focus on the concept at hand. What good does worrying do? My wife can always tell when I am worrying because my forehead gets tense and my eyebrows come together. I get an upset stomach and have a short fuse with just about everybody. So the results of worry are an accelerated aging process, ulcers, and damaged relationships with friends and family. Sounds a lot like some kind of illegal drug...but anyway, not to over-simplify, but worry has detrimental physical and emotional effects without anything positive ever being accomplished. Now let's talk spiritual. What does the Bible say about worry? More specifically, what does Jesus say about worry? If Jesus is to be the model of the Christian faith, I like to go there first and see what he says.

Matthew 6:25-34 25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life? 28 "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. NIV

What a great scripture. This comes from the famous Sermon on the Mount where Jesus begins his teachings. If you have any question about how to live your life, read Matthew chapters 5-7, a lot of great stuff there. Another reason this is one of my favorite scriptures is it's straightforward. Sometimes the Bible can be confusing, but here Jesus tells it how it is. Jesus makes the case that God feeds the birds and dresses the flowers in splendor, and you are far more important than both of these. If the Creator does all of this for such small creatures, imagine what he will do for you.

Worry is simply a lack of faith. Heavy, but true. I guess that's why worry worries me. I often talk big with a great faith, but all too often I worry. I take comfort in the fact I am a work in progress. I do the best I can each day, and that is all you can do as well. We must still pick up our cross daily and follow him. If I can do that, God will do the rest.

Thanks be to God for His Grace and Mercy.

Chris Jones

Director of Recreational Ministries

Featured Programs

Upward Basketball

Registration begins at 6:30 am on Monday September 19th. Only a limited number of participants will be taken and spaces will go very quickly. A tremendous number of volunteers are required so please consider helping out.

The following positions are needed:

Prayer Commissioner: Recruit prayer partners for the season

Advertising Commissioner: Develop and implement an advertising program

Referee Commissioner: Help recruit and manage the referees

Awards Night Commissioner: Awards Night is a major event that involves the coordination of several hundred people. A big job, but also one of the most fun.

Grade Level Commissioners: Each grade level has a commissioner to assist coaches and team parents with any issues that may arise throughout the season.

Coaches: Each team needs a coach. We are expecting over 20 teams this year - that's a lot of coaches to recruit!

Referees: The referees have the greatest impact on the game and the children.

To volunteer, contact the CLC

Practices Begin: Monday, December 12th

First Game: Friday, January 6th

Awards Night: Friday, March 3rd

Upcoming Events

Children's Dance Classes

Classes for 3&4 years and 5-7 years

Instruction in Jazz and Ballet

Every Saturday Morning for 5 weeks

3 & 4 Years: 10:30am - 11:30am

5 - 7 Years: 11:45am - 12:45pm

\$35

Please call for dates

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