

The Rec-Connection

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

Tuning Out - Part 1

April 2006

"Be still, and know that I am God."

For the past several weeks I've had this idea nagging at me and it just won't go away. I've tried to dismiss it as just another one of my half baked fixations, but this one has some real stick to it. After much pondering I've decided that this problem might not apply just to me, so I've decided to share it with you.

I like to consider myself a pretty well-rounded and active person. Not the likes of a Renaissance Man, more like a man of many talents and interests. I could fill up the rest of this article with nothing but my interests and hobbies. Flag football to cooking, fly fishing to hot-rod building, and almost everything in between. You name it, I've done it. And if not, it sounds like fun and would love to try it some time! But therein lies the problem. I have too many interests. I spread my attention across so many activities that I never really excelled at any of them. I dabble, and that's it. It really boils down to...do I want to be average at a lot of things? Or really good at a few?

What about your own life? On a typical Saturday how many directions are you going in and where is your attention? If you're like me you're always on the move and nothing really ever has your full attention. Why is that? Do we really NEED to be going so fast, or is this just the result of the choices we have made?

We live in world that is over stimulated, over scheduled, and over committed. Our culture is one that is always on the move, always connected, and always looking for the next activity. To take it a bit deeper, not only are we always going, but we are expected to be always going! Expected by our friends, family, and even ourselves. Don't believe me? How often does some variation of "you staying busy?" or "just staying busy" enter your vocabulary? In our common social interactions we often discuss "how busy we have been." This brings about 2 questions. Do you respond approvingly? And what if we said, "You know, I really haven't been doing anything." Would we be seen as a failure? Would you think someone was lazy because they spent a Saturday at home, doing nothing?

What does God think about us always being on the move? Well, if I knew exactly what God thought I'd have a much larger readership than the Rec-Connection! I can't speak for God, but I do know that if I read a book and watch TV at the same time I'm not going to get much out of either of them. How can we expect to hear the voice of God if our lives are always "on?"

Next month I'm going to talk about Tuning Out. I'll cover how to unplug from our busy lives and learn to listen for God. Let me say this upfront - we will have some tough choices to make. There are only so many hours in the day, and something has to give.

Chris Jones
Director of Recreational Ministries

Featured Program

Summer Camp Registration has Begun!

You can choose from Upward Basketball, Upward Indoor Soccer, Adventures in Art, Healthy Habits for Kids, Kidz DAY Out, or Dance.

Please visit the website for
a complete schedule

News & Events



The CLC is excited to offer Celebrations, a new and unique party planning service for the members of Christ United Methodist Church. The CLC offers a great space, and Celebrations offers a nice alternative to the "canned" parties available at other places. CLC Party Planners, Allison Mangum and Cissie Strietzel, will work with you to create a party that is perfect for your purpose. Allison is available at the CLC on the 1st and 3rd Thursdays from 12 - 3pm, and on the 2nd and 4th Wednesdays from 9am - noon. For availability and pricing information, visit or call the CLC, or refer to our website at www.CUMCsports.com

"Relax, Rejoice and let us do the work!"

RSS

You can receive the Rec-Connection, important information about classes or leagues, provide feedback, and much more! All instantly on your desktop!

To subscribe, just click on the RSS icon on the CUMC Sports home page. You will need an RSS reader, available for free on many sites.

Christ United Methodist Church
3101 Coit Road Plano, Texas 75075
www.cumcsports.com

Christian Life Center
972-596-6073
Recreation@cumc.com