

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. 1 Timothy 4:8

Tuning Out - Part 2

"Psalms 46:10 "Be still, and know that I am God."

In the April issue of the Rec-Connection I discussed our society's need to always be doing something, and the issues that creates. Essentially, we spread ourselves across so many activities that we can't devote the proper time and energy to any one project; therefore it is never the best it can be. Well, what if we just said no? What if we focused on one activity at a time and stopped spreading ourselves so thin? You must realize that this is a very slippery slope for me. The Christian Life Center is partially an Activity Center. So you see my dilemma. I'm propagating that you NOT be involved in so much activity, when a large component of my job is to get people involved! After much thought and reflection, I've decided that my primary task is to help further your Christian Life. And if that means encouraging you tune out from time to time, so be it.

The first thing we all need to realize it that there are only 24 hours in a day, that's it. If we can't get more time, we must create it. How do we create time? The obvious solution is to get up earlier or stay up later, but my experience is that really doesn't happen! At least the getting up earlier! So let's be realistic and optimistic at the same time. Our goal will be the same wake-up time and a slightly earlier bed time. Lack of sleep doesn't do anyone any good. So the amount of time we have is really less than what you have now. Not to get to Dr. Phil on you, but it boils down to how we allocate our time and what gets our attention. Meaning you're going to have to choose. Some things will stay and some things will go. Make a list and spend some time prioritizing it. Really think it through. We're not talking about just your own life here. What if you have kids? How much does a spouse depend on you throughout the day? Prioritizing your activities must account for more than just your life, it must account for everyone's whom you impact. Here comes the hard part. Cut the bottom 3. My solution is to pick a few activities and focus on them. As bad as I want to learn Spanish and take up mountain biking, the last thing I need on my list is more activity. Focus on the things that matter and do well at them. Once you have those mastered, get bored, or whatever; rotate something off and add something new. But actually take something off! This goes for all your personal activities and your volunteer. When people ask you to take on a new project, examine how it will fit into your life and make a decision. What will you have to give up to make time for the new venture? If what you give up is more valuable than the new project, say no! But why is that so hard? If you're like me, it's difficult because you don't want to let anyone down. The truth of the matter is that sometimes you just have to. We all need to stop and think "do I really have time for this." My Dad said something once that has always stuck with me. He said "everything costs something." Yes milk and bread cost money but let's look at time. By taking on an additional project what is it going to cost you? Your kids soccer game? Your prayer time? If we learn to think in terms of cost it should help us gain a new perspective. What are you giving up in exchange for this new activity? Learn to say no! I'm giving you permission right now, it's okay to say no. Take a deep breath, and let that sink in.

Finally, our lives are built around schedules. If your child's soccer game is scheduled for 2:00pm, showing up at 3:30 is not going to cut it. You can't re-schedule this event just because it conflicts with something else. So what do you do? You guard that 2:00pm Saturday slot, knowing ahead of time not to schedule anything else.

May 2006

Featured Program

COED Volleyball registration has begun!

The season begins the week of June 5th and concludes the week of July 28th.

An orientation meeting is scheduled for May 25th at 7:00pm in the CLC.

All Head Coaches, new players, and Free Agents must attend.

News & Events

Roadrunners Club

CUMC Sports is excited to announce the formation of a Roadrunning club! Join us May 28th in the CLC immediately after the 11:00 services for an informational meeting. We will discuss the format and outline our goals.

For more information, please see the website.

I'm willing to bet that almost every activity of your life is scheduled. Some "meetings" can be re-scheduled if you have a conflict, some cannot. You need to learn to use this beast for you, not against you. How do we do that? SCHEDULE IT! Actually put it on your calendar and guard it like you do other things. Now here is a tough point. You actually have to guard it! When your friend wants to go out, but you have prayer time scheduled, it's time to fall back on those priorities. Would you blow off a meeting with your boss to go party? I'm getting a little preachy I know, but that's how we have to think if we want to make a real change. Prioritize, schedule, and then stick to it. Maybe that sounds silly to you, but it works. We must learn to use the system that has us to our advantage. Try it out and let me know how it goes. Remember that the goal is to create more quality time; quality time with God, your family, and even yourself.

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