

New Normal: Invitation to Unbusyness

2019-04-26 by Ben Deaver at Tallgrass Church on Matthew 11:28-30

Tech setup:

- Clear enough space on my iPhone
- Word—View—One Page—150%
- Turn computer screen brightness down a bit.
- Extra screen to Reading -70% (low blue light)
- PowerPoint—Slide Show—unclick Use Presenter View
- Start with Geary Lake Falls Virtual Background
- Make Dave Co-host on Zoom
- Get YouTube Live going
- Share YouTube Live on Facebook

Timing:

- Welcome & I Will Wait for You (5 min)—Peter leads
- Elisha & Sprouts (7 min)
- Mingle (5 min)
- Teaching (20 min)
- Ashley Smith Testimony (5 min)
- David Renberg Testimony (5 min)
- Divine Invitation (5 min)—Ben leads

9:30am—Prayer!

9:45—Welcome on YouTube Live & Facebook & welcome on Zoom!

Welcome on Facebook Live and welcome on Zoom!

10:00—Welcome & I Will Wait for You (spotlight Peter Ruby)

10:05—Welcome Miss Elisha Hillegeist, our Sprouts Coordinator!

10:15—Mingle Question(s):

- What's the best / most elaborate invitation you've ever received?
- How would you like to spend an extra 3 hours this week?

10:20—Divine Invitation to Unbusyness

New Normal: Personal Renewal in Pandemic

- We're convinced that God is inviting us into something new and profound through this unique season: personal renewal! This current season of disruption could be that *divine invitation*.
- So we're going to slow way down together, focusing specifically on rediscovering and reclaiming personal habits and practices that have proven from generation to generation to lead us each into personal renewal, growth, and vital connection with God Himself.
- We've been loving our Sunday mornings together! Tallgrass Elders and Staff have been talking about how we might have Sunday mornings be our new normal. We've loved having Josh and Pyungwha Zoom in with us, we've loved seeing the Shields from the dessert and the Thorpes from Hawaii. We see so many possibilities for a new normal. We've loved having our Sunday afternoons opened up for rest and relaxation and prep for the week ahead.
- Over the next weeks we'll be inviting more input, feedback, ideas, and creativity into that important and exciting conversation!

Jeremiah 17:7-8 ⁷“Blessed is the man who trusts in the LORD, whose trust is the LORD. ⁸He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”

PRAY!!!

10:25—Ashley Smith—Hunger for the Word and Prayer

10:30—New Normal: Divine Invitation to Unbusyness

Matthew 11:28-30 ²⁸“Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

- If you're feeling weary, overburdened, exhausted, busy, etc. then you aren't quite yoked up to Jesus as much as you could be. He invites you to take His yoke upon your shoulders. Jesus will do the heavy lifting.
- The oxen analogy—The older, stronger ox trains the younger, weaker ox. It's a picture of discipleship!
- **John 15:4** Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.
 - Jesus takes the analogy of the tree to the next level. *He* is the vine. *He* is the source of life.
 - Have you ever seen a tree or vine really *struggle* to bear fruit?

Tallgrass Sabbath Week: Divine Invitation to Unbusyness

- Sabbath = to rest from labor
- I always hear people say they are *busy* and they are *tired*.
- This is our current American normal, I mean before COVID-19 normal:
- “Think about the average workweek in this country. It wasn't that long ago we had futurists predicting that one of the main challenges for coming generations would be too much spare time. In 1967, for example, testimony before a Senate subcommittee claimed that by 1985 the average workweek would be just twenty-two hours.”
- “Instead, Americans lead the industrialized world in annual work hours. Our annual hours have increased from 1,716 for the average worker in 1967 to 1,878 hours in the years 2000. British workers put in an extra hour every day compared to the Germans and the Italians, but that's still almost an hour less than Americans.” —*Crazy Busy* by Kevin DeYoung, p. 23
 - If anyone needs to incorporate SABBATH into a new normal, it's us!

So, we want to invite you all into a week of sabbath!

- No official Tallgrass Zoom meetings (with a few exceptions).
 - I've been doing 10-15 hours of Tallgrass Zoom meetings plus family gatherings and workouts on Zoom.
 - Central Gathering, LIFE Group, Bible Study, etc.
- How can you invest these Zoom hours this next week?
- How can you take a step towards unbusyness to demonstrate your trust in the LORD like the tree planted by water?
- If you can't rest, then you are practically a slave.
 - **Deuteronomy 5:12, 15** ¹²Observe the Sabbath day, to keep it holy, as the LORD your God commanded you.
 - ¹⁵You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm.
 - Therefore the LORD your God commanded you to keep the Sabbath day.
 - If you don't rest, then you're practically still a slave.
 - Hear the Gospel! What I could not deliver myself from, God has delivered me from in Christ Jesus!
 - To Sabbath is to restore.
 - Sabbath helps us flourish as humans. The Sabbath is radical because it's for everyone.
 - Accept the gift of Sabbath rest. Respond to the Divine Invitation into Sabbath.
 - True Rest = utter satisfaction in what's been done
 - What could you look back on once this shelter in place order lifts and regret not investing in? Invest in that!
 - What relationship do you need to invest in...NOW? Your relationship with your Creator? Get out in creation! Your relationship with your spouse? With your kids? With a friend?
- Divine Invitation to Unbusyness
 - Pick an "S" word—Solitude, Silence, Slowing, Stillness, Seeing
 - Pick an "L" word—Leisure, Linger
 - *What other "S" or "L" words come to mind that would fit for this week?* Savor—Jenn Geldart
- Stillness—**Psalm 46:10a** "Be still, and know that I am God."
- **Psalm 46:10b** "I will be exalted among the nations, I will be exalted in the earth!"
- The spectrum between the Ideal Sabbath Week and At Least Some Sort of Sabbath Week
 - I've had some wonderful moments of solitude, silence, and stillness with God at some pretty cool places. E.g. The Stone Barn, cabin in Boise, ID, and St. Benedict's Abbey.
 - Free Resource Table book if anyone knows what monastery this is!
 - Holy Trinity Monastery (Greece)—Built in the 15th century, this Eastern Orthodox monastery overlooks the Peneas Valley in central Greece from the summit of a massive sandstone formation called Meteora. You'll break a sweat visiting, but the 1,300-foot climb and 140-step staircase are worth the views. Inside, you'll find rock reliefs and 17th-century frescoes that are remarkably well-preserved.
 - Katskhi Pillar (Georgia)—The monastery that sits atop the Katskhi Pillar in western Georgia is humble, but it's hardly unimpressive. The 130-foot monolith was a pagan holy site until the monastery was established in the seventh century, some time after Georgia officially adopted Christianity. In ruins for centuries, the site was restored in the early 2000s after local monk Maxime Qavtaradze moved in and started a new wave of religious activity. Qavtaradze gets up and down using a long iron ladder, but the site is closed to the public.
 - This ain't the Georgia where Dilan's from. This is the country Georgia.
 - Friend Maxime Qavtaradze on Facebook.
- There are great places to spend time Sabbath with Jesus....even here in the middle of Kansas!
- At a minimum, take one hour and sit in silence with God and ask Him, "What do you think about me, God?"

Win the morning, win the dang day! #winthedangday

- **Psalm 143:8** Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul.
- **Psalm 90:14** Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.
- **Psalm 5:3** O LORD, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.
 - God will hear you anytime. But maybe *you* will do better to talk to Him in the morning.
- **Psalm 119:147** I rise before dawn and cry for help; I hope in your words.
- **Psalm 57:7-8** ⁷ My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! ⁸ Awake, my glory! Awake, O harp and lyre! I will awake the dawn!
- **Psalm 46:10** “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Solid Sleep—Set yourself up for successful sleep #winthedangday

- **Psalm 4:4** Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. *Selah*
- **Psalm 4:8** In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.
- **Psalm 42:8** By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.
- **Psalm 63:5-7** ⁵ My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, ⁶ when I remember you upon my bed, and meditate on you in the watches of the night; ⁷ for you have been my help, and in the shadow of your wings I will sing for joy.
- **Psalm 121:3-4** ³ He will not let your foot be moved; he who keeps you will not slumber. ⁴ Behold, he who keeps Israel will neither slumber nor sleep.
 - You can sleep soundly because God never sleeps.
- **Psalm 127:2** It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.
 - The problem IS NOT getting up early, it's going to bed late! It's the anxiety. God wants us to get good sleep! Yes, I know Paul had sleepless nights. That's not to be the norm though.
- **Psalm 130:5-6** ⁵ I wait for the LORD, my soul waits, and in his word I hope; ⁶ my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.
- **Ephesians 4:26-27** ²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil.
- Conquer Series acrostics:
 - H.A.L.T.— Hungry + Angry + Lonely + Tired = recipe for disaster
 - F.A.S.T.E.R. Relapse Awareness Scale—Forgetting Priorities, Anxiety, Speeding Up, Ticked Off, Exhausted, Relapse
 - S.E.E.D.S.— Social Contacts, Exercise, Education, Diets, Sleep
- Practical steps towards solid sleep
 - No screens 30 minutes before bed
 - 15 minutes deep breathing and meditation on Jesus
 - 15 minutes of something spiritual that you're excited about (e.g. Scripture memory, gratitude journal, etc.)

10:50—David Renberg—Steps to What's Best Next

10:55—Set Your Stage for Success:

- How can I help set you up for success? Can I get you a book for this week? A journal? A Tallgrass Directory?
 - Please let me get a blessing by serving you in some way!
 - **3 John 1:4** I have no greater joy than to hear that my children are walking in the truth.
- Gratitude Journal
- Hunger for the Word & Prayer
- Spend some moments even now and also later TODAY to prayerfully ask God how you should spend this week!

Resources:

- *Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem* (2013) by Kevin DeYoung
- *Invitation to Solitude and Silence: Experiencing God's Transforming Presence* (2010) by Ruth Haley Barton
- *What's Best Next: How the Gospel Transforms the Way You Get Things Done* (2014) by Matt Perman
- *The Contemplative Pastor: Returning to the Art of Spiritual* (1993) by Eugene Peterson
- *Tangible Jesus* sermon series at tallgrass.church—*Hearing Jesus* on November 3, 2019

10:58—Divine Invitation (play video from computer)

- Reshare with “Share computer sound” and “Optimize Screen Sharing for Video Clip”

11:05—After Party

- 26 devices at 11:15
- 20 devices at 11:20
- 16 devices at 11:25
- 10 devices at 11:35
- 6 devices at 11:45