

RESET

Title: Part 1 – “System Overload”

Date: July 20, 2025

While everyone in the house is saying “Hi” I want to take a second to say “Hi” to everyone joining us online or on our app—we think you are a part of our family, and we’re so glad you’re here with us today! If there’s any way we can pray for you or serve you this week, please don’t hesitate to reach out. We’d consider it a privilege to walk alongside you in whatever you’re facing.

Well, it’s good to be back with you guys today. I know my family missed our church family. Every summer for the past 5 years now we have taken a chunk of time away to rest and recharge and so I can get alone and just be with God and His creation. It’s been a huge blessing, and I hope all the amazing voices we had while I was gone were a blessing to you guys!

If you have a Bible with you today or the Bible app and want to follow along we will be in Luke chapter 10. If you don’t have a Bible no worries we will throw all this up on the screens, but in Luke 10, verse 38-42 we find a familiar story that is as relevant today as it was 2,000 years ago. Here’s what Luke tells us:

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord’s feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” ⁴¹ “Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” (Luke 10:38-42)

Today we’re beginning a new three-part collection of messages called “Reset.” And here’s why I think we need this conversation right now as we inch our way back to school and the chaos that can be the fall season.

Have you ever noticed that your life can get so overloaded that you begin to freeze up and everything starts to crash? Come on, how many of you know what I am talking about? Like running an outdated version of Windows, your computer starts running slow, programs begin glitching, and finally nothing responds anymore. That spinning wheel of death just keeps spinning, right? You with me?

That’s when you need a good reset—sometimes you’ve got to force quit everything and start over to get things running correctly again.

I think that’s exactly where many of us find ourselves today. We forget that we are not a body with a soul, but a soul with a body. Our lives have become so overloaded, so cluttered with activity and obligation and digital noise that our souls have essentially frozen up. We’re spinning but not getting anywhere! We’re busy but not productive! We’re connected but not close to anyone, especially God!

SO, over the next three weeks, we’re going to talk about how to reset our out-of-control lives in this hectic, hyperconnected, over-committed world we live in. We’re going to discover what it looks like to ruthlessly eliminate the hurry that’s killing our souls and find our way back to actually experiencing Jesus—not just knowing about Him, but really encountering Him in the midst of our ordinary days.

Today I want to preach a message I’m calling:

System Overload

Because here is the problem: We're running too many programs at once! We are living in the most distracted, hurried, overwhelmed generation in human history. And the crazy thing is, we're proud of it!

We wear our busyness like a badge of honor. "How are you doing?" "Oh man, I'm so busy! I've got seventeen things going on this week!" And somehow that makes us feel important, valuable, needed.

But here's what I've learned: there's a massive difference between being busy and being fruitful. There's a difference between motion and progress. There's a difference between being full and being fulfilled.

Let me paint you a picture of what I'm talking about. This is the average American's day in 2025:

You wake up and immediately grab your phone. Before your feet hit the floor, you've already checked 10 different notifications. You scroll through social media while drinking coffee, absorbing the outrage of the day, the highlight reels of people you barely know, and advertisements for things you didn't know you needed five minutes ago.

You rush to get ready while listening to a podcast at 1.5x speed because you're optimizing every moment. You sit in traffic scrolling through emails, trying to get ahead of your day. You arrive at work already mentally exhausted from processing hundreds of pieces of information before 9 AM.

Your day is a relentless series of meetings, messages, interruptions, and urgent requests. You eat lunch at your desk while multitasking. You come home depleted, but instead of rest, you shuttle kids to activities, try to maintain some semblance of a social life, catch up on the news, and binge-watch something to decompress.

You finally collapse into bed, but before you sleep, you check your phone one more time. Just to see if you missed anything important. And the cycle starts again tomorrow.

Sound familiar? Here's my question: In that entire day I just described, when exactly were you supposed to connect with God? When were you supposed to hear His voice, sense His presence, experience His peace? When were you supposed to become more like Jesus?

The answer is: you weren't! Our pace of life has made spiritual intimacy nearly impossible. SO, to get us rolling today I've got 5 quick take away truths if we are going to be able to download everything coming in the next couple weeks. If you are taking notes today, write this down:

Hurry is the great enemy of spiritual life.

Not sin, not atheism, not the rot of secular culture... Hurry is the great enemy of spiritual life. John Mark Comer says something that hit me like a punch to the gut, in practicing the way he says:

"Hurry is not of the devil; hurry IS the devil."

Think about that. He's not saying hurry is bad or unhelpful. He's saying hurry is the primary way the enemy robs us of spiritual life! BECAUSE here's what hurry does to your soul—it makes you incapable of love. WHY?

Love requires presence. Love requires attention. Love requires time. But when you're always rushing to the next thing, always thinking about what's coming up, always feeling behind, you can't love well. You can't love

your spouse well when you're mentally composing emails during dinner. You can't love your kids well when you're hurrying them through their stories because you have 5 other things to do. And you certainly can't love God well when you're too busy to be still and know that He is God.

Listen to what Dallas Willard said: "The key to spiritual life is not more spiritual activity. The key is the space between the activities."

But we've eliminated all the spaces! We've filled every margin with productivity, every silence with noise, every pause with stimulation.

Jesus said in John 15, "Apart from me you can do nothing." But our lives scream the opposite message: "I can do everything! I am indispensable! The world needs me to be available 24/7!" We've become digital deities, omnipresent through our devices, always on call, always accessible, always performing.

But here's the brutal truth: your constant connectivity is disconnecting you from the source of life itself. Let me say that again: your constant connectivity is disconnecting you from the source of life itself.

Research from neuroscience is now proving what spiritual masters have known for centuries—our brains literally rewire themselves based on our habits. When you live in a state of constant stimulation and hurry, your brain loses the capacity for contemplation, for stillness, for deep thought. You become addicted to the dopamine hit of the next notification, the next task, the next urgency.

In fact, Dr. Adam Gazzaley's research in the book *THE DISTRACTED MIND* shows that our brains can't actually multitask—they just switch rapidly between tasks, and every switch costs us energy and focus. So, when you think you're being efficient by doing 9 things at once, you're actually training your brain to be scattered, anxious, and unable to go deep on anything.

And this is devastating for spiritual life! Prayer requires sustained attention. Scripture meditation requires deep focus. Worship requires presence. But we've trained our brains to do the exact opposite!

You want to know why your prayer life feels dry? Why reading the Bible feels boring? Why worship feels empty? It's not because God is distant or inactive. It's because you've made yourself incapable of the very things that connect you to Him!

We've got to wake up to this! The pace of your life is not neutral—it's either forming you into the image of Christ or deforming you into something else entirely. And for most of us, if we're honest, it's deforming us into anxious, distracted, hurried people who look nothing like the Prince of Peace we claim to follow!

Here's another key takeaway:

We've chosen the way of Martha over Mary.

Look back at our text in Luke 10. Here we have two sisters, both of whom love Jesus. Both of whom want to honor Him. Both of whom are serving Him. But they're doing it in radically different ways.

Martha is doing what we would all affirm as good and necessary work. I mean someone has to cook the meal! Someone has to clean the house! Someone has to be responsible for the details! If everyone just sat around listening to Jesus, nothing would get done, right?

But notice what the text says about Martha, verse 40:

⁴⁰ But Martha was **DISTRACTED** by all the preparations that had to be made.

The Greek word there is {Par- eece-pow-oh} "perispao." It literally means to be pulled apart in different directions, to be scattered, to be overwhelmed by many things. Martha wasn't just busy—she was anxiously busy. She was worried busy. She was resentfully busy.

AND here's the kicker, this is me more times than I want to admit, she was so busy serving Jesus that she completely missed Jesus! Does that hit anybody else right between the eyes? How many of us are so busy doing things for God that we're missing God Himself?

We fill our calendars with church activities, school volunteer obligations, and good causes. We work overtime to provide for our families. We shuttle our kids to 3 different sports and recitals. We're serving on committees and attending the PTO. And somehow, in all of that activity, we lose the simple joy of just being with Jesus.

Mary, on the other hand, chose what Jesus called "the better part." She sat at His feet. She listened to His words. She was present to His presence. She wasn't multitasking or thinking about what needed to be done next. She was fully there, fully attentive, fully alive to the moment.

And here is what has always bothered me as a lifelong "Martha." Jesus defended her choice! When Martha complained that Mary wasn't helping, Jesus basically says, "Martha, you're worried and upset about many things, but only one thing is necessary. Mary has chosen it, and it won't be taken from her... So, back off!" OK, maybe I added that last part.

BUT what was the one necessary thing? Intimacy with Jesus. Connection with the source of life. Being present to the presence of God.

But we've been conditioned to believe that it's selfish, impractical, a luxury we can't afford. We've bought into the lie that our productivity determines our worth, that our busyness proves our importance, that our achievements validate our existence.

Listen to me: you were not created to be a human doing! You were created to be a human being. You were made for relationship, for connection, for communion with the God who loves you! BUT that requires time, attention, and presence—the very things our culture has convinced us we can't afford.

John Eldredge puts it this way:

"Most of us have no idea how to be alone with God. We've been taught to do things for God, but not how to simply be with God."

We know how to serve Jesus, but we've forgotten how to enjoy Jesus. We know how to work for the kingdom, but we've lost the art of resting in the King!

The tragedy is that we're giving our best energy to secondary things while giving God our leftovers. We're spending ourselves on good things while missing the best thing. We're so busy building our kingdoms that we're neglecting our relationship with the King.

And here's what's happening: we're burning out in God's service while being strangers to God's presence. We're becoming efficient servants but distant children! We're achieving great things while losing our souls in the process.

Number 3:

Your pace is stealing your peace.

Here's something that might shock you: Jesus was never in a hurry. Think about that for a minute. The Son of God, who had only three years of public ministry to redeem the entire world, was never rushed, never frantic, never overwhelmed by the urgency of His mission. Let that sink in for a moment...

People were dying. People were lost. People needed healing. People needed hope. The world was literally hanging in the balance. And yet Jesus regularly withdrew to pray. He took time for rest. He lingered over meals with friends. He was fully present to interruptions. He made space for children. He moved through His days with intentionality and peace.

If you are like me, you go, "But how is that possible?" Jesus understood something we've forgotten: you can't give what you don't have. Amen? You can't give what you don't have. You can't offer peace to others if you don't have peace yourself. You can't lead people to rest if you're exhausted. You can't point people to God if you're too busy to be with God yourself.

Jesus lived from a place of deep connection with the Father. He regularly recharged His spiritual batteries through solitude, silence, and prayer. He protected His inner life so He could give generously from His outer life.

But we've inverted this completely. We live from our outer resources—our energy, our willpower, our adrenaline—and we wonder why we burn out. We try to sustain ourselves on our own strength and then collapse when that strength runs out.

Dr. Richard Swenson talks about something called "margin" – the space between our load and our limits. He says most of us are living beyond our limits with no margin whatsoever. We've maxed out our emotional capacity, our mental bandwidth, our physical energy, and our spiritual reserves. And then we wonder why we feel constantly on edge, always behind, perpetually stressed.

Here's what I want you to understand: your pace is not just affecting your productivity—it's stealing your peace! It's not just making you tired—it's making you spiritually malnourished! It's not just keeping you busy—it's keeping you from becoming the person God created you to be!

When you live without margin, you have no space for God to interrupt your plans. You have no room for the Holy Spirit to lead you into divine appointments. You have no capacity to be generous with your time, to linger in conversations, to be fully present to the people you love.

You become a slave to your schedule instead of a friend of God. You become dominated by urgency instead of guided by what's eternal. You become reactive instead of responsive, driven instead of led, scattered instead of centered.

And the most heartbreaking part is that you start to believe this is normal. You think everyone lives this way. You assume this is just the cost of being responsible, productive, successful. But it's not! This is not the abundant life Jesus came to give you. This is not the peace that passes understanding. This is not the rest He promised for your soul.

Everyone take a deep breath, now listen to the words of Jesus:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

We love these words, we wonder why the truth of them is not more present in our lives, but the truth is how can you come to Jesus if you never slow down long enough to hear His voice? How can you learn from Him if you're too distracted to pay attention? How can you find rest for your soul if you never create space for that rest to happen?

AND please hear me, the goal of today is NOT to pile a bunch of guilt on you. That is not the goal. Consider today a warning shot across the bow, a canary in a coal mine, a warning light on your dash. Hope and help are coming in the next two weeks, but we have to fully grasp the condition we are in. Amen?

Two more and we are done:

Technology has hijacked our attention.

Let me ask you something, and I want you to be honest: When was the last time you went an entire day without checking your phone? When was the last time you sat in silence for ten minutes without feeling anxious? When was the last time you had a vacation without the urge to document it on social media?

If you're like most people, those questions make you uncomfortable because you realize how addicted you've become to stimulation, to connectivity, to the constant stream of information and entertainment.

The average American checks their phone 96 times per day. That's once every ten minutes during waking hours. We receive 121 emails per day. We consume 34 GB of information daily—enough to crash a laptop from the 1990s. We're drowning in data while starving for wisdom.

And here's what's happening to our souls: we're becoming surface people. We know a little bit about everything and nothing deeply about anything. We have opinions about hundreds of topics but wisdom about very few. We're informed but not transformed, connected but not grounded, stimulated but not satisfied.

Cal Newport, in his book "Deep Work," which I highly recommend, talks about how our constant connectivity is making us incapable of sustained focus on anything meaningful. We've trained our brains to crave constant stimulation, and when we don't get it, we feel anxious and restless.

This is devastating for spiritual life! Spiritual growth happens in the deep places, not on the surface. God speaks in whispers, not in the noise. The Holy Spirit moves in stillness, not in chaos. But we've made ourselves allergic to depth, silence, and stillness.

Think about the last time you tried to pray for an extended period. How long before your mind started wandering? How long before you felt the urge to check your phone, to do something, to be productive? We've lost the ability to simply be still and know that He is God.

AND we haven't even talked about social media yet! Get ready for me to sound like your grandfather, BUT social media has turned us all into performers, constantly curating our image, comparing our behind-the-scenes to everyone else's highlight reel. We're more concerned with appearing blessed than actually being blessed. That was a nugget! We're more focused on looking spiritual than becoming spiritual.

Instagram has convinced us that life is supposed to be constantly photo-worthy. LinkedIn has made us feel like we need to be constantly achieving. Twitter (or X) has shortened our attention span to 280 characters. And TikTok has made us addicted to dopamine hits every fifteen seconds.

And all of this is rewiring our brains for anxiety, comparison, and distraction—the exact opposite of what our souls need to flourish.

The sad truth is we've surrounded ourselves with so much noise that we can't hear the voice of God anymore. We've filled every moment with activity so there's no space for God to speak. We've become experts at avoiding the very thing our hearts are crying out for—intimate connection with our Creator.

Here's what I want you to understand: your phone is not neutral. I used to think it was, but it's just not! Our social media consumption is not harmless (in fact, I took it off my phone this year). Our constant connectivity is not just a modern convenience; it's actively forming us into people who cannot connect deeply with God or others.

You've got to see this! Every time you reach for your phone instead of reaching for God, you're training your heart to find its comfort in something other than Jesus! Every time you scroll instead of pray, you're forming habits that make intimacy with God more difficult! Every time you choose stimulation over stillness, you're moving further away from the life you actually want!

AND that brings us to this, don't tune out on me:

You were made for more than this!

But here's the good news—and there is good news! This is not how God intended you to live. You were not created to be chronically overwhelmed, constantly distracted, and spiritually malnourished. You were made for so much more than this rat race we call modern life.

You were created to walk with God in the cool of the day. You were designed for intimate friendship with your Creator. You were made to hear His voice, to know His presence, to experience His peace in the midst of whatever storm you're facing.

Listen to what God says through the prophet Isaiah: (30:15)

"In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Not in doing more, achieving more, being more productive. In returning and rest. In quietness and trust. Oh, let those words sink into your soul! Or how about Psalm 46:10:

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

Not "stay busy and prove that you are valuable." Be still and know that He is God. Not you! Not your achievements! Not your productivity! He is God, and that changes everything if we will still ourselves before His throne!

We see this in the life of Jesus. Jesus lived a different way. He was never in a hurry, but He accomplished more in three years than we will in a lifetime. He was fully present to each moment, each person, each opportunity to show love. He prioritized time with His Father over time with the crowds. He chose depth over breadth, quality over quantity, being over doing.

AND He's inviting you into that same way of life. He's calling you out of the chaos and into His peace. He's offering you rest for your weary soul. He's providing an alternative to the madness of modern life.

BUT it's going to require you to make some hard choices. It's going to require you to say no to good things so you can say yes to the best thing. It's going to require you to swim upstream against a culture that worships busyness and values productivity over presence.

Over the next two weeks, we're going to talk about how to practically reset your life. We're going to discuss what needs to go and what needs to stay. We're going to explore what it looks like to ruthlessly eliminate hurry and create space for God to meet you in the ordinary moments of your day.

But today, I just want you to see the problem clearly. I want you to understand that the pace of your life is not sustainable spiritually. I want you to recognize that your soul is crying out for something more than the frantic, frenzied, fragmented life our culture has convinced you is normal.

You know what breaks my heart? I meet people all the time who love Jesus, who want to serve Him, who desire to grow spiritually, but they're so busy they can't even find ten minutes a day to read His Word. They're so overscheduled they don't have time to pray. They're so connected to their devices they've lost connection with their Creator.

AND they feel guilty about it! They think they're bad Christians because they can't seem to find time for God. But the problem isn't their heart—the problem is their pace! The issue isn't their devotion—the issue is their distraction!

Friend, God is not asking you to do more for Him. He's asking you to be more with Him!

He's not calling you to greater productivity! He's calling you to greater intimacy! He doesn't need your busyness! He wants your presence!

Enough!

- Enough of living like the world and expecting kingdom results!
- Enough of embracing the culture's pace and wondering why you can't find God's peace!
- Enough of being too busy for the very relationship that gives life meaning and purpose and joy!

Your soul is starving, and you're trying to feed it with productivity! Your heart is thirsty, and you're offering it the salt water of busyness! Your spirit is crying out for rest, and you're giving it more work!

It's time for a reset! Come on! It's time to remember what you were created for! It's time to choose the way of Mary over the way of Martha! It's time to prioritize the one thing necessary over the many things urgent!

God is calling you back to Himself!

He's inviting you into a life of peace, not pressure. A life of presence, not productivity. A life of depth, not distraction. But you've got to choose it... You've got to want it more than you want the approval of a culture that will work you to death and call it success.

Jesus is standing at the door of your hurried, overwhelmed, overloaded life, and He's knocking. He's saying, "Come away with me. Rest with me. Be still with me. Remember who you are and whose you are. Remember that your value doesn't come from your productivity but from my love for you."

Will you hear His voice? Will you respond to His invitation? Will you choose the better part that will not be taken away from you?

Let's pray together.