

## **Weekly Study of Sunday's Message.**

**Sunday January 30, 2021. "Regular Maintenance. Regular practices to make the best use of a reset."**

### **I Intro.**

Welcome to the weekly devotional that gives you some specific things to work through from the message this Sunday. Whether you were able to participate in this service or not, this devotion is free-standing and you can still use it to help you dig deeper into your own spiritual walk. We're now in 2022, a brand new year, and we're excited about where God is leading us. A great group of familiar and new faces join us each Sunday. Our children's area is expanding, (watch for details), and we are retooling our student ministry. You can check all that out through our social media sites. We're so encouraged by your love and presence when you gather with us. If you're still joining us online, we love and so appreciate your presence also. We are 100% committed to our virtual attenders. We are your church family, and if there is ANYTHING you need, prayer, ideas or suggestions, please pass them our way. We know the future is still uncertain, but we are committed to making our virtual congregation as central to NCC as our in person group.

### **II Recap.**

The first four Sundays of this series had an incredible amount of information, material, and slowly walking through unpacking of scripture. Really too much to completely cover here. So, we'll be as brief as possible. But if you want a more thorough recap of all we've covered, go back and check the messages and devotionals for the past four Sundays. Our basic premise for this "**Reset**" series is to take advantage of a new year, and do some intentional inner work to help us live the life we were made for. This requires us understanding the things that are barriers, inhibit us, and how they actually affect us. And to ask, what are we willing to, and can, do in order to do an actual "reset". We've talked about the benefits of a reset, our purpose in life. If we can understand how we were designed, what we were made for, then we can live a life that has more impact, feels fuller and more meaningful. And really is the life we were made for. How to do the work of 'decluttering', removing all of the unimportant, unhelpful things we drag around with us, and then cultivating a life downloading useful apps, (practices and habits), that can grow us into the person God designed us to be.

### **III Sunday.**

We finally hit the end of our "reset" series with the concept of doing regular maintenance on whatever reset work we did. Like we did with the benefits of doing a reset, we gave a list from Google of a regular maintenance routine to take care of your device. And it was loaded with all sorts of spiritual implications. But first, some opening questions.

**Most people fall into two 'big job' categories. All at once project people who like to set aside an entire day to tackle a big project. And then there are preventative maintenance people who like to do about 15-30 minutes a day over several days. Which one are you and why?**

**Do you struggle taking regular care of things? Why or why not?**

The scripture Sunday was more of a jumping off point than a deep dive like we have done for this series. So read a very familiar passage **Matthew 11:28-30**, preferably in The Message version.

**What jumped out to you from this passage?**

**Were there any phrases that painted a picture for you of what a life following Jesus should look like?**

Now, here is the list that Google provides about how to take good regular care of your phone, and we'll highlight some of the spiritual implications from this list.

**A. How to care for your phone/life.** Think of how you would do each of these personally as we go through them.

**1. Get a Case. Nothing worse than dropping your phone and shattering the screen.** This is the full armor of God. Wouldn't that be a great name instead of "Otterbox"? Surround yourself, your daily life, with people and practices that automatically will serve to protect you in the world. Not from the world, but as you move around in it. Not taking on more religious obligations. Adopt practices to put yourself in places to experience God in the moment.

**2. Protect Your Screen.** What you allow yourself to consume. This is NOT bashing certain types of music, movies, books, etc. There are some we can all agree do not promote or encourage personal growth, but we all have things in our lives that don't serve us well. Personal decision determining what your specific level of personal spiritual maturity is, then drawing some lines to help you critically decide what you will and won't consume. **Do you have a gauge in place to let you know when something is hurting your spirit?**

**3. Make moments to turn your phone off for a while. So, WHEN you Sabbath, what does it look like?** Have to admit really none of us actually practice Sabbath...well. Sabbath is not a rule. It is a gift, to give us permission not to have to produce. We all need a time that provides rest, and nourishment. Some of you are in seasons of life that's really hard, and those times of rest, restoring, recovering are hard to come by. If you cannot do a large chunk of time, carve out a few 15-30 minute slots in a day. If you don't do this, keep pushing yourself then...prepare for impact.

**4. Avoid Water and Extreme Temperatures.** Know what you're able to handle. What your limits are. Growing a self-awareness of your own limitations, strengths and weaknesses and what serves you best. This isn't bubble wrapping yourself. Keeping your phone in the box does no good. If you have things you're not mature enough to handle, don't put yourself in a place to be tempted.

**5. Keep it Clean.** Take care of your 'selves' in all areas of your life. Physical, spiritual, emotional, mental, social. Actively work in opportunities, practices, so to grow in each one of those areas.

**6. Streamline and Update Your Apps.** These are the things you've labeled important but really aren't. This is the regular process and work of a "reset" reformatting. Decluttering unnecessary and outdated apps, (habits and practices), and adding apps that actually help you. Live "*freely and lightly*".

**7. Clear the Cache.** This is what flies around in your head taking up valuable space. What responsibilities, unfinished projects, hurts, wrongs, things you're holding space for in your head that's just taking up space. These create anxiety and stress and drain energy. Write those thoughts down, finish those projects or things to do. Just stop procrastinating and just get it done.

**8. Use Trusted Sources.** DUH!! Right? What you download will affect your performance. And also where you download it from. News source, content you consume. The keep it clean again.

#### **IV Final Challenge.**

Again, I know that was just a firehose of information to try to process. But each one of these real life words of wisdom in regularly caring for your phone have powerful spiritual applications to help maintain any reset work we've done. There was no question after each one, because it should have automatically surfaced some practices and habits you need to incorporate into your daily life. So, the final challenge of this series. **What one or two things could you add to your daily routine to help maintain the life you were made for? And what would living a reset look like for the rest of 2022?**