

Chapter 12 - Take a Break from the Chaos

We were not created to live in the echo chamber of chaos and noise that we live in today (news, social media, opinions, activities, crazy schedules etc). We were created in the perfection of God's order to first, commune with God, second, to work in what He calls us to and third, to rest from our work as we trust in God's sovereignty over all things.

Jesus demonstrates this by regularly taking breaks from ministry and even His disciples. He tells us that "man does not live on bread alone" (anything of this earth) but by the Word of God alone. The "Word" of God is not only in reading the Bible, but in taking time to prayerfully reflect and spend time apart from all things in our lives in the peace and silence of God's restoring love and wisdom.

Especially in times of busyness, stress, heartache and a sense of overwhelming sorrow, Jesus stops everything and retreats to spend time alone with the Father as the only thing that reminds Him that He is not alone and what He was called to do (Gethsemane before the crucifixion)

We have been changed to live our lives to the beat and rhythm of this world, a world built on lies and broken standards of expectations, rather than the grace and peace of God who calls, redeems and restores us by His power. The very One who created us and calls us back to our identity in Him!

Silence, stillness, reflection and solitude are the lifeblood to remembering who we are in Christ. It helps us to remember who we are in Christ, what God calls us to, where we find our hope and strength and the purpose/perspective that we are called to live out in life.

Spending time in reflection and silence before God is not so that we can speak more to God but to listen! Not a whole lifestyle, but a rhythm of life where we live out of God as our strength and trust.

We find solitude and rest in God difficult because we think too much of ourselves, we make idols of ourselves in our own sinful vanity.

Example of a pastor feeling overwhelmed in "doing things for God" but forgetting to live and serve out of God Himself first!

Reflection Questions

1. Do you often feel overwhelmed and distracted in your faith and life? How does God call us to live as His redeemed people set apart for His glory and how does that shape the rhythms of your life?
2. Our lives and schedules are shaped by our desires and devotions. If you took a step back and looked at your life, would it reveal God's grace or the demands and idolatry of the world?
3. How can you find 15 minutes each day to stop, trust in God's grace and sovereignty over you and to grow in your devotion and refreshment in Him?