

January 29, 2021

Dear Friends,

Living within Limits: Freeing Up Space for God

Sometimes we are too stressed to notice the good things in life. What causes that stress? Some of it is caused by the real burdens and challenges in life. But there is another kind of stress that has to do with where we invest our limited attention.

We are only human; that is, we have limits. We have bodies. We are mortal. We have our own personalities, parents, history, strengths, weaknesses, and unfolding life stories. We stress ourselves out when we live as though we have no edges, when we give our attention to too many things. To be fully human is to live wholly within our God-given limits. This is a humble way of life; not too big, not too small. Jesus Christ is our example. You want to understand humanity at its very best? Look to him. Fully human, he surrendered to the limits of time and space. He discerned when to say yes and no by listening to his Father. Sometimes he was in the thick of the crowd; other times he walked right through the crowd to be alone with his Father in prayer. He lived, and died, in a human body. (His bodily resurrection from the dead was confirmation that he was also fully divine.)

I invite you to ask God these questions: In what ways do I need to reinvest my limited attention in order to be fully human in the way of Christ? From what do I need to withdraw my attention to make space to be all you have created me to be? Try this for a week or two and let me know what you notice.

Sunday Online Worship Gathering at 10 a.m.

This Sunday's sermon focuses on a text about true prophets in Deuteronomy 18:14-22. How do we know when a message is truly from the Lord?

We look forward to hearing from Pastor Miranda this fourth Sunday in the season of [Epiphany](#) as we continue to pay attention to how God has revealed himself to people.

Please [contact me](#) for a Zoom link to the online service.

*Please join the Zoom meeting after 9:30 a.m. to avoid problems entering.

For this week's scripture readings and other announcements, go to [Sunday's bulletin](#).

Sunday School for grades 4-6 at 11:15 a.m.

Please [contact our family pastor](#) for a Zoom link to Sunday School for grades 4-6.

Prayer Gathering: February 2

Please feel free to [share a prayer request](#) with our prayer team. We will remember you in prayer during our weekly gathering.

Support

You may be interested in this resource on [Understanding and Navigating Anxiety](#). It talks about individual mental health as well as when anxiety affects at least one spouse in a marriage, and how to face anxiety as a parent or in a child.

Into yet another weekend we go! If you want to settle down and practice even 5 minutes of meditative prayer based on Psalm 40:7, here's a prayer tip. Sit in a comfortable way in a quiet place. As you breathe in consider God's desire, not for your stuff, not even for what you do, but for you. You could silently say these words: "You desire me." And as you breathe out, surrender to God: "Here I am." This is not everybody's prayer style. But for some of you it will be a way of reorienting yourself to reality.

With love and prayers,

Pastor Kerry Kronberg (with the whole team)