



TAKEAWAY THOUGHT: If we want to experience full kingdom life, we will make pausing a regular part of our schedule.

SCRIPTURE: John 10:10, Luke 5:12-16, Psalm 5:3

INTRO

[Author Note: I begin talking about my experience growing up in the 80's and 90's. If you're too young for this, you can always say you heard about this era.]

Watching TV in the 80's and 90's was stressful compared to today. If we ever got more than one episode in a week, it was a special treat. Usually, we had to wait a full week to watch one episode, and it might take us 4-5 months to watch a season of a TV show. Worse than that, you had to either sit in front of your TV at the appointed hour – because shows aired on their own schedule, not yours – or you had to record the show on VHS. You also had to hope that no one else wanted to record something at the same time. This was before DVRs. You got one show per VCR.

The other stressful issue we faced was the commercial break or the bathroom break. You had 2-3 minutes to run to the bathroom during the commercials, or you were going to miss something. I have 3 siblings. On a badly timed commercial break, there could be up to 6 people vying for the one bathroom we had on the main floor. Sometimes I'd wait in line, only to give up and have to hold it, because the show was coming back on the TV.

TV now is awesome. We can stream everything, and we have the greatest invention: the ability to pause anything at any time. We can even pause live TV. This is a gamechanger in the father-son relationship. When my dad was watching TV, talking to him was an extreme sport. He would be irritable, get angry, sometimes yell at us, and when he yelled, he missed part of his show. Then he'd yell at us for making us yell at him and making him miss part of his show. I'd judge him if I didn't know that I could be the same way without the ability to pause. If one of my sons wants to talk to me when I'm watching something (and I assure you that Jaxon does), I can pause it, listen to him, respond to him, and go back to watching the show

without having missed anything. I can take care of him, hear his stories, listen to his problems, and help him through them when I hit pause.

TENSION

We live in a society that doesn't like to pause. That goes double for students. There are a lot of goals and expectations on you. It can be difficult to stop and take a breath. You have school, homework, sports, band, choir, clubs, jobs, watching your siblings, chores, and even church. None of these are bad in themselves. I'm definitely not saying helping around the house or doing your homework are bad. What I am saying is that these expectations stack up, and you can find yourself burned out and unable to keep your head above water. You're just surviving without any hopes of actually thriving.

But Jesus wants you to thrive. He doesn't want you to survive life. He wants you to thrive in life. He wants it to be full, abundant, overflowing.

John 10:10 (NIV)

The thief comes to steal, kill, and destroy. I have come that they may have life and have it to the full.

Kingdom life is full life. Kingdom life is thriving. It is a life spent with, lived through, and energized by Jesus. Sometimes we look at kingdom life, at full life, as something we have to accomplish. If I do this, this, and this, my life will be full. If I can just check off these boxes, surround myself with these people, accomplish these tasks, I will finally be satisfied and experience the full life Jesus promised.

What if I told you that I believe the secret to living in the kingdom and experiencing full life is taking time to pause? Pause. Schedule a break, and take it. Disconnect from the troubles and burdens in your life, and take time to intentionally focus on God. Just be with Him. It's an important rhythm to establish in your life. We think we have to just do, do, do, but one of the keys to coming alive to God and effectively living in His kingdom is to just be.

TRUTH



TAKEAWAY THOUGHT: Not every good thing is our thing. We must say yes to the good things God has for us, which may mean saying no to other good things.

SCRIPTURE: Ephesians 2:10, Mark 5:1-20, John 10:10

Surface

What is something you regularly do that you wish you didn't have to do?
Why do you feel that way?

Serious

Why is it sometimes difficult to say no?
Who is someone you find it difficult to say no to? Why is it so difficult?

Spiritual

Read Ephesians 2:10 again. What implications do you think the phrase "created in Christ Jesus to do good works, which God prepared in advance for us to do" has for your life? How does it change the way you think about saying yes to everything?

Does it seem strange that Jesus would tell the Maniac at Gadara that he couldn't follow Him? Why does that seem strange?

You don't have to answer out loud, and maybe you don't have an answer to this one, but I want you to think about it and answer out loud if you're comfortable. What is something you're doing because you feel like you have to, but not because God has led you to do it?

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