

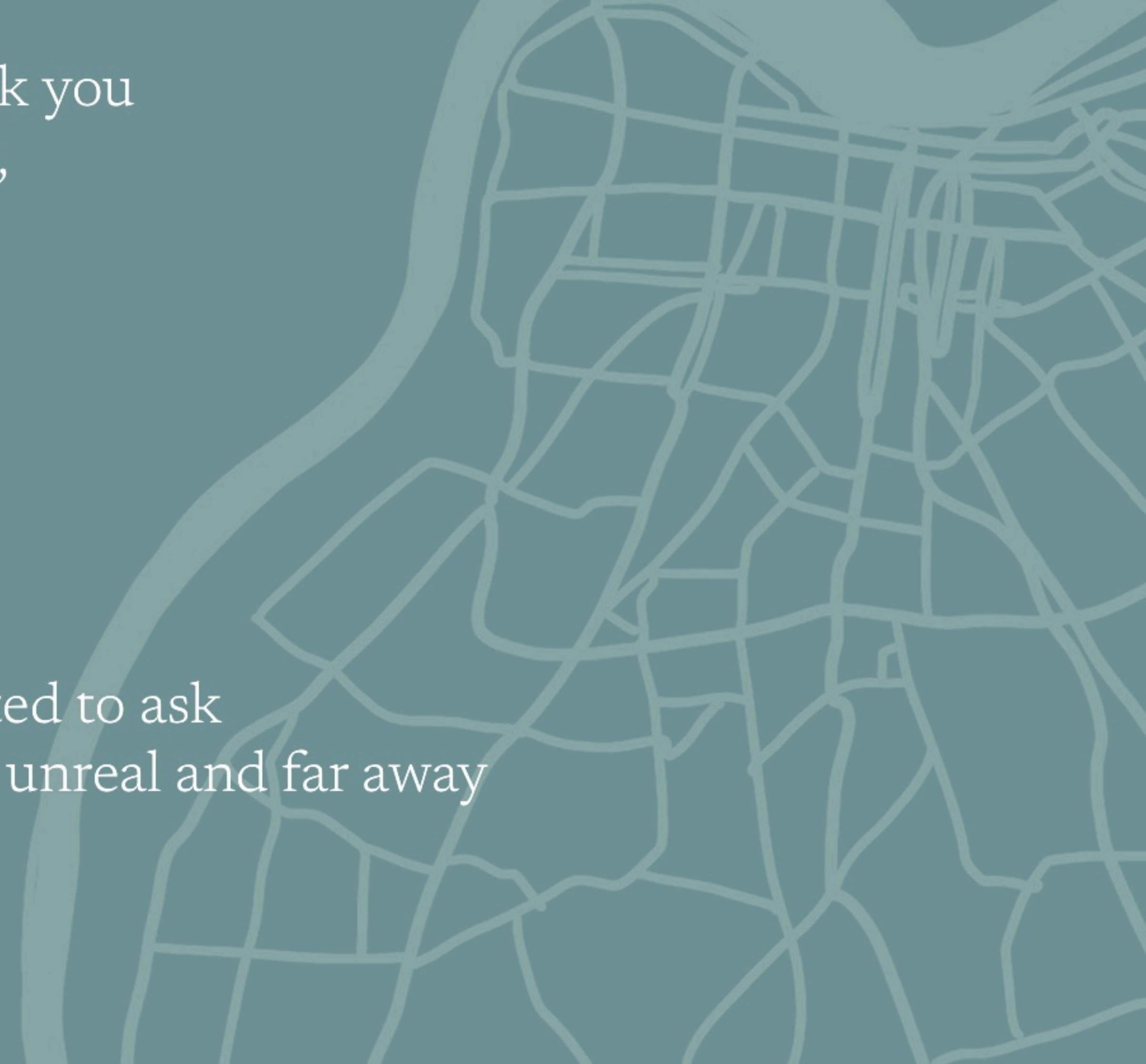
Excerpts from There is Something by Ted Loder

Holy One,
there is something I wanted to tell you,
but there have been errands to run,
bills to pay,
arrangements to make,
meetings to attend,
friends to entertain,
washing to do ...
and I forget what it is I wanted to say to you,
and mostly I forget what I'm about or why.
O God,
don't forget me, please,
for the sake of Jesus Christ...



Eternal one,
there is something I wanted to tell you,
but my mind races with worrying and watching,
with weighing and planning,
with rutted slights and pothole grievances,
with leaky dreams
and leaky plumbing
and leaky relationships that I keep trying to plug up
and my attention is preoccupied with loneliness,
with doubt,
and with things I covet
and I forget what it is I want to say to you
and how to say it honestly
or how to do much of anything.
O God, don't forget me, please,
for the sake of Jesus Christ...

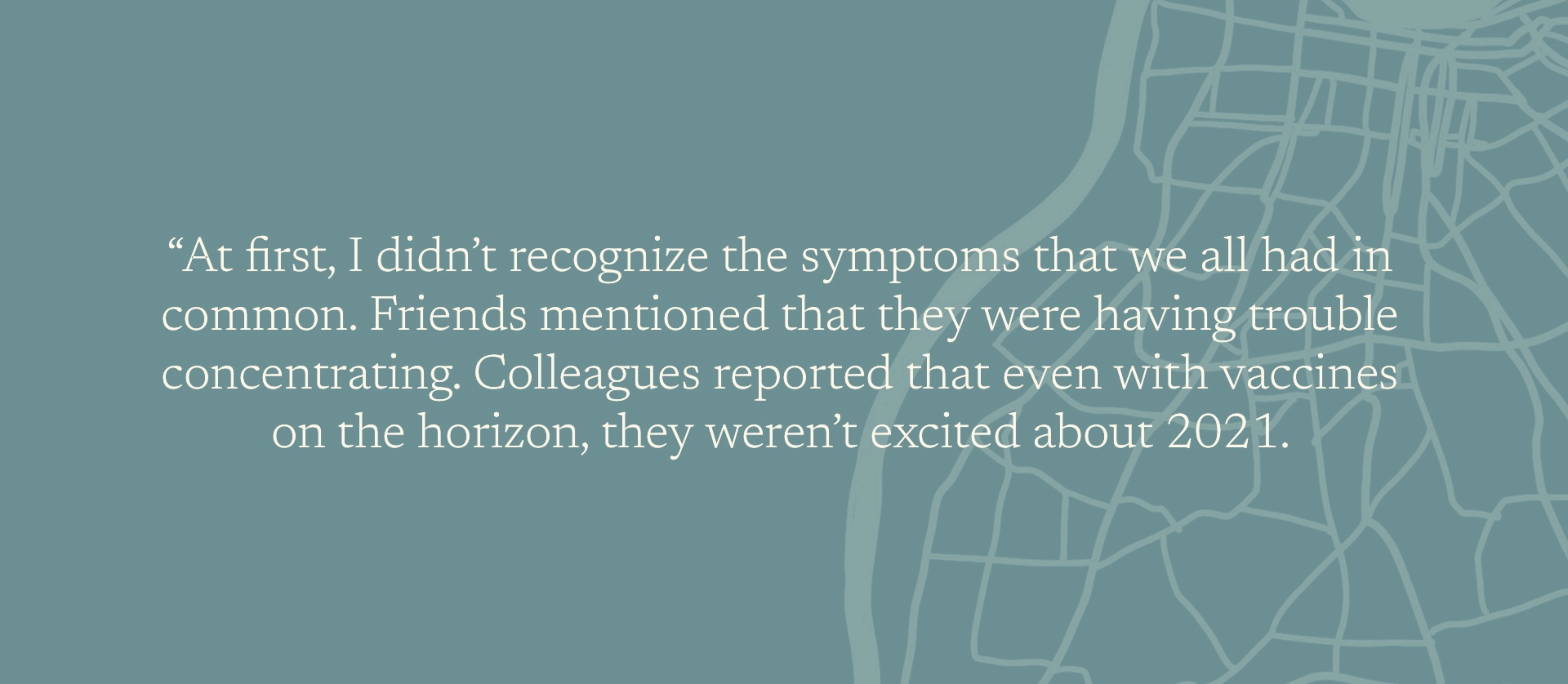




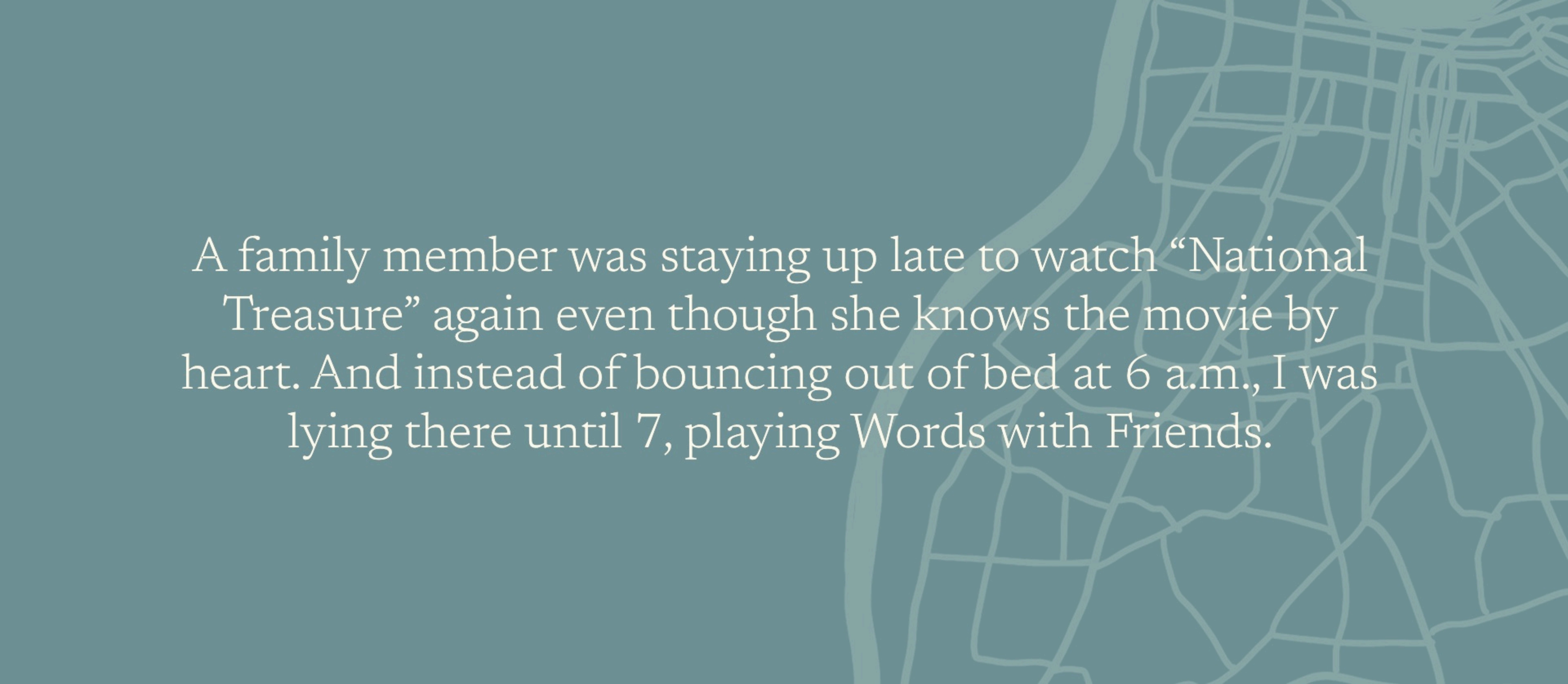
Almighty one there is something I wanted to ask you
but I stumble along the edge of a nameless rage,
haunted by a hundred floating fears,
of war,
of losing my job
of failing
of getting sick and old
having loved ones die
of dying
and I forget what it is the real question is I wanted to ask
and I forget to listen anyway because you seem unreal and far away
and I forget what it is I have forgotten.
O God, don't forget me, please,
for the sake of Jesus Christ...

O Father in Heaven,
What I wanted to ask is for peace enough,
to want and work for more,
for joy enough to share
and for awareness that is keen enough
to sense Your presence
here,
now,
there,
then,
always.
Amen

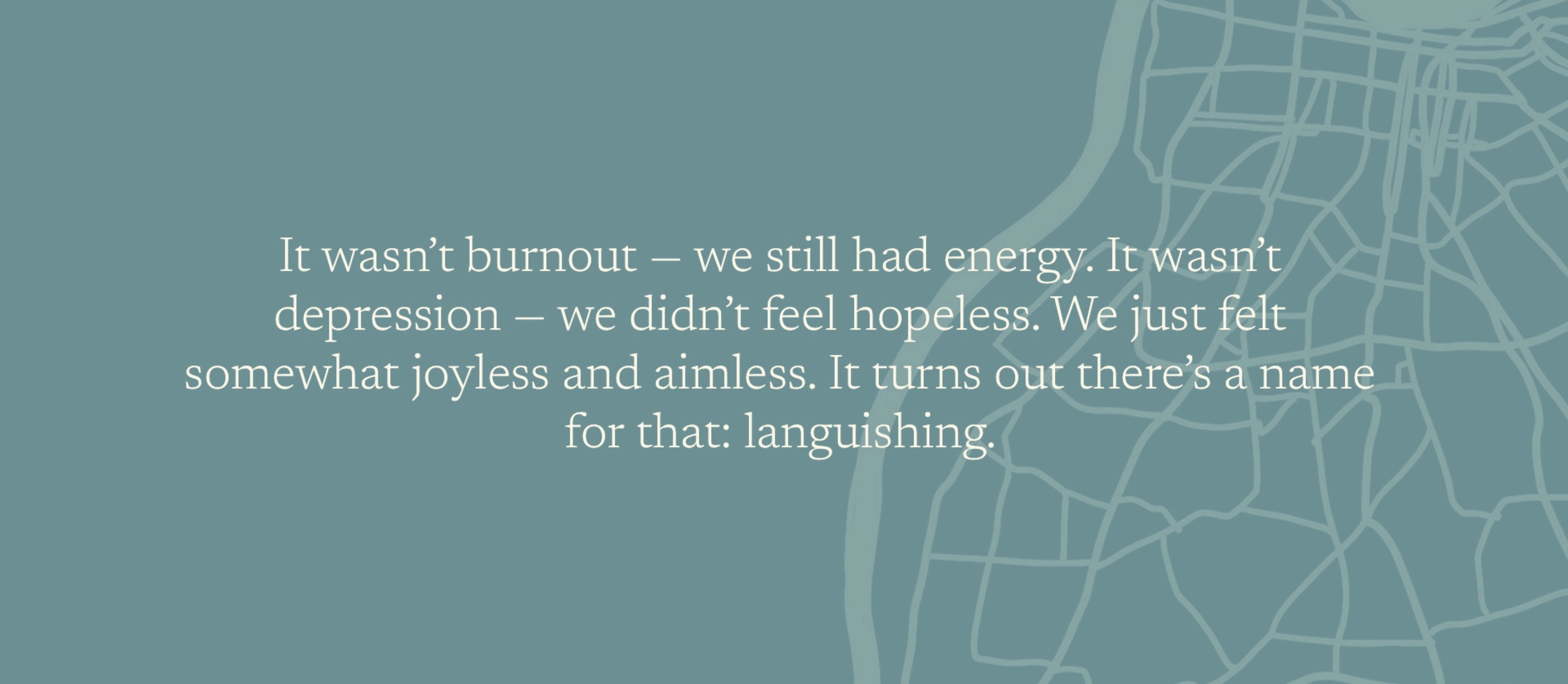


The background is a solid teal color. Overlaid on this are several white line patterns. On the right side, there is a dense, overlapping network of thin, irregular lines that resemble a web or a complex circuit board. On the left side, there are a few thicker, more fluid, and curved white lines that sweep across the space.

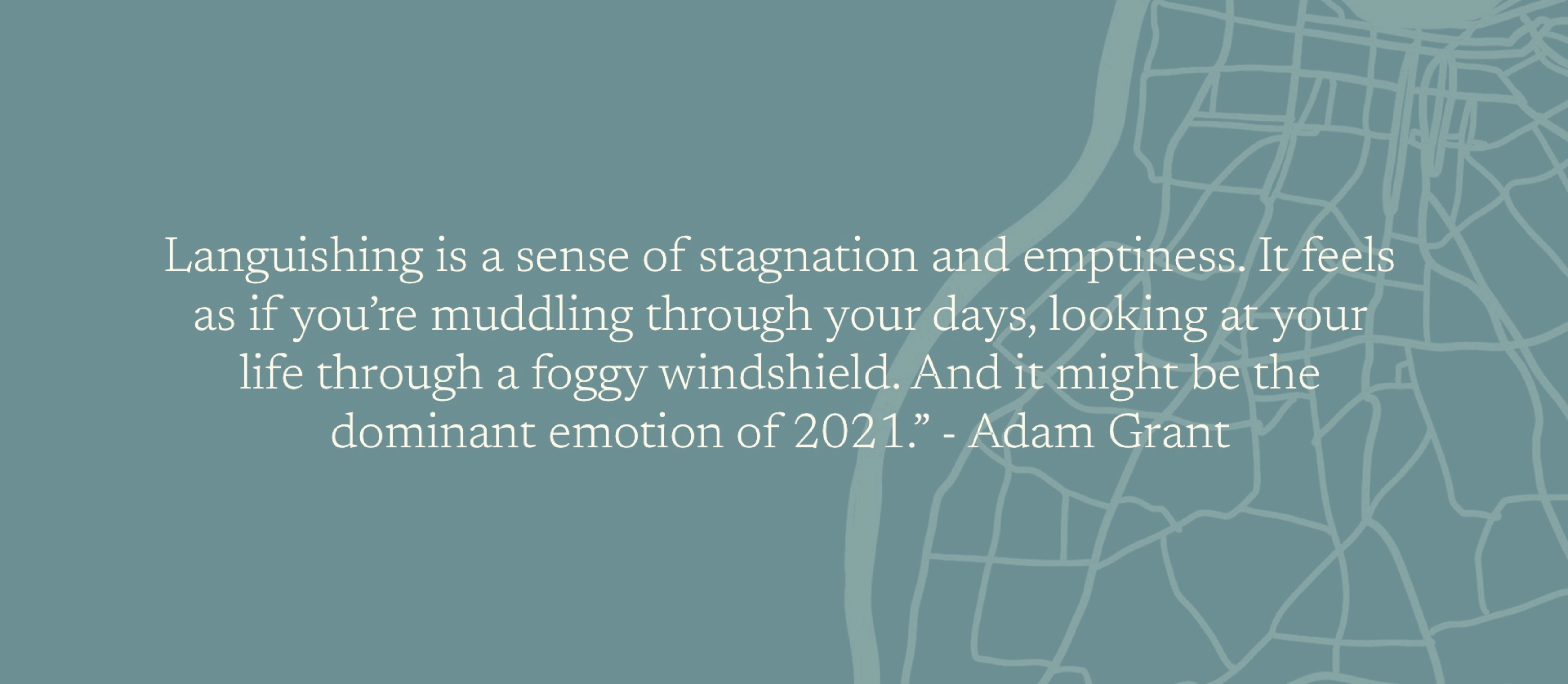
“At first, I didn’t recognize the symptoms that we all had in common. Friends mentioned that they were having trouble concentrating. Colleagues reported that even with vaccines on the horizon, they weren’t excited about 2021.



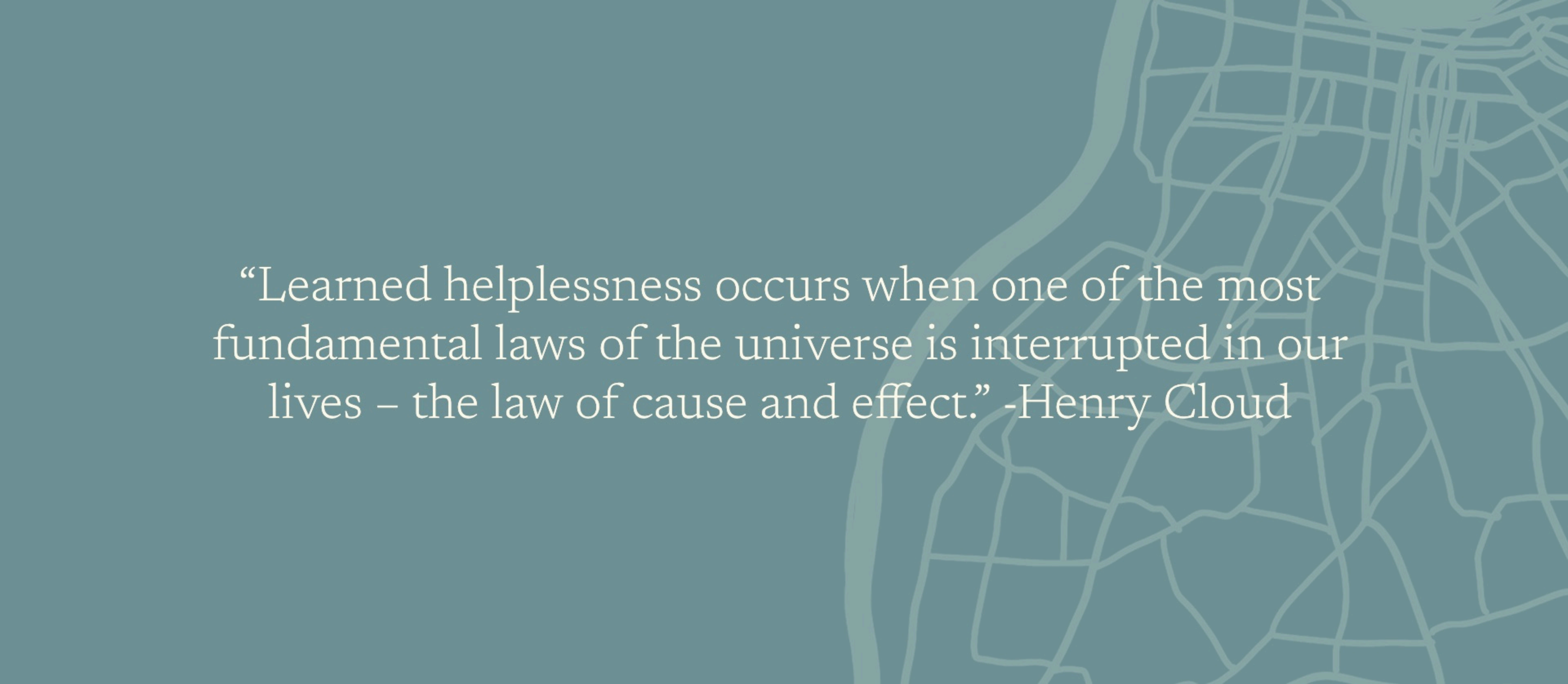
A family member was staying up late to watch “National Treasure” again even though she knows the movie by heart. And instead of bouncing out of bed at 6 a.m., I was lying there until 7, playing Words with Friends.



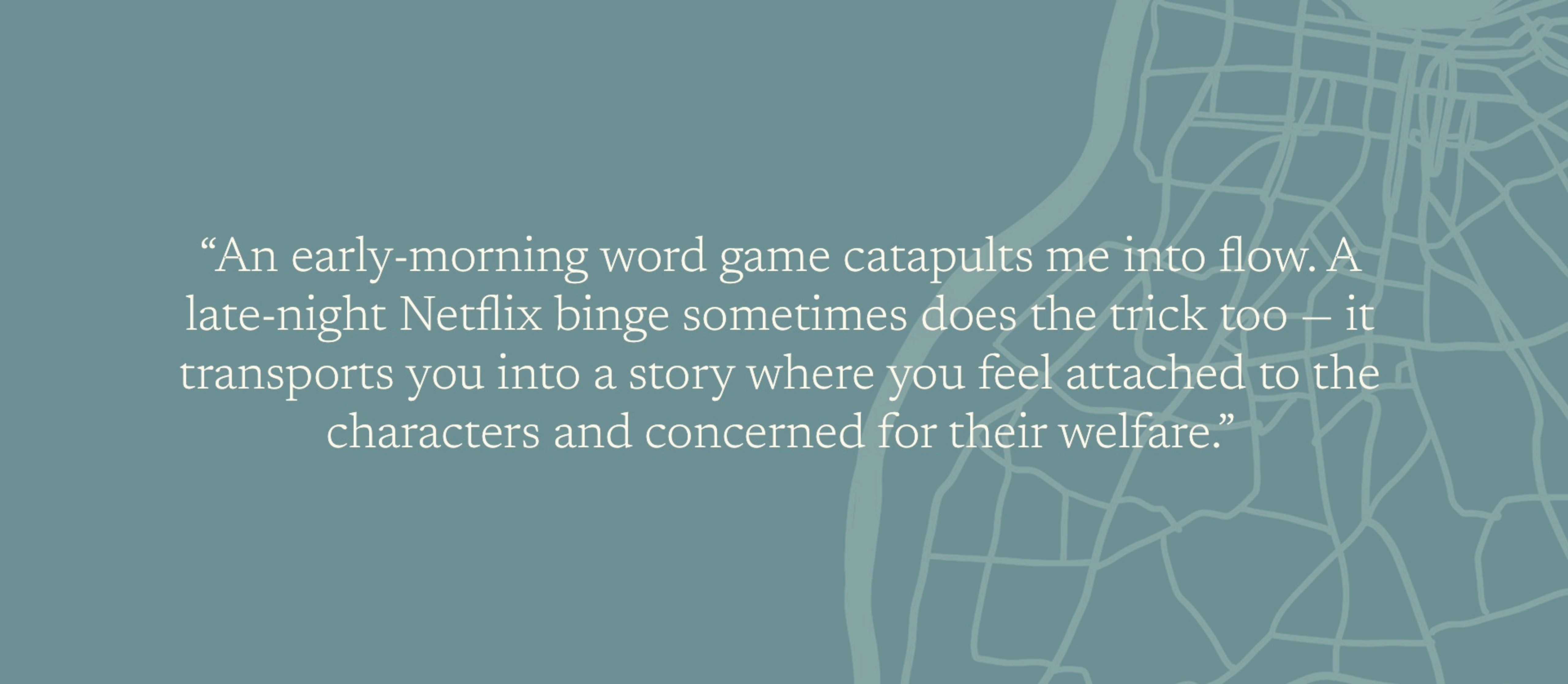
It wasn't burnout — we still had energy. It wasn't depression — we didn't feel hopeless. We just felt somewhat joyless and aimless. It turns out there's a name for that: languishing.



Languishing is a sense of stagnation and emptiness. It feels as if you're muddling through your days, looking at your life through a foggy windshield. And it might be the dominant emotion of 2021." - Adam Grant



“Learned helplessness occurs when one of the most fundamental laws of the universe is interrupted in our lives – the law of cause and effect.” -Henry Cloud



“An early-morning word game catapults me into flow. A late-night Netflix binge sometimes does the trick too — it transports you into a story where you feel attached to the characters and concerned for their welfare.”

Romans 1:8-15 – Thanking God for Their Faith
and Asking God They Might Be Together Soon

Romans 15:5-6 - For Patience, Encouragement, and Harmony

1 Corinthians 1:4-9 – Thanking God for the Enriching Grace
and Persevering Strength He's Given Them

2 Corinthians 1:3-7 – Thanking God for the Consolation
He Has Provided as They Suffer for Christ

2 Corinthians 13:5-9 – For Self-Examination and Perfection

Ephesians 1:3-14 – Praising God for the Spiritual
Blessings He Has Given Them

Ephesians 1:15-23 – Thanking God for Their Faith and Love
and Asking for Illumination

Ephesians 3:15-21 – For Inner Strength, Presence,
and the Ability to Comprehend Christ's Love

Philippians 1:3-11 – Thanking God for Their Partnership
and Asking God Their Love Would Return a Harvest of Righteousness

Colossians 1:3-14 – Thanking God for Their Fruitful Faith
and Asking God to Give Them the Spiritual Resources to
Live Lives Worthy of the Lord

1 Thessalonians 1:2-3 – Thanking God for Their Work of Faith,
Labor of Love, and Steadfast Hope.

1 Thessalonians 2:13-16 – Thanking God for Their Genuine
Reception of the Faith and Willingness to Suffer for It

1 Thessalonians 3:9-13 – Thanking God for the Joy They Bring
Paul and Asking God for Strengthened Faith
and An Opportunity to Be Together

1 Thessalonians 5:23-24 – For a Sanctified Life and Sound Faith

2 Thessalonians 1:3-4 – Thanking God for Their Growth
and Endurance Through Persecution

2 Thessalonians 1:11-12 – That They May Live Worthy of Their Call

2 Thessalonians 2:13-17 – Thanking God for Their Salvation
and Asking God for Comfort and Strength

1 Timothy 6:11-16 – Commissioning Timothy to Godly Character
and Faithful Ministry

2 Timothy 1:3-5 – Thanking God for Timothy's Sincere Faith
Received from his Grandmother and Mother

Philemon 1:4-7 – Thanking God for Philemon's Faith
that Has Refreshed Many of the Saints

Ephesians 1:15-20 (NLT)

Ever since I first heard of your strong faith in the Lord Jesus and your love for God's people everywhere, I have not stopped thanking God for you. I pray for you constantly, asking God, the glorious

Ephesians 1:15-20(NLT)

Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light so that you can understand

Ephesians 1:15-20(NLT)

the confident hope He has given to those He called—His holy people who are His rich and glorious inheritance. I also pray that you will understand the incredible greatness of God's power for us who

Ephesians 1:15-20 (NLT)

believe Him. This is the same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms.

Ephesians 3:16-19 (NLT)

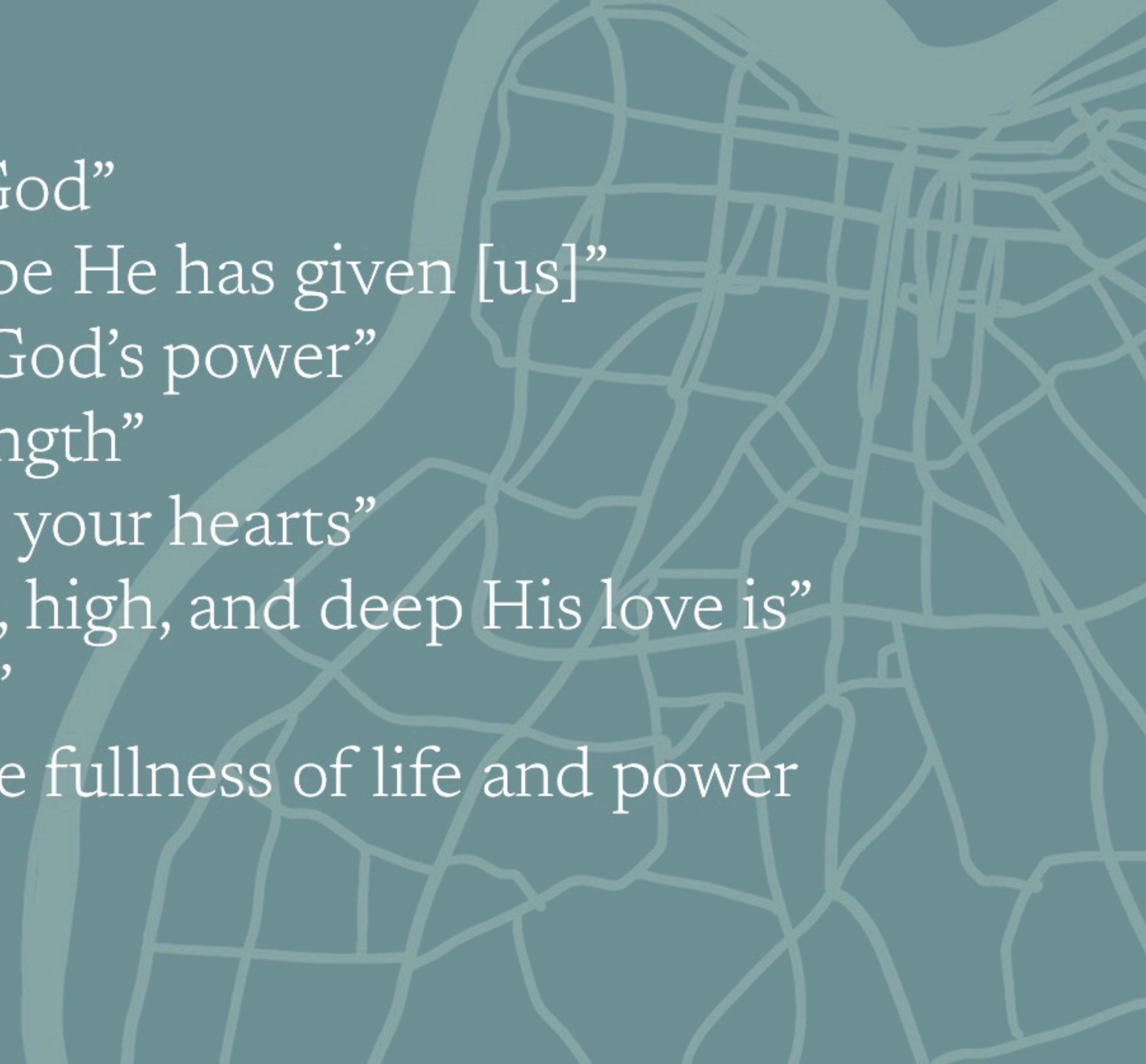
I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down

Ephesians 3:16-19 (NLT)

into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is.

Ephesians 3:16-19 (NLT)

May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

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- 1:17 – “Grow in your knowledge of God”
 - 1:18 – “understand the confident hope He has given [us]”
 - 1:19 – “understand the greatness of God’s power”
 - 3:16 – “empower you with inner strength”
 - 3:17 – “Christ will make His home in your hearts”
 - 3:18 – “understand ... how wide, long, high, and deep His love is”
 - 3:19 – “experience the love of Christ”
 - 3:19 – “be made complete with all the fullness of life and power that comes from God”

Our Rule of Life

Rhythm: Daily prayerful engagement with Scripture

Restriction: Limit quality and quantity of screen intake

The background features a dark teal color. On the right side, there is a faint, light-colored graphic consisting of a dense, overlapping web of lines, resembling a spiderweb or a complex network. On the left side, there is a faint, light-colored graphic of a tree trunk with a few branches extending upwards.

We will build a robust communal rule of life
to grow in intimacy with God.

*“I have rhythms and restrictions that help me connect
with God and resist popular culture.”*

Our Rule of Life

Rhythm: Daily prayerful engagement with Scripture

Restriction: Limit quality and quantity of screen intake

Rhythm – Daily prayer engagement with Scripture

- Ask God to show you what this looks like for you.
- What obstacles might get in the way of you doing this?
- Ask God to show you the friend you should ask to hold you accountable.



If you feel especially convicted to prayerfully engage
Scripture this year, go light a candle and ask for God's help.



Psalm 119:18(NLT)

Open my eyes to see the wonderful truths in your instructions.

Restriction – Limit quality and quantity of screen intake.

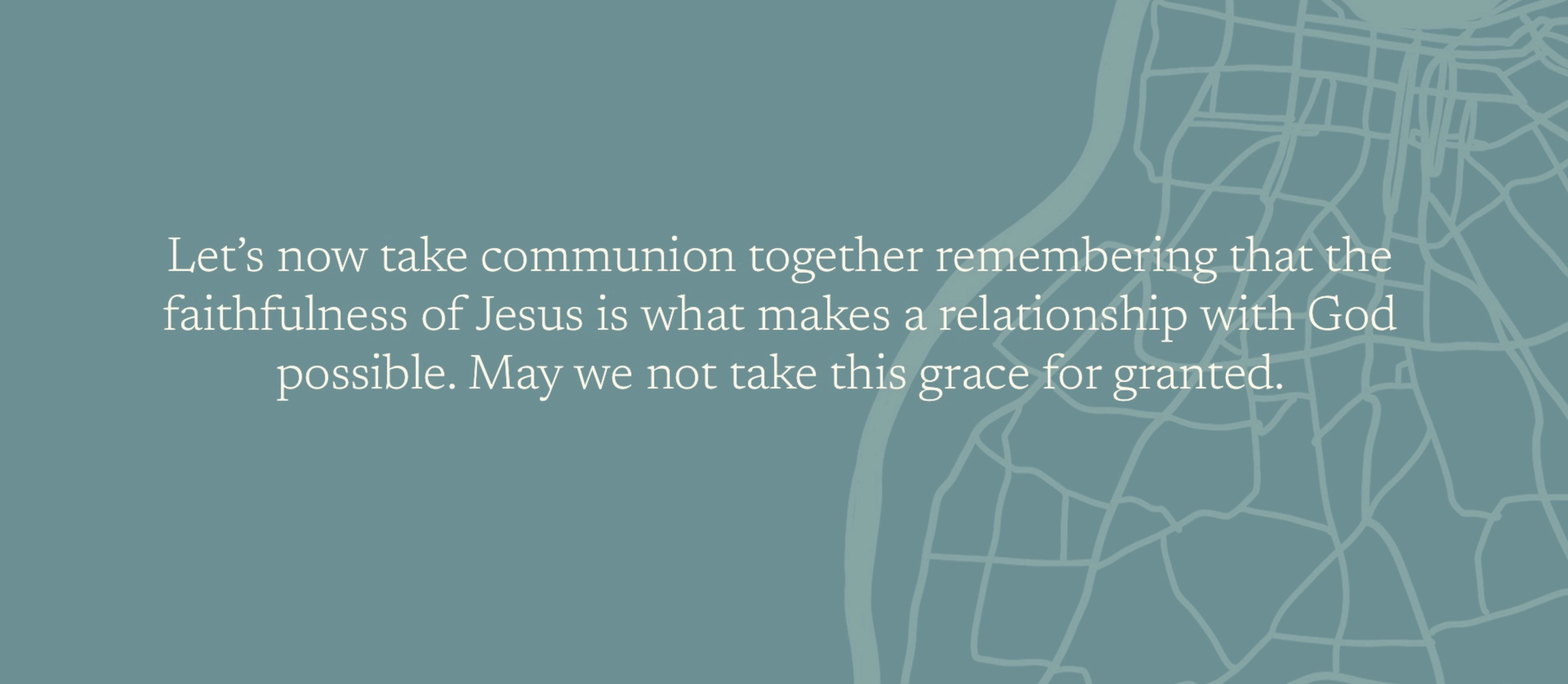
- Ask God to show you what this looks like for you.
- What obstacles might get in the way of you doing this?
- Ask God to show you the friend you should ask to hold you accountable.



If you feel especially convicted to limit your screens this year, go light a candle and ask for God's help.

Philippians 4:8(NLT)

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



Let's now take communion together remembering that the faithfulness of Jesus is what makes a relationship with God possible. May we not take this grace for granted.