

February Epistle

2011

We

TEAM SWEATY SHEEP



Christianity on the Move

JOSH GRACIN

I want to cry like the rain
Cry like the rain
Shine like sun on a beautiful mornin'
Sing to the heavens like the church bells ringin'
Fight to the devil and go down swingin'
Fly like a bird, roll like a stone
Love like i ain't afraid to be alone
Take everything that this world has to give
I want to live

I WANNA LIVE...!

"...but what's that mean?"

Who are we to be complacent? To live a life of unsatisfying routine, to go through the motions of life every day well we dream of more? We wake up, roll over, hit the snooze, fall back asleep, wake up again, scramble to get ready, stumble to the car, sit in traffic, get to work, stop at the drive thru, sit in the office, overdose on coffee... We exist...but God calls us to LIVE.

"Life is not about the breaths you take, but the moments that take your breath away" sings Julianne Hough. We take on an average of a breath every 5 seconds during our waking hours, but how many of those are fueling the life that God has gifted us with.

Isaiah 55 opens with a call, the same call that was used in the funeral laments of

ancient Jewish tradition. "Ho" it states, "all who thirst," or in contextual terms; "Wake-up and Live!" Yes, in this life we are going to have to work; living, unfortunately, is not all about play, there are bills to pay things that have to be done. The question though is in how we separate God's work from that "which does not satisfy?" God has gifted creation with abundant life, but have we received it. It is as if we have purchased an all inclusive vacation, but sit in our room eating stale bread. As this new year starts, maybe it is time to re-access our lives, making sure that we are not stumbling through our days, but instead we need to squeeze the life out of every breath. That is how we honor God, that is how we find fulfillment, and that is how we live the life of abundance that we are called by God to live. Christ came so that

we may have life, and have it in abundance (John 10:10.) Take time this month to define what it is you want when you say, "I want to Live." Discuss it with God and seek to live a spiritually rich life that makes the most out of every breathe. Keep worshiping in everything that you do, running, dancing, playing, etc... Happy trails my friends!

Upcoming Events:

Loving the Hills 15m race 12th
Bible Study: Cycling Cafe Weds,
6pm; Lexington rd
Sat. 8am Runs/walks Ongoing
Church Softball Signup Ongoing
Info on Web, sweatysheep.com

Isaiah 55: "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live. because of the LORD your God, for he has endowed you with splendor." Seek the LORD while he may be found. "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

Contact at runningmango@msn.com; Check out the website www.sweatysheep.com; or friend "Sweaty sheep" on facebook. Join the Flock!!