

# November Epistle 2011



## Christianity on the Move™

My tea's gone cold, I'm wondering why  
I got out of bed at all  
The morning rain clouds up my window  
and I can't see at all  
And even if I could it'd all be grey,  
but your picture on my wall  
It reminds me that it's not so bad,  
it's not so bad

*"In prayer it is better to  
have a heart without words  
than words without a  
heart."*

- ~John Bunyan

### Chorus:

I want to thank you  
for giving me the best  
day of my life  
Oh just to be with you  
is having the best day  
of my life

~Dido "Thank u"

### Upcoming Events:

\*Nov. 5th 5k to end homelessness \*Nov. 12th Lville sports com. 1/2 marathon, Nov. 16th- Flash Communion village service \*Nov. 18th- Dec. 24th volunteer at our salvation army bellringing party (highlands Kroger) \*Nov. 26th- Thanksgiving pigskin classic flag football gathering, get in touch about our upcoming marathon training series (run or walk)

## Runnin' on a prayer ... that's what it's all about!

"So, what do you do... pray and stuff while you run?" I smiled before answering the curious man of whom had come down to our city for a Half marathon this past weekend. He had been staring at the Sweaty Sheep shirts we had on display at the runners expo, the Jesus gummi treats sitting next to bottles of powerade and energy gel packs, but couldn't put it all together.

"Nope," I said to the surprise of some of our "team-members" who were flocked around us (pun intended!) "We pray *through* our running, each breath, every footfall, each beat of the heart... Yeah, that's real prayer. Up for it?"

Think of this, Thanksgiving is barreling toward us and though this hypothesis is unproven, I will climb out on a limb and say that this is probably the most popular day of pre-meal prayer in our country. Even the most secular of families seem to feel obliged to spout some words of gratitude to the creator before an occasion of pure gluttony. Now, be honest with yourself here before you answer this, but how much of the thanksgiving prayer makes it passed the aroma of stuffing, mashed potatoes, and

pumpkin pie? If you really hear, resonate and digest the Thanksgiving prayer every year, well, your better than I! I am too busy scoping out a plan of attack on a helpless bird!

Now, if we were all perfect, we would be in constant prayer,. Our lives filled with constant meditations on scripture and we would thank God for every meal, every morning, every-thing that makes our life worth living. However, we are a society of cluttered minds, ringing smart phones, traffic janes, and crowded day-planners. We are lucky if we remember to sleep in a society so encompassing and overwhelming that most of us are now living, breathing, ADD cases. No, that shouldn't serve as an excuse to skip prayer, but it does show is that our prayers need to change. Our Prayers need to be energized and exciting. Our prayers need to be representative of who we are and our unique relationship with God.

Now, I love traditional prayers, but To truly appreciate them, I have to make them personal. An example of this comes out in our Sweaty Sheep yoga program, in which traditional prayers are matched with Yoga salutations (ie: the Lords prayer from Matthew's Gospel is

paired with the Sun Salutation.) Point being, prayers need to be unique and address our unique spirits! They need to be a reflection of ones self and the unique relationship that each individual has with their creator. They need to be fun! If you get bored or sleepy during a prayer, something is severely wrong... and God might be bored with it as well. Much like some people learn by reading, some hearing, and some doing; the same is true with prayer. If your heart isn't in your prayer than drop it, and do something that your makes your heart skip a beat... do something that enlivens your soul over something that puts you to sleep, and at the end, call it your Prayer! Yes, I pray by running, I might pray before I run, I might pray during, but the true prayer is in my heartbeat. It is in the excitement and the exhilaration. I don't just pray by running... I pray by swimming and sailing, I pray by laughing and crying, I pray by talking, walking, climbing, and diving! I pray by living... and you do to, whether you formalize it or not!

This is the month of Thanksgiving. "I want to thank you" God, "for giving me the best day of my life"... everyday... and I pray this as I enjoy life, not as I sit over a cooked bird!

**Matthew 6:5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. (verses 9-13 consist of the Lords Prayer)**

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