

September Epistle 2011

Productively Lazy...

a yawn in the right direction.

This weekend was the Louisville Ironman, a 140.6 mile triathlon that takes place once every year here in our city. Really, it is kind of insane... you figure that the first man ever to run a marathon (26.2 miles) finished, collapsed, and died. So why wouldn't we swim and bike 114 miles before hand? The really insane part is the training though. People train for years to get their bodies conditioned and ready for such a race. They wake at 5am to jump in the pool and swim laps when rest of the world swims in coffee. They eat rubbery powerbars all morning so they can skip lunch to run and they collapse every night before Glee comes on primetime TV. Through it all they get hooked. You see we as humans feel the need to be productive, and athletic training can be an incredible fulfillment for that productive yearning. It is instant gratification. We don't like to feel "lazy," so instead we fill our day with this, that, and everything in between. We know not what it is like to rest anymore. Even when we rest our bodies, we never seem to rest our minds. For me, running is a time when I can rest my mind, but I pound my body in the process.

Ecclesiastes 1:3-11 : "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed. Three times a year you are to celebrate a festival to me. Worship the LORD whose blessing will be on your food and water, who will take away sickness from among you, and will give you a full life span.

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



Christianity on the Move™

Yes I said it
I said it
I said it 'cause I can

Today I don't feel like doing anything
I just wanna lay in my bed
Don't feel like picking up my phone
So leave a message at the tone
'Cause today I swear I'm not doing anything

No, I ain't gonna comb my hair
'Cause I ain't going anywhere
No, no, no, no, no, no, no, no, no, oh
~Bruno Mars

Maybe physical training is not your drug. Maybe you work too hard at the office and feed off overtime hours. Maybe you want to constantly give of yourself to others, but forget to give an hour or two a day to yourself. Whatever it is that we are striving for, what happens when we get it.

That's what happened this past Sunday. I crossed the finish line... I got my medal and t-shirt, I hugged friends and family and smiled, then I woke up the next morning depressed. I knew that it was time to rest... and I did (for about 15 minutes), and then I got antsy, I felt lazy, needed to do something "productive." What would it look like though if we saw the bigger picture of it all... What would it look like if what we were striving for was simply to enjoy life? Athletic training makes us healthy, thus yes, it's productive. Work allows us social interaction, learning, and money to sustain our families, thus yes, it is productive. Time out with friends provides laughter and companionship, thus yes, it's productive. Even the miserable stuff... standing in line, sitting in traffic, etc. It all allows us to grow, teaches patience, gives us time to think, it is all working in the direction of a life of high productivity. Nathaniel Branden does a great job expressing this idea of

Productive achievement is a consequence and an expression of health and self-esteem, not its cause.

~Nathaniel Branden

Upcoming Events:

- *9-11 Taylorsville lake tri, 8am
- *9-13 & 27 Pickup frisbee @ Seneca park 6:29pm
- *9-17 NECC 5k 9am
- *9-18 Anchorage Presby. Church 11am
- *9-20 3rd Tues. Service (yoga at big rock pavilion 7pm)
- *9-24 Mid KY Bike Tour

~Event info on Web:

www.sweatysheep.com

productive achievement as a consequence of a holistic life.

In the creation of the world, be it six days or 6 billion years... be it through evolution, a big bang, or the instantaneous breath of God... there was built in a time for rest. That Sabbath idea, the day of relaxing. More over, a day to enjoy everything that we have been working for; enjoying creation is the best worship of God. All our sweat, all those overtime hours, all the work... shouldn't the most productive part of our fulfilled life be enjoying the fruits of these. It's beautiful how in the Bible creation was broken into several days and at the climax of each, God took the time to sit back, kick up the holy feet, and say in a satisfied breath... "it is good." Do you think that God was fretting over what to do next? No, God has all the time in the world, and so do we. There will be time to build, work, run, but for now, it is time to sit back, look around, and be productively content. Don't be complacent... keep dreaming, keep reaching for your goals, but know that to be divinely productive in this life, one has to be worldly unproductive sometimes, remembering to put up their feet, treat themselves kindly, look around and now that "life is Good."