

July 19, 2020

Interruption as Opportunity

Reframing Interruption as an Opportunity to Grow in Jesus

Esther 4:14 / Ephesians 5:14-17 / John 15:5-10

- What are the **INVITATIONS** of Jesus in the crisis we are all living through?
- God's movement in our lives usually comes disguised as an **INTERRUPTION**.
- In a culture of hurry, busyness, distraction, and noise - this is an opportunity to slow down, unplug, and establish practices and disciplines of spending time with God.
- **UNINTERRUPTED** time with God prepares you for **INTERRUPTIONS** of life.

Quick Practices to put in Your Life:

1. Put scripture, quiet and prayer in your day **BEFORE** you touch anything digital.
2. Put a **GRATITUDE** ritual into your life: Thank God for 3 things every morning.
3. Go **OUTSIDE**, move.
4. Do something you **LOVE** as an act of Sabbath.
5. Move towards **RELATIONSHIPS**.