



# Crossroads Community Church



## Crossroads Weekly Newsletter April 25, 2018 *A Note From Pastor Bobby*

### ***The Hard Work of Rest***

Yesterday I was reviewing a curriculum called "Business God's Way." In the strategy section of doing business God's way, they discussed the importance of rest! Yes, you heard me correctly- ***in the strategy section they shared the importance of rest!*** Here is the angle they brought out. Just 30 years ago, the primary way to exchange documents was in the mail. The exchange time from send to receive was at minimum one week turnaround. Twenty years ago came the use of email. Attaching documents was soon developed and the turnaround time was about 90 minutes from send to process to receive back. Today we have the send and receive mode of texting, with a turnaround time estimated as being 90 seconds. As you can see our response time to doing business has been drastically reduced!

How does that affect our need for rest? Because of the accelerated send and receive mode, we have little rest from the constant expectation of getting things done fast! In fact, we start to put pressure on ourselves to be more efficient even when others aren't. Our brains begin to expect a rapid fire response and we get into a rhythmic anticipation that when interrupted makes us anxious and volatile. If we reach that point, it should be a good indication that we need a rest from the expectation of communication. But to actually turn off the phone or leave it in another room for several hours puts us on edge! Why?

The teacher of the curriculum said to stop and rest becomes a matter of faith, when everyone around us and within us says speed up! ***Yes, resting in our rapidly paced culture is a matter of faith!*** Will everyone depending on us survive if we "went silent" for one week? How about one day? Okay, then what about one hour? Faith is connected to rest when we believe that God is calling us to come apart to get perspective from him, clear our head, and refocus BEFORE we come apart in our life. We must trust God to believe we can gain ground and others can wait until we rest from the daily surge of communication expectations.

***Our bodies were designed to function best with a day of rest!*** That does not mean non-activity as much as what *kind of* activity you participate in. The Bible says a Sabbath is when you cease from regular work to reflect, appreciate, and give thanks to the Lord. Perhaps even more than that, we need a day of resting from the expectation of rapid communication. Casual face to face communication is delightful with the right people and right topic! If you find yourself under pressure to send and receive in 90 seconds, why not consider taking a day of rest? Take time by yourself, with your spouse or another to reflect on God's goodness together and appreciate what he has done and is doing instead of what you want him to do. Hebrews 4:10-11 reads, "*for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.*" Let rest become a part of your exercise of faith!

This Sunday we have a special guest, Larry Kreider with us. Larry is the International Director of Dove International. He always brings an inspiring and encouraging message. Invite a friend and see you Sunday!

THERE IS *Nothing* TOO GREAT OR TOO SMALL  
**FOR PRAYER**

### ***Prayer Requests***

Denise L. - Pray for healing and wisdom as the Doctors continue to search for the problems with Madie's Esophagus.

Jim M. - Pray for Marvin he is struggling mental health issues. Pray that he surrenders his will to God's will for his life.

Joyce D. - Pray for new move to Arizona and God's intervention and direction for Bobby's (18 yrs) life.

Pat A. - Please continue to pray for my sister, Betty, she has cancer.

Seng Y. - Pray for wisdom, direction, and guidance about more involvement in church ministry activities. Also, pray for approval of medicaid funding to pay for nursing costs of Sherry's mom, Eileen.

Simona C. - Pray for Kyle he is being seriously oppressed and plagued by demonic spirits to the point that his health is at risk. Pray for deliverance and a relationship with Christ.



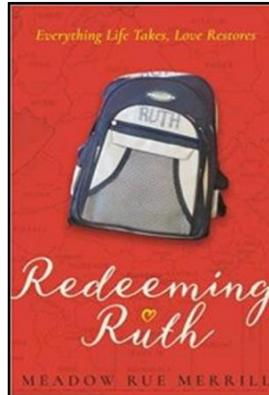
## Mighty Men

**Saturday April 28**

**7:30-9:00 am**

Men, plan to join together with other men of Crossroads as we explore the importance of learning from our mistakes.

**Breakfast is Provided - Men, Don't Miss Out!**



## Sisters in Arms Book Club

You are invited to join together with other ladies as they discuss Meadow Rue Merrill's book *Redeeming Ruth*.

**Sunday April 29, 2018  
Immediately after the service.**

For more information stop by the Information Desk

## COMEDY

May 11,12

Holiday Inn  
Winchester

\$65.00  
per couple

BUILDING  
**BETTER**  
RELATIONSHIPS

To Register Call 540.974.5112



## Larry Kreider

International Director DOVE International

Guest Speaker

**Sunday April 29**

10:00 am



It's time to  
clean out your

*Closet*

No more excuses.

## Sisters in Arms Clothing Drive

April 24-May 6

To benefit Young Ladies  
at Teen Challenge

**Stop by the Information  
Desk for more details.**

## Attention All Vets

Now Forming

**"Veterans for School Security"**

**Our Children need your protection,**

**Contact Steve for more information**

**540.533.3593**

# UPCOMING EVENTS

## Don't Forget to Put the Following Dates on Your Calendar

April 28 - Mighty Men's Breakfast 7:30-9:00

April 29 - Guest Speaker Larry Kreider

April 29 - Sisters in Arms Book Club 12:15



Just to keep our members informed, our church office hours are **Tuesday, Wednesday & Thursday 9:00-4:00 pm**. The church is not opened on Mondays and Fridays. Emails and voicemail calls will be answered during office hours. If you plan to come to the church, please call the office, 540-722-4035, to ensure someone is here throughout the business hours.

## Online Giving

You are able to give online by going to our church website [www.crossroadswinchester.com](http://www.crossroadswinchester.com) and clicking on the online giving logo at top of the home page. This will take you to the log in page which is a convenient way for you to give.

