

First United Methodist Church

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Recently a friend of mind invited me to be a part of a summer challenge. It was called the 7 “C” challenge. The goal of this event was to cut out 7 items from one’s life during the summer and each of those items began with the letter “C.” Those items were cookies, candy, chocolate, cake, cola, chips, and complaining. Actually, that would be a pretty good challenge to follow. It’s about cutting out processed sugar and empty calories out of one’s life. We’d all feel better if we lived that way.

I wasn’t willing to sign on the dotted line of that 7 “C” Challenge. My wife and I are intentional about eating healthy, but just not willing to say we’ll never eat any of those 6 items over the next several months. But it did get me thinking about a 7 “C” Challenge that I would be willing to commit to during the summer months. So, here is my 7 “C” Challenge for the Summer. If any of you feel inclined to join in...you’re more than welcome to do so.

1. **Create** – Create a new memory during the summer. I’m going to do something special during the summer months to make a new memory with my wife, Nancy. Memory is such a wonderful gift and making special memories can’t be taken from us. So, let’s strive to **create** a new memory or two this summer.
2. **Celebrate** – Celebrate something good in your life. At times it seems that our world is filled with darkness and negativity. It’s easy to allow those attitudes and images to pull us down. But really there is so much good in the world all around us. Each day look for and **celebrate** something good in your life.
3. **Connect** – Be intentional about connecting with God during the summer. I am going to take some extra time to talk to God, listen for God’s voice in my life, and to read God’s word. My life pace often tends to want to push these things out. How is it that I’m going to do this? I’m going to dis-connect from the media in my life each day. No, I’m not getting rid of my cell phone, computer, or TV. But I am going to be intentional each day about not allowing these devices to drive my day or schedule. I’m going to make time to **connect** with God.
4. **Compliment or Commend** – I am going to seek to compliment or commend someone each day for something good I see them doing, or how I see others seeking to make a difference for good in the world. As they say, what gets rewarded gets repeated. I hope by noticing the positive in others it will get repeated more and more. A simple **compliment** can be a powerful thing in a person’s life.
5. **Cherish** – God’s handiwork can be seen all around us in nature. I am going to take some time each week to notice and thank God for the beauty that fills our natural world. Sunrises, sunsets, storms, starry nights, a bright moon on a calm night...these are all things I am going to intentionally **cherish**.
6. **Commit** – I am going to commit to a new goal. Maybe it’s something I’m going to achieve by the end of this year, but I’m going to **commit** to a new goal – some small way to improve myself or to make a positive difference in my community, my church, or my family.
7. **Complain Less** – I try not to complain as it is, but there are certain things that push my buttons! 😊 But complaining tends to intensify the negative feelings in one’s life. None of us need more negativity in our lives. So, I am going to be intentional about **complaining less**.

So, there it is. There’s my 7 “C” Challenge for the Summer. I hope you’ll consider joining me on this journey. It would be amazing to see the difference it makes in our community and world if we all chose to live this way...even if it is just for a few months.

Serving Together,
Pastor Keith