

# TIME OUT

Taking a “time out” is not a hard concept to understand. As children run through the basement of the church, playing tag after our Kids Club, I hear them yell often, “Time out, I’m on time out.” Sometimes, they even designate a place, a couch or table or area of the floor that is “time out.” It is a place where they can rest, take a break from the game, avoid the “it” person and generally recoup before running full blast back into the hectic game of tag.

Often life becomes like a big game of tag. We are running endlessly trying to stay ahead of the busy schedule, not wanting to be tagged out of the game. We run endlessly as our lives become a blur of constant motion, never giving us a chance to relax or enjoy the gift of life. I think that the traditional “soccer mom” takes this role on to the nth degree. She runs her children from school, to sports, to music, hoping to finish a few errands in the almost downtime. She may be a busy stay-at-home wife and mother, or work a job outside the home as well. I am not one of these women yet, but they are easy to spot: devoted, focused mothers who put their family and work before themselves. They are selfless and hardworking, loving, passionate about their lives and, simply put, run ragged.

The simple truth is that no one can be on the go all the time. Even children who seem to have boundless amounts of energy call for a time out once in a while and it’s vital that we learn from their example. As the children at our Kids club play their game of tag, I am taught an important truth. In the middle of the hectic lifestyles we all lead, it is vital that we find a time and place to take a time-out. We

need this time for ourselves but most importantly, we need this time with God for relaxation, prayer, worship and fellowship.

I remember when I was in middle school and my mom would run us everywhere from school to sports to church for countless activities. She also worked full-time as a school-teacher and put in long hours to have her classroom ready. Even the weekends weren’t a rest for her, as she ran us all over the city to music lessons and birthday parties. She did all the grocery shopping and a lot of the cooking and cleaning around the house as well. Each night, she would begin to yawn by about nine and finishing what she was doing, she would head to bed, barely able to keep her eyes open. But as I passed her room on the way to bed myself, there she would be, Bible open, reading or praying and taking time to be refueled by God’s Words of Grace.

Psalm 46:10 begins, “Be still and know that I am God.” This is a command that is full of God’s grace and mercy but it is a command as well. God holds up His hands in the proper position and says, “Time-out!” We cannot know Him if we are so focused on ourselves, and God deeply desires to know Him completely. He calls us to be still and to focus on Him because he is the father who cares for us all. I know that many times, church can feel like just one more thing that you have to fit into your hectic lifestyle, but it can also be a place to have your burden lightened by God and other believers.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and

learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”



Jesus speaks these words in the Gospel of Matthew and they are meant for us today. They are meant to slow us down and give us guidance. The command to be still doesn’t come from a God who does not understand and is greedy about wanting our time and worship. The command comes to us to be still and know God because He is the only one who can fill us with enough life to carry on. He is the one who take on our burdens; He feels with us the stresses and troubles. And He invites us, in love, to find rest for our souls in Him. So, in the midst of hectic life, take a moment, call for a time-out and the restoring power of God’s grace and life, so that you may rest fully...

In His Grip,  
Pastor Karen Seifert

If you are in need of a time-out, we invite you to join us for worship at 10:30 on Sunday morning. And for all you women whose lives are hectic, we also invite you to take a “Time-out” with us on the 4th Tuesday of every month, from 7-8:30PM, as we learn what it means to be ‘Called into Life’ by a Savior who gives us rest for our souls.



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