



# Newsletter

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- Up Words # 9

## MONO-TASKING!



The other day as I waited at a stop light a driver pulled up who was busy gazing into the rearview mirror and applying her mascara. I only hope she wasn't doing that when the vehicle was moving. For all I know she was listening to the radio, talking on her cell phone and feeding the baby in the back seat while completing her grocery list! I never cease to be amazed at what people can do, all at the same time. What young person cannot do homework, twitter, text (without looking at the keyboard) and watch a video all at the same time? And what employee is not praised when they run circles around others by doing many things at the same time? Indeed we are nation of multi-taskers.

I get being efficient. And I can appreciate those who do things quickly and accurately. Yet, I wonder if we have not gotten so good at multi-tasking that we have no ability for mono-tasking. When it comes to prayer do we know how to mono-task? In last week's Sunday morning sermon I spoke from the text of Colossians 4:2-4. The first exhortation in that text encourages us, "Devote yourselves to prayer, keeping alert in it ..." Prayer is hard work and requires discipline without distractions. When it comes to Bible reading do we know how to mono-task? Joshua 1:8 states, "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success." I wonder how much meditation is taking place when we try to read the Word with the television on and an iPod ear bud in one ear? Even us who serve as pastors need to be careful here. There is certainly much to accomplish in the ministry and at times there are many things that clamor for our attention. Pastors need to follow the example of those who served in that position in the early church who were faced with an administrative problem whereby some widows were not receiving proper assistance from the Jerusalem church. Those in leadership encouraged the church to select seven who could care for this matter so that they might devote themselves to prayer and the ministry of the Word. (see Acts 6:4).

Indeed it is easy to get distracted by many things and even learn to successfully handle these many things all at one time. Might we, however, stop and take a deep breath and discerning moment to consider Paul's passion in Philippians 3:13-14. The apostle says there, "this one thing I do" (v.13). He did not say he did two, three or many things, just one! And what was that one task? To "press toward the prize of the upward call of God in Christ Jesus." (v.14). The pressures of life will press us to multi-task. Might we resist that urge and develop the mono-task of seeking to please God.

Looking Up!  
Pastor Chuck Circle