

# Busy: Reconnecting with an Unhurried God

## Tuning In

Lent 3

March 24, 2019

## Taking a Breather

As we gather together, we will use the first part of the service to slow down, to settle our souls so that we might reconnect with an “unhurried God.”

Prelude

*If Thou Art Near*

Bach

Slow It Down

[A clock soundtrack starts ticking and 3 people stand up and shout to each other from their seats around the sanctuary...]

Voice 1: Hey there! Guess what??!!!

Voice 2: What?

Voice 1: No, really, guess.

Voice 3: I'm way too busy to play this game. I have no idea!

Voice 1: Someone just gave me last-minute tickets for all of us to go to the game tonight!

Voice 3: No way! Woo hoo! I'm totally in!

Voice 2: Hmm... that's too bad. I am burning the midnight oil at work. My life is not my own. Actually, I have no life. It's all work and no play.

Voices 1 & 3: “Dull boy... dull boy”

[The clock-ticking recedes as the instrumentation (BEACH SPRING) comes in and continues under the next words...]

Pastor: Bummer. Right? But haven't we all been there? When the present moment offers up the unexpected opportunity and we weigh it against the to-do list and obligation wins. That's what happens to Martha in our scripture today. Jesus is right there in front of Mary and Martha and yet the pressure seems too great for Martha to make a different choice—to take advantage of a moment that will never come again. It's not that it is bad to work and certainly keeping our work obligations is important. But if it constantly comes at the cost of missing out of important being-in-the-present moments, perhaps it is time to reassess, to "tune in" to the bigger picture. No one, at the end of their life, would say, "I should have spent more time at the office."

Gathering Song 2128  
Center

*Come and Find the Quiet*

***Come and find the quiet center in the crowded lives we lead  
Find the room for hope to enter, find the frame where we are freed:  
Clear the chaos and the clutter, clear our eyes that we can see  
All the things that really matter, be at peace, and simply be...***

Catching our Breath

I invite you to a deep breath...

[take a moment to breathe in and out slowly]

If you have a watch on, I invite you to take it off for this hour of worship.

If you have a phone, I invite you to turn it off or put it away now.

If that makes you very anxious, that's OK.

Let these simple acts (or maybe not-so-simple acts)

be a sign of the commitment to give ourselves a break,

to give ourselves just an hour to catch our breath,

to give ourselves time to give God attention.

Prayer for Clearing Out (responsive)

Let us pray a "prayer for clearing out..."

God of our Present Moments, we struggle to make sense of our choices.

**Let us *make* room for you.**

Draw us in to this time of worship to tune into the bigger picture.

**Let us *find* room for you.**

Help us clear out the false ideals that drive us away from what's important.

**Let us *be* room for you.**

In the name of Jesus, who invites us to wholeness.

**Amen.**

+Hymn 2202 (Sing the Faith)

*Come Away with Me*

1. Come a - way with me to a qui - et  
2. Come and pray with me on a gen - tle  
3. Come to - day with thoughts of the count - less  
4. Come and say, in words whis - pered from your  
5. Come a - way with me to a qui - et

place, a - part from the world with its fran - tic  
sea, on top of a hill in the Gal - i -  
ways that God's stead - fast love bless - es all our  
soul, the feel - ings and ac - tions you can't con -  
place, to God's lov - ing arms wait - ing to em -

pace, to pray, re - flect, and seek God's grace.  
lee, in gar - dens like Geth - se - ma - ne.  
days, and join with me in si - lent praise.  
trol. Your spir - it needs to be made whole.  
brace all those who come in hope of grace.

Come a - way with me. Come a - way.

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MUSIC: John D. Horman

RECREATION  
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Peace

The peace of Jesus Christ be with you.

And also with you.

## Taking Note

The second part of our service invites us to “take note” of what God is saying to us this day, through scripture, music, and sermon.

Opening the Word with Young Disciples

[the children are invited forward toward the end of the peace and music begins under the invitation. The people sing as the children come forward and as the adults settle into their seats]

*Take time to be holy, speak oft with the Lord;  
Abide in him always, and feed on his Word.  
Make friends of God's children, help those who are weak,  
Forgetting in nothing, his blessing to seek.*

Gospel Reading

Luke 10: 38-42

Reader: Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things. There is need of only one thing. Mary has chosen the better part, which will not be taken away from her."

This is the word of the Lord.

## **Thanks be to God.**

Anthem

*O Savior of the World*

Goss

Chancel Choir

Sermon

Liz Rolf

Kanerva

Sermon Note: Martha was busy. Mary chose to be still, to tune in to Jesus. The lesson here is not that it is bad to work, but that we also need times of connection to God. Tuning in to the holy may mean just taking time to notice things that are beckoning to dwell with us a while. What contemplative practices can feed and nourish our active lives and help us be more in tune to the present moment? What distractions/addictions consume our attention?

Time Out in the Prayer Chair

Pastor: If you raised children, or are raising children, or even if you haven't or aren't, you've heard of a "time out." We give a time out when a break is needed. Perhaps we need to think about the consequences of an action or we just need to break the intensity. Perhaps we are spiraling emotionally and need some perspective. Perhaps we just need to get quiet so we can change the course of action. In this series, we are giving ourselves a "time out" and we are sending ourselves to the Prayer Chair.

This will be a time for letting go of the things we do not need that are weighing us down, sometimes known as "confession, assurance, and petition." These three ways of reconnecting with God are ancient and just make so much sense.

In confession, we let go of regret about the past—unburdening our hearts. Then we remember the promise and assurance that God will never abandon us, no matter what, even when sometimes we are the ones who have been distant.

And in petitions, we let go of worry about the things we cannot control and worry about the future—giving it all to the loving God who holds us close and rocks us gently.

My hope is that you will also designate a prayer chair at home and find time each day to give yourself a “time-out in your Prayer Chair” to let go, remember God’s presence, and ask God to hold all those you hold dear.

So let’s just start with some silence... and it’s OK not to try to find words to fill that silence in your head. And it’s OK if thoughts won’t quiet down. Just find a stillness, perhaps calling your attention to your feet on the floor or your hands in your lap and your breath in and out. There is nothing expected of you now. There is nowhere to go, nowhere to be. This stillness, this being, is enough.

2128 (verse 2)  
Center

*Come and Find the Quiet*

***Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, touches base  
Making space within our thinking, lifting shades to show the sun,  
Raising courage when we’re shrinking, finding scope for faith begun.***

For losing touch with the big picture and what’s important... forgive us.  
For the times when we’ve lived to work rather than work to live... forgive us.

Help us be truly present to you, O God.

Help us be mindful that our connection to you exists right here in the present,

and putting off time to tune in to you right now robs us  
of the deep peace and assurance you have to give.

In this moment we hear your promise:

“I am with you always.

It is never too late to make better choices.”

You do not ask us to give up our work but you invite us to simply pay attention.

We are your children, and we want to dwell with you.

We bring our petitions to you this day, O God. Here are the people and things we are worried about and yet know that we cannot control:

Lord's Prayer

**Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.**

Offering

Invitation

Offertory

*Lamb of God*  
arr. Peggy Bettcher  
Handbell Choir

+Doxology

***For time to savor God's good gifts  
For space to breathe and hearts to lift  
For ways to reach out and to give  
We offer thanks and vow to live!***

+Dedication

## Taking It Out

The final movement of our service is a time of committing to take a bit of this serenity and peace out into a busy world. We are reminded to "keep the main thing the main thing."

+Closing Song 834

*Precious Lord, Take My Hand*

+Blessing

May you know that you are worthy  
to choose the depth of the present moment.  
May you dwell in the home that is God's love.  
May you tune in to the directions of life  
that feed your spirit.

And may you be re-acquainted each day  
with an unhurried God  
who is calling you to dive deeply into love.

2128 (verse 3)

*Come and Find the Quiet Center*

**In the Spirit let us travel, open to each other's pain,  
Let our loves and fears unravel, celebrate the space we gain:  
There's a place for deepest dreaming, there's a time for heart to care,  
in the Spirit's lively scheming there is always room to spare.**

Postlude

*Gregorian March*  
Guilmant