Challenge 20 of 40

Reflection by: Dena King - Estes Park, USA

I’ve realized something about myself: nothing makes me happier than to get to the end of the day with a to-do list filled with checkmarks. It has taken me a while to realize this is something that fulfills me, but others have known it for a while. When I was dating my now-husband Elia, I remember telling my boss Dave that it was so wonderful because we had so much in common. “Oh yeah,” Dave said, “like what?” So, I told him several things about our common interests and then added, “And we’re both totally laid back.” Dave stopped. “Dena,” he said, “Nobody would say you’re laid back.” I remember being kind of shocked because I thought I had a reputation for being very easy going even though inside I was rigidly ordering what needed to be done next.

Now, as a mother, productivity is one of my biggest frustrations. It is rare that I get even half of my to-do list completed in a day. The load of laundry I began in the morning will sit in a basket on the couch at night because I was interrupted with a toddler emergency halfway through. The toy room that I spent so long picking up will be a disaster again in minutes and even though I completed a sink full of dishes it is instantly filled again. It drives me crazy! I’ve spent so many days just fighting to get a few things done.

I’ve heard so many people talk about how technology is the busyness that consumes our lives and keeps us from being still and listening to the voice of God. I know that is true for many. I certainly use it a lot, but many of us are just trying to get things done so that at the
end of the day we can say that day was a success. This is so important to me because if I can't accomplish something in a day I feel like a complete failure.

I love the verse that tells us to “Be still and know that I am God” because it is so simple and asks for so little. There are other verses that instruct us to study, to pray, to watch, etc. But I think this verse is speaking directly to me right now because, while I want to be successful and productive, what I really crave is peace. Peace from the messiness of my life and the assurance that I am a success in God’s eyes, even with my unfinished to-do’s.

I’m really excited about the One Project in San Diego. I know I’ll see lots of familiar faces and hear some excellent talks. But most of all I need the opportunity to be away and just be. I know some people are great at this, but I haven’t yet found a way to just shut out the noise and create peace at home. So, I’m looking forward to that space where I can be still and know the One.

Recalibrate

1) What keeps you from being still?

2) In what ways do you find peace?

Feel free to email us here with any thoughts, questions, or reflections you may have.
80% Full - Register Today!

Only three weeks left to register at the regular rate for the One project gathering in San Diego 2015.

The Sermon: Matt. 5-7

Reflections by:
Alex Bryan Chris Oberg Laurence Turner
Emily Whitney Ivan Williams Randy Roberts
Japhet De Oliveira John McVay John Ortberg
Dwight Nelson Karl Haffner Manny Arteaga
Tim Gillespie Michaela Lawrence Jeffery
Sam Leonor and more . . .

Registration
Register online at www.the1project.org
Email info@the1project.org; Call: 303.440.1502
Regular Rate: $190; Student Rate: $109

Accommodation
Town and Country Resort & Conventions Center ($129 per night)
Diego next February 8-9. If you are planning to join us, we encourage you to register today.

We will be focusing on the Sermon on the Mount, Matthew 5-7, with reflections by Alex Bryan, Chris Oberg, Laurence Turner, Emily Whitney, Ivan Williams, Randy Roberts, Japhet De Oliveira, John McVay, Dwight Nelson, Karl Haffner, Manny Arteaga, Tim Gillespie, Michaela Lawrence Jeffery, Sam Leonor and more. We are especially honored to include a special guest speaker, John Ortberg, who will be focusing on discipleship.

We are also offering a parallel curriculum for TOP Kids, ages 4-12, generation One for 13-17 year olds (with a special rate), and TOP Childcare for 0-3 year olds.

Following the success in Australia we are providing one extra day for free, called Reframe. We invite Pastors, theology students, and their spouses to join us as we explore the implications of Jesus. All in our congregations. We will also include a Q&A session with the One project leadership.

For more information, go to: www.the1project.org or email us directly with any questions.

the One project headquarters is located at the Boulder Seventh-day Adventist Church
345 Mapleton Ave, Boulder, CO, 80304, USA.