

# “Hitting Refresh”

Small Group Leader Equip Night | College Park Church | Oct 8, 2020

Tonight, we as Small Group Leaders are also going to get “back to basics.”

Because we have been guiding our Small Groups through a storm this year. And all of us have **regrets** and **disappointments** from this year so far that could cause us to give up. I believe that most if not all of us have **regrets** and **disappointments** that community in 2020 hasn't been what you have wanted it to be.

Friends, we need to “**hit refresh.**” Our groups need it. Our souls need it. And God's glory deserves it. Let me read us a **verse** to set the stage for us:

Phil. 3:13-14—

Brothers, I do not consider that I have made it my own [*perfection or the resurrection, that is*]. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

There is an important posture Christians have in this world: forgetting everything that will hinder our race, and straining forward toward an ultimate prize found in Christ.

March 2020 is over. August 2020 is over. September 2020 is over. And I'm here to tell us that all of those are behind us. They are gone. We are in a brand new season, where God wants to do brand new things with your group. I want everybody to take a deep breath with me, and say silently in your mind “I'm hitting refresh for my group.”

## 2 WAYS

In this moment: October 2020—we are going to “hit refresh.” Allow me to share **2 ways** that we can “hit refresh” not just to finish 2020, but to keep running till our end of seeing Christ.

1. First, “**Hitting Refresh**” in Our Lives.
2. Second, “**Hitting Refresh**” in Our Groups.

## 1. “Hitting Refresh” in Our Lives.

“It is good for me that I have been afflicted, that I may learn Your statutes.” (Ps. 119:71)

It’s the lessons David Murray learned from God through burn out that he shares in his book called “Reset”, with this subtitle “Living a Grace-Paced Life in a Burnout Culture.”

Crisis (like this year that we’ve had so far) naturally leads toward burnout. And that’s what I want us to avoid.

## 4 Areas to Refresh Ourselves

### 1–Reality

“Slow your pace or you’ll never finish the race.”<sup>1</sup> We need to take a good look at the reality of our pace in life by checking our warning lights. Here are a few of those warning lights:

#### 1) Physically:

- Are you suffering health issues,
- lacking energy,
- or finding it difficult to sleep?

#### 2) Mentally:

- Are you finding it hard to focus,
- obsessing over the same thing,
- or finding yourself drawn to negative subjects or being hypercritical of yourself or others?

#### 3) Emotionally:

- Are you feeling on the verge of tears more frequently than usual?
- Feeling pessimistic or hopeless?
- Or finding it hard to rejoice in other’s joy?

#### 4) Relationally:

- Are you slow to delight in your wife and your husband?
- Are you irritable with your children?
- Are you withdrawing from friendships?
- Or do you find yourself more frequently in conflicts with others?

#### 5) Spiritually:

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<sup>1</sup> David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 10-11.

- Are you watching movies or online videos you wouldn't have tolerated in the past?
- Are you slim in your actual meditation or application time in God's Word?
- Do you check your email or social media first thing and last thing in your day?
- Do you feel like you believe the truths of the Bible but you don't believe them for yourself?
- Are you finding it difficult to confess sin and admit your weakness to those you're accountable to?

We can ask ourselves 3 questions about this warning lights:

- 1) **How many?** How many of these boxes can we check right now?
- 2) **How deep?** How deep is that sentiment, attitude, or habit affecting our daily life?
- 3) **How long?** How long has it been going on? Days? Weeks? Months?

Let's realize the danger. And be grateful to God for awakening us to alertness before it's too late. We've got to check Reality.

## 2—Rest

"Few things are as theological as sleep. Show me your sleep pattern and I'll show you your theology, because we all preach a sermon in and by our sleep." <sup>2</sup>

We could be preaching:

- *I don't trust God with my work, my church, or my family.* Sure, I believe God is sovereign, but he needs all the help I can give him. If I don't do the work, who will?
- *I don't respect how my Creator has made me.*
- *I don't believe that the soul and body are linked.*

What sermon are you preaching with your sleep?

In case you are in a situation—like a mother of small children—saying, "I wish I could get more sleep!" Rest assured, that there are ways you can as well.

- First, realize you might be in a special short season where your sleep is impinged on.
- But second, engage a healthy routine (as best as you can) and engage the family to cooperate for what you can make work: Shona Murray mentions having a family noise curfew at 10pm (*Refresh*, p.61).

How are you going to increase your rest this fall?

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<sup>2</sup> David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 55.

### 3—Refuel

David Murray tells us something obvious that we don't usually pay attention to: Activities can either **drain** our energy or **refill** our tanks. He calls these “**Fillers**” and “**Drainers**”.

Here are some of his:

Fillers	Drainers
<p><i>Bible reading and prayer; fishing; reading (mainly biographies and nonfiction from the bestseller lists); time with my wife and family; good food; writing; the gym; rivers, lakes, and oceans; preaching; political journalism; lectures that go well; close friends; seeing someone converted; growth in God's people; gratitude; laughter; etc.</i></p>	<p><i>Meetings; pastoral visitation; conflict; criticism; fear/anxiety; counseling; busyness; overcommitment; staying in hotels; conferences; socializing; late nights; talk radio; lectures that flop; email; dwelling on the failings of Christians; negativity; administration; etc.</i></p>

What are your Fillers and Drainers?

We need to realize that “every activity, no matter how small or short, has some impact on me”<sup>3</sup> As another author put it:

“It’s not the big things but a thousand small things: This one little conversation, this one extra phone call, this one quick meeting, what can it cost? But it does cost, it drains yet another drop of our life.”<sup>4</sup>

What do we do?

- We can list our Fillers and Drainers
  - o Including recognizing that some could go on both lists!
- We need to fight to keep some Drainers to a minimum
  - o Even though we realize that some Drainers are an unavoidable and important part of our calling—but we need to make sure to offset them with Fillers so we don’t crash.
- And remember, that some seasons may be particularly draining: like grieving a death or doing through a global pandemic. So extraspecial care needs to be taken in these seasons to rejuvenate ourselves with God’s good gifts.

How are you going to set yourself up in your Fillers and Drainers in Fall 2020?

<sup>3</sup> David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 153.

<sup>4</sup> Brady Boyd, *Addicted to Busy: Recovery for the Rushed Soul* (Colorado Springs: David C. Cook, 2014), Kindle edition, loc. 57, quoted in David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 153.

#### 4—Relate:

Murray's advice<sup>5</sup> to “hit refresh” on our 2 most important relationships: With God and with our Spouse.

With God
<i>Guarded Time</i> —keeping your daily appointment with God
<i>Undistracted Mind</i> —Not checking our smartphone before we spend time with God
<i>Vocal Prayers</i> —praying out loud to help clarity and focus
<i>Varied Devotions</i> —Reading both OT and NT with variety in order to get a full picture of God and to keep this time fresh
<i>Good Sleep</i> —Gaining energy for time with God bc of sleep
<i>Christ-Centered Sermons</i> —listening to sermons to be refreshed and stimulated toward God
<i>Christ-Centered Books</i> —Finding books that draw your toward meditating on God and godly living
<i>“Selfish” Reading</i> —Reading a book exclusively for my own soul (not for a ministry, etc.)
<i>Daily Reminders</i> —Link regular daily habits with prayer or meditation (like when I take a coffee break, I pray; or when I stand in a line, I memorize a verse)

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<sup>5</sup> David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 158-164.

Columnist David Brooks has researched , “Marital happiness is far more important than anything else in determining personal well-being. If you have a successful marriage, it doesn’t matter how many professional setbacks you endure, you will be reasonably happy.”<sup>6</sup>

<b>With Spouse</b>
<i>Best Friends</i> —Do you enjoy your spouse’s company more than anyone else?
<i>Spiritual Fellowship</i> —Are you often talking about what God is doing in your lives?
<i>Regular Study</i> —Reading books about marriage or how to grow together
<i>Agreed Roles</i> —Regularly discussing who is responsible for what in order to avoid frustration or confusion
<i>Quantity Time and Quality Time</i> —Limiting work commitments, taking vacations, and setting the regular habit of family time at dinner, etc.
<i>Frequent Communication</i> —Catching up about your days almost daily
<i>Full Accountability</i> —Sharing devices, internet history, bank accounts, with nothing off limits
<i>Same Bedtime</i> —sharing bedtime and even praying together before bed
<i>Vital Vocabulary</i> —“The most important words in any marriage are: <i>please, thank you, I’m sorry, I forgive you, and I love you.</i> We try to say them as often as we can.”

We can’t expect our lives or leadership to thrive if our marriage is withering.

How are you going to relate to God or your spouse better for your health and God’s glory this fall?

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<sup>6</sup> David Brooks, “The Sandra Bullock Trade,” *The New York Times*, quoted in David Murray, *Reset: Living a Grace-Paced Life in a Burnout Culture*, (Wheaton, Ill.: Crossway, 2017), 161.

## 2. “Hitting refresh” in our groups

How is your group doing right now? Do you feel like your group is really finding hope together? Or just limping along?

### 1—Christ-Centered Focus on the Word

- Are you discussing the sermons right now in a way that helps your group first look to God and not just to their experiences this past week?

If your group is struggling to really look to God and his agenda for us—get back to this basic this fall.

### 2—Intentionally Invasive

-Are you asking the “2<sup>nd</sup> question” of the people in your group?

If you ask them how their kids’ schooling is going and they say: “Oh, it’s rough, but they’re doing fine.” Do you go deeper? If you don’t think that you’re getting at the heart of what your brothers and sisters are facing so that you can apply redemptive power there—get back to this basic this fall.

### 3—Living Life Together

-Are you figuring out how to connect outside of the group gathering?

Now this one is probably the most challenging for us as we continue to navigate COVID restrictions. But remember: Your group is a community, it’s relationships, it’s not just a meeting that happens a couple times a month. If you need to figure out ways to connect with group members and share your life with them outside of the gatherings—this is your basic to get back to for the fall.

### 4—Outward Oriented

Are you encouraging one another to reach out to non-believers in your lives? Are you praying for one another to have opportunities to share the gospel and live out a godly witness? This is a challenging season for this as well. But it may be that God is calling you to talk through what this looks like through your lives this fall.

A comment from John Piper about our verse in Phil. 3:

“We’re gonna win this race. We’re gonna get the crown. Not because we are great runners, but because Christ Jesus has made us his own [Phil. 3:12]. Therefore we run.”<sup>7</sup>

Let’s “hit refresh” and run forward together this fall.

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<sup>7</sup> John Piper, Look at the Book, Philippians 3:11-14 Run Hard for Your Reward: <https://www.desiringgod.org/labs/run-hard-for-your-reward>