

Odyssey

Introduction: Go Outside...

Thanks for joining us this week. Adventure and renewal await us! No matter how you have arrived for this journey (tired, stressed, overjoyed), we believe that the time will be filled with *challenges* and *reminders* along the way.

Challenged & Reminded

Forgetting the simple truth that we are not self-made and all sufficient tops the list of issues that plague us. One *challenge* this week comes from moving closer to our limitations in body and mind. As we stand on the precipice of our abilities, we are *reminded* by the Spirit of God that we truly need something that eludes our grasp: *rest for our souls*.

This runs counter to our experiences in this technological, consumeristic, therapeutic day and age. If not goods and services, there are gadgets everywhere promising to make our life better. The slightest twinge of hunger pang sends us into the marketplace (Christian or otherwise) looking for solutions. While temporarily helpful, these solutions for sale don't hold ultimate answers.

Rest for our souls isn't something we can manufacture. Rest for our souls comes from communing with God. That is possible only through Jesus Christ. The nature of that reconnection requires that we face our lack, our limitations. It requires confession. It requires that we go outside of our normal confines. Few places on earth reveal the edges of our resources better than the physical and mental challenge in the wilderness.

Surrounded by untamed beauty, we are *reminded* of the reality of God. God is ultimately beyond our grasp. God is closer than the air we breathe. We are drawn in while our self-sufficiency is *challenged*. In this rugged landscape, we see nature living in balance and harmony; there are creatures large and small dependent upon God.

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.
(Matthew 6:25-26)

Finding a simpler way of life keeps our hearts open to the Spirit of God. The Spirit highlights our limitations and our limitless source in Christ. Throughout this week, you will hopefully experience both.

*Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth! (Psalm 46:10)*

The Hebrew word for "know" implies experience: *yada*. To know means to have a firsthand experience of that which is known; knowledge isn't simply mental ascent to abstract propositions. As we slow down and linger on the edge of our self-sufficiency, hopefully we will *experience* God as the exalted Lord of our life. He is not only our

savior who brings rest for our souls. Jesus is the Lord who *sustains* our rested souls throughout eternity.

He must increase; I must decrease. (John 3:30)

Better days

Better days are possible because Christ brought rest to our souls and increasingly rules every aspect of our life. Our mission at BetterDays is rooted in this truth. As such, the time spent at Odyssey is intended to make this truth come alive.

*The LORD of hosts is with us;
the God of Jacob is our fortress.* (Psalm 46:11)

Glad you are on this trail with us...
Chad