

Greetings Open Bible family, friends and loved ones,

As I was walking through the parking lot the other day, I saw the daughter of a friend of mine. She went to school with my youngest son, Luke. She is always so happy and positive (her family are believers) and she always greets me with the biggest smile. Today was no different and I asked her how she was doing. She looked at me with that beautiful smile and said, "Tired!" I laughed and told her I resembled that statement.

She is nineteen (19) years old and getting ready to go back to college and she has had such a busy summer with work and family. She is just a young'un, and she is tired? I have found, more and more, many of our young people are putting themselves in dangerous places by not knowing when to rest. I have learned that our culture and society places such high esteem on staying busy. One must not be accomplishing much if they are not busy. To rest is not allowed in our vocabulary let alone life routine.

In fact, when I put together last week's newsletter and had my son, Caleb, proofread it, I could tell that he had something to share more than usual. He told me how he thought I was addressing the need to rest as I referred to Simone Bile's physical and mental health breakdown that caused her to withdraw from the Olympic Gymnastic competition. Then he said, "Dad, you should do a newsletter on the importance of rest." Low and behold this past week as I was prepping for my next sermon (Life on the Vine 3 – Connecting With the World), I came across this random read.

This was written by a mom (Misty Star Whittington Robertson) regarding a conversation she had with her then eight (8) year old son. She writes: The whole world paused this morning. Do you know why? Because an 8 year old's tank was empty.

The boys had already started their school day at their desks, and I was preparing to leave for work when I noticed my littlest standing in the bathroom wiping his face. I paused at the door and asked if he was okay. He looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head. So, I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled. He cried into my chest and I held tight. I asked if he could feel my love filling him up? A nod, and tears stopped...

I waited a minute... 'Has it reached your toes yet?' He shook his head no...

'Okay man. We will take as long as you need. Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?' \*nods\* One more minute... 'Is your heart full of mamas love now?' 'Yeah...' \*looks in his eyes\* 'I see it shining in there, you're full to the top, and you're smiling!'

She concludes by saying, "You may not be 8 - you may be 28, 38, 48 or whatever- but ALL of us run on empty just like he did. His week was so busy and so full and his little soul was just dry! We all have to pause and take a moment to refill with the good things. Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no

reason why. Take a moment. Refill. It's the most important part of your day!"

Pause and Refill. Take a moment. Pause and Refill. Let these words sink into the depths of your soul. I was raised to work. Everything I do is focused on busyness and work. If I am not busy, I feel as if I am not being productive. I truly believe this mindset is pretty prevalent in the Bay Area among Silicon Valley, as in the past few months, many of my conversations with people have involved being busy and tired.

Maybe I am wrong, but it seems the definition and level of tired has changed so much in the past few years. It used to mean that being tired required a nap and maybe an earlier bedtime for a while until your body caught up with your life and then you went right back into your routine of running yourself ragged.

But that is not the way it is today. It seems, being tired is affecting us in deeper and in more unhealthy ways. Being tired today screams from areas of not only physical exhaustion but also emotional and mental exhaustion. Places where a nap and or an earlier bedtime just won't cut it. Especially coming out of COVID this past year, many of my peers are taking 3-month sabbaticals. Staying out of the office and the pulpit so they can focus on something else in order to effectively refill so they can navigate the rigors of life when they come back with a refreshed attitude and mind. Honestly, for me, a three-month break sounds pretty enticing.

Burnout and stress are huge mental health issues many people are facing today. Much of the time we are buried deep into our busy schedules we don't even realize the toll it is taking on our bodies until it is almost too late. Phrases like overwhelmed, stressed out, snapped, done just done, come to mind when referring to the strain of carrying such a heavy workload.

What does the Bible say about this? One thought that comes immediately to my mind, centers around the Creation. Remember the story? God created everything in six (6) days and then on the 7th day, He rested. He rested... If almighty God needed to rest after six (6) days of work, then what makes me think I can do what I do and not rest? God is adamant that we take care of ourselves, and He showed us one way how we can do this and that is to rest.

God truly wants us to know our own limits and to take care of our physical, mental and emotional health because no one else will do this for you. How can we do this the most efficient way without having to shut down for several weeks or a month? Just like we plan out our day we have to plan our down time. I tried this several years ago and I was too busy to stop. My "downtime" consisted of a few moments alone in the car as I sped off to my next appointment. And I wondered why that didn't help.

God specifically called the Israelites to a day of rest. In Exodus 31, we read how adamant God was about the Israelites taking this day of rest. "Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. 15 For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the Lord. Whoever does any work on the Sabbath day is to be put to death. 16 The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. 17 It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed." Put to death? Wow, sounds like God is serious about our rest time. I can remember trying to put the boys down for their nap and almost having a wrestling match to get them to lay down. Why, because they needed their rest. Why does this upset God so much that He

threatens us within an inch of our lives? Because we need our rest.

Now I try and plan 30 to 60 minutes in my day, every day, where I can pause and refill. During this time, I try and spend time reading my devotions, praying, meditating and spending time in His presence. I have been doing a great job being consistent but find myself trying to rush if I have an especially busy day planned (go figure). It defeats the purpose of the whole exercise/practice if I can't pause for a few moments before I face my day.

What I need to do better is, taking my day off more consistently without interrupting my rest to do work. I also need to do a better job of using all of my vacation days. Every year, I find myself only taking about a third of the days allotted to me. Days off and vacation days are given for a reason. They are given so we can take better care of ourselves. Pause and Refill. Take a moment. Reflect, meditate, worship, recharge. We need this down time.

How are you doing? Are you resting? Are you using your rest to fill-up? Are you using your time wisely? With God? With loved ones and family? Be consistent and be intentional. Your physical, mental and emotional health is on you. No one else is to blame if you are "Tired"... Please take care of yourself as there is only one you!

Taking Care of Busyness!

Pastor Duane

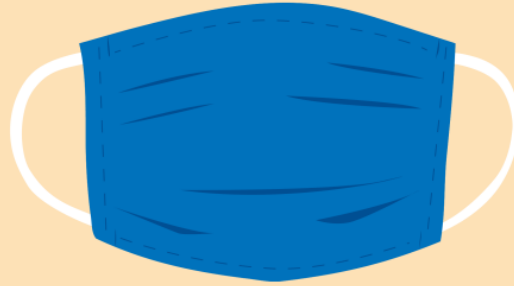
\*Just a quick note to please take a moment and see the flyer in the newsletter regarding Santa Clara County's new mask mandate.

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# Masks are required indoors regardless of vaccination status

(unless under 2 years old, medically unable, or hearing impaired)



Face coverings are not required when actively performing an activity that cannot be done while wearing a face covering (e.g., actively eating or drinking, swimming or showering in a fitness facility, or obtaining a medical or cosmetic service requiring removal of a face covering)



[sccfreevax.org](http://sccfreevax.org)



## GATHERING INDOORS:

We are gathering indoors, every Sunday at 9:30am

- Come Early!
- Come ready to Worship!
- Come ready to Receive the Word!
- Come ready to Give Generously!
- Come ready to see Friends & Loved Ones!

Open Bible Church

SAN JOSE OPEN BIBLE CHURCH

JOIN US AS WE GATHER INDOORS FOR OUR

# SUNDAY SERVICE

PASTOR DUANE SAYRE

SERVICE BEGINS AT 9:30AM

## SERMON SERIES:

Please join us this Sunday, August 8th, at



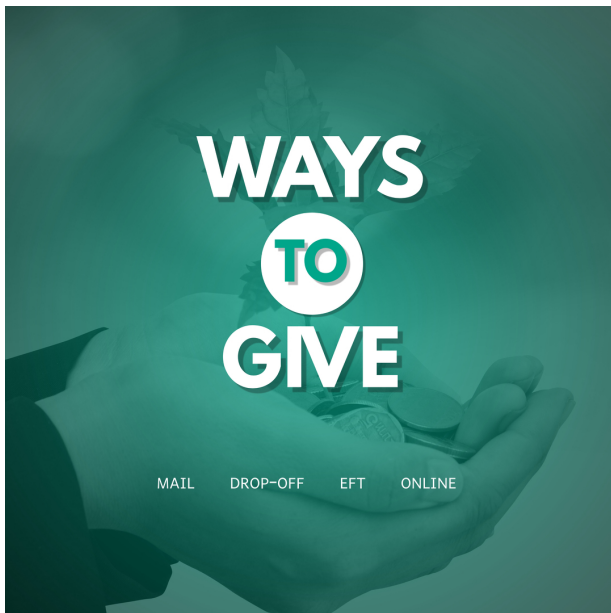
**"Life On The Vine"**  
*Connecting With The World*  
John 15:18-25

**"GIVING" QR CODE:**

**Giving couldn't get any easier!**

- Simply click on your phone's camera and then aim at the code on the right
- Once you see a new window appear at the top of your screen, click on that window
- It will bring you directly to the "Giving" page on: [www.sjobc.com](http://www.sjobc.com)

**Thank you all for your continued support!!**



**GIVING:**

Every week we encourage you to be faithful in your giving. You can give four different ways:

- You can mail your gifts to the church
- You can bring them by and drop them in the mail slot
- You can give directly through your bank by setting up an EFT (Electronic Funds Transfer)
- You can give online through our church website: [www.sjobc.com](http://www.sjobc.com)

**TEXT IN CHURCH:**

A easy way for us to connect and keep everyone in the loop with what's happening at San Jose Open Bible Church

 **TEXT IN CHURCH**

Please text **Connect** to:  
**(408) 547-4911**

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