

FBC TODAY

U N L E A S H I N G T H E G O S P E L

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Sundays 8:45am / 11:15am

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| Physical |

Sundays 9:00am

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For Ages 3 to 12
(Preschool to std 6)
Physical Classes
8:45am / 11:15am

We are Humans, not Machine

This is a reflection on John Mark Comer's book *The Ruthless Elimination of Hurry* and Matthew Walker's book *Why We Sleep*. It will quote quite a big chunk of the helpful writings from the books.

I'm hoping this compilation can convince many of you that resting is designed by God. Resting is not sinful. There is a tendency for us to glorify busyness, and efficiency at the expense of rest, and



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efficiency at the expense of rest, and glorify losing sleep. Walker writes about the increasing loss of sleep: "Back in 1942, a survey indicated that just 8 percent of the population of the United States slept six hours or less a night. Now, almost 25 percent of American adults do... In the UK and Japan, for example, 39 and 66 percent, respectively, of all adults report sleeping fewer than seven hours." Ancient people used to use the sunrise and sunset as an indicator if we should work or start resting, Comer writes:



But the clock changed all that: it created artificial time—the slog of the nine-to-five all year long. We stopped listening to our bodies and started rising when our alarms droned their oppressive siren—not when our bodies were done resting. We became more efficient, yes, but also more machine, less human being

When the sun set our rhythms of work and rest, it did so under the control of God; but the clock is under the control of the employer, a far more demanding master.

My dad still talks about what a big deal it was when 7-Eleven came to town—the first chain store to stay open seven days a week. And until 11 p.m.! In one generation, Sunday evolved from a day of rest and worship to a day to buy more crap we don't need, run errands, eat out, or just get a jump-start on our work for the week ahead.

muscle, and we can exercise it to its full potential. But no matter how much I read or study or how many degrees I pursue, I will simply never have the intelligence of many of the people I most look up to. This is a fairly significant limitation.

3. Our giftings. On a similar note as above, I will simply never have the giftings of many of the people I most look up to. Comparison just eats away at our joy, doesn't it? Whatever your thing is—parenting, painting, music, entrepreneurship, origami—whatever—there will always be somebody better at it than you. Always. Stings, doesn't it? But why should it? What is it about the human condition that makes it well-nigh impossible for many of us to celebrate both those who are more gifted than we are and our own best work? When did the standard for success become a celebrity's magnum opus, not our own sweat and tears?

4. Our personalities and emotional wiring. We have only so much capacity. I'm an introvert. I'm actually deeply relational, but my relational plate is small. I'm also melancholy by nature. I hate to admit it, but some people have a lot more capacity than I do. They can relate to more people, carry more responsibility, handle more stress, work more hours, lead more people, and so on, than I could ever dream of. Even the best version of me can't do it all.

5. Our families of origin. None of us start with a blank slate. Some of us start with a leg up in life. Others of us walk with a limp from our early years. A mother wound. An absent father. Nominal or nonexistent faith in our parents. Generational poverty. Our families set some limits on our lives before we even come out of the womb.

6. Our socioeconomic origins. America is built around the myth of a classless society. A myth that conceals a deep well of injustice. The truth is, even in our land of opportunity, some people just have more opportunity than others. One of the great tragedies of America is that privilege is all too often (if not usually) connected to the color of your skin. If you're like me—white, male, middle class—you realize after a while that you started the game from third base; some of your friends started in the parking lot. The game was rigged in your favor. But

There's so much to do, so little time. How do we solve this problem? Comer answers:

Hint: the solution isn't more time

We have limitations. Lots of them. The limitations include but are not, well, limited to these:

1. Our bodies. As I said, unlike Luke Skywalker, we can be in only one place at a time. Hence the rub on limitations.

2. Our minds. We can only "know in part," as Paul once said, and the problem is, we don't know what we don't know. Nobody is an encyclopedia. We all miss things. As the saying goes, "My people are destroyed from lack of knowledge." What we don't know often can and will hurt us. Our IQs, which are not the same across the board, also limit us. Yes, the mind is much like a



We are humans, we are not machines. We have limitations, we cannot achieve whatever we want to, we have limitations placed on us by God.

I was born a female, there's nothing I can do to change my gender and be as physically strong as a male. I was born with a certain amount of IQ (when I met JPA scholars I realise they learn things faster naturally that I can't do without losing rest or my social life). My psychological and biological limitations mean that I am susceptible to digital addiction, so I turn off notifications of addictive apps. There might be some of you who are stronger than me, but I know I am weak, so I need to resort to this. I do it so I can decrease what the outside news is telling me about what matters. Rather I am wrestling to turn to God for what He has to say about the world and what truly matters.

I'm still trying to learn to rest without feeling guilty at the apparent "unproductiveness". I think filling in that space with God's reassuring words and responding in prayer is healing, and that relaxing activities that help me appreciate God's creation are also good, not that I'm doing that perfectly yet, but I hope that some of you can join in on this journey of resting in God.

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Psalm 4:8

In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.

Accept that God made us humans who require rest, not machines that never rest. I pray that this fact brings you some peace.



Written and Compiled by Toh Kai Xian

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PrayerSpotlight

Prayer for Kapatid Ministry

The ongoing preparation for the celebration of Kapatid Ministry's 20th Anniversary in October.

Pray for the planning and preparation for upcoming Mission Trips of members of 2 partner Churches, one from Sitiawan this coming August, and another from Canada (a Filipino Congregation) this coming October or November.

Please pray for God's provision to children's enrolment needs as classes for the upcoming school year (2023-2024), will start in August. Pray for their safety in going to schools and going back to their homes.

Also pray for God's provision for our Feeding Program. Many had applied so they can avail of any financial assistance we can give, and can start their feeding program with the goal of planting a Church in their targeted area.

Prayer for 13 August from NECF Fast and Prayer 2023

Lord Jesus, wake us in Your Spirit if we have fallen asleep at this moment when we are supposed to stay alert to be ready to serve Your purposes. Keep us away from worthless distractions and let our minds and spirits be filled by Your awesomeness. Amen.

Pray that God would anoint those who minister among widows and that the widows would experience God's gentle touch with emotional and physical healing. Pray that they will be able to break free from their financial shortages, and find means to support themselves and their families.

The poverty rate in Malaysia has improved from 7.6% in 2016 to 5.6% in 2019 (as per the revised Poverty Line Income in 2019) with a hardcore poverty rate of 0.4%. Sabah remains the poorest state with 25.3% of the population living under the Poverty Line, followed by Kelantan (21.2%) and Sarawak (12.9%) in the 2020 statistics. Pray for political will for the federal and state governments to implement appropriate advancement and development policies and work closely with the private sector to identify the underlying factors in order to reduce poverty in the country.

