



May 4-5, 2024
Exodus 20:8-11



**THRIV'ERA
PRESENT**

As image bearers of the Divine, we are called to be fully present and mindful human beings. We thrive in the present as people who practice sabbath rituals by seeking margin, welcoming silence, pausing to listen, acknowledging liminal space, and learning to immerse in what each moment has to teach.

WORSHIP THIS WEEKEND

O Worship the King (9:00 am only)

Open Up the Heavens

Rest On Us

Message: Paul Dean

Come as You Are

Thin Space

Go as a present child of God,
bringing some good to each moment,
something better to each day,
and our best to each other.

JOIN US FOR WORSHIP

Thriv'era Sermon Series

If you would like to access small group study guide resources for this sermon, visit popmn.org/worship/downloads/

JOIN US FOR COMMUNITY

Mens' Ministry Pre-Mother's Day Breakfast

Join Men's Ministry in the Community Room on **Sunday, May 5** as they serve their last breakfast for the season in honor of all mothers ... and all mothers eat free!

Transition Blog

Visit our Transition Blog for updates related to leadership transitions: popmn.org/category/transition-blog

JOIN US MOVING FORWARD

We're excited to begin the search for a **Pastor of Spiritual Formation**. If you know of someone who may be interested, email callcommitteespiritualformation@popmn.org

JOIN US IN GENEROSITY

Your gift supports mission and ministry. Thank you!



Connect With Us

We are here to love God and all people by being the heart, hands and feet of Jesus in the world so that all might know that they are loved. We are an open and affirming church. We value growing a relationship with God and with each other, and showing up for people in need in this community and beyond. **Welcome to Prince of Peace Lutheran Church!**



Connect with Prince of Peace! Scan here to join our mailing list and find ways to get involved.



Scan here to connect with the Prince of Peace **Children's and Family Ministry** team.



Scan here to make a **prayer request** or to have a member of the Spiritual Care Team contact you.

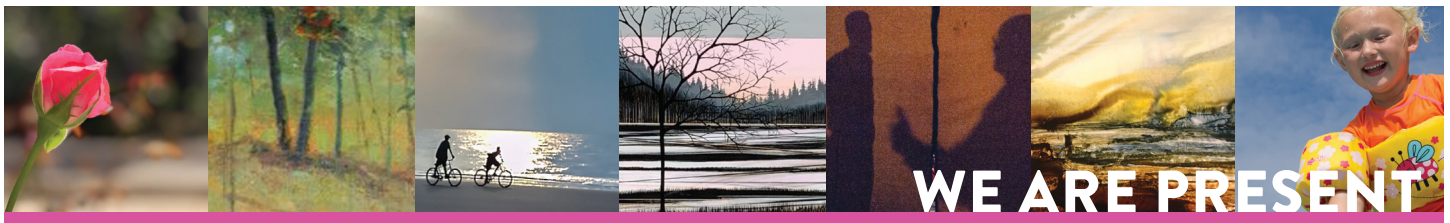
Adapted from Paul Gauche's book "Welcome the Seasons | Thriv'era":

"Silence is not the absence of something, but the presence of everything." So says Gordon Hempton, the founder of One Square Inch of Silence, an independent research project in the Hoh Rain Forest of Olympic National Park in Washington State. This area is widely regarded as one of the most pristine, untouched, and ecologically diverse environments in the United States. Listen to the stunning recording of the "presence of everything" at onesquareinch.org.

If you close your eyes and listen to the environment around you, and you will notice the lack of true quiet. Lawnmowers, traffic, road construction and airplanes have become part of the ambient sound around us. There is so much noise in our lives that we rarely hear the "silence" Gordon recorded.

In addition to ambient sound, our phones ring, ping and buzz all the time, interrupting in-person interactions and conversations. Visual over-stimulation also keeps us from being truly present. Consider the prevalence of screens – on your television, on your phone, in restaurants, in your car, on gas station pumps and billboards and so many other places. There are 24-hour news stations that never let us rest. And then there are our calendars – increasingly overflowing to-do lists of tasks and meetings and work that never ends, seeping into what once was supposed to be our personal lives.

How do we as a community learn to be present with ourselves, with God, with each other in a world like this one?



Adapted from Paul Dean's sermon:

We are a distracted people. Being fully present with God and one another takes effort. Our culture pushes us to find our value in what and how much we produce, but being present with God is not about producing anything. It's about slowing down and creating space to be intentionally in the moment.

Years ago, as my wife and I were mired in daily tasks, she came up with an idea called "the 20-second hug." When we saw each other after work, we'd take 20 seconds for a hug. There were two rules. First, it was just a hug. Second, we had to be present for that entire 20 seconds.

It was a bit weird at first; 20 seconds can seem like a long time. But eventually that simple practice changed everything. That 20 seconds turned into longer conversations. It began to change how we were present with our kids. We started to talk about things other than schedules and details. We created space for each other as the 20 seconds turned into minutes, and more minutes, and more minutes. We learned that when we created space for each other, we filled it with presence.

The same is true with God. Create a space for God, and God will fill it. If you don't already have a practice that helps you be present with God, try a 20-second hug. Try this: write down any Bible verse that is short enough to say in 20 seconds and put it somewhere you can access it frequently throughout your day. Then, throughout your day, find 20-second pockets of time to be fully present while you read it. Here are some examples of 20-second verses:

Psalm 23:1-4 *The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff, they comfort me.*

Romans 8:38-39 *For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord.*

Psalm 46:1-3 *God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea, though its waters roar and foam, though the mountains tremble with its tumult.*