

ONWARD

from the desk of Chris Greer



Hey . Chris here with a question for you (surprise, surprise!). ☐

What do you think it means to “come to Jesus?”

In my faith tradition, “come to Jesus” meant to turn to God for salvation and trust your life to his lordship. You know, the *big* stuff of faith.

But, you know what? Right now, it’s the “small” stuff I struggle with most.

When I’m stressed or in a hurry, I become annoyed and impatient. In the cracks of everyday life, my anger flares and I act and speak unkindly. I too often mutter the very words I teach my children *not* to say.

It’s a kind of unholiness that doesn’t affect strangers. But it affects me and those I love. And I’m not content to stay here.

It’s time for a “Come to Jesus” meetin’, and I’ve got a simple idea that just might help me – and you – get unstuck and keep moving onward.

quote of the week

“If we can learn how to spend an ordinary day with our minds set on things above, we will have learned one of the most important spiritual exercises in the Christian life.”

— James Bryan Smith

I recently led a men’s retreat that focused on Matthew 11:28: “Jesus said, ‘Come to me all you who are weary and carry heavy burdens, and I will give you rest.’”

I told the guys that I this is more than a broad spiritual invitation to salvation.

Jesus invites us to come to him in every moment, particularly when we’re stressed, tired, tempted, and angry (or hungry, if you’re like me).

Jesus’ invitation is designed to transform your daily life, not just provide for your everlasting one.

So I borrowed an idea from my friends at [SeekWell.org](https://www.seekwell.org) and designed a simple tool to help me come to Jesus when I lose my cool, feel the pressure, or want to give in to being *unlike* Christ.

P.R.A.Y.

P.R.A.Y. is the acronym I use to help me come to Jesus in any, and every, moment.

It's not rocket science, but it's proving helpful. I hope it helps you too. Here it is...

P is for **Pay attention.**

When stress, frustration, or anger arise, I *pay attention personally and interpersonally.*

I work hard to look below the surface to notice two things: What am I *really* feeling, wanting, and needing? And what is the person (or people) I'm with *really* feeling, wanting, or needing?

R is for **Resist Reaction.**

As you gather your wits and pay attention, *resist the urge to just react reflexively.*

Hit "pause", take a deep breath, and hold your words and actions until you *ask.*

A is for **Ask.**

In the moment, *Ask Jesus to help you come to him.*

Recognize God's love, his presence, and his desire for your growth and good. Open to the Holy Spirit so he can act in you.

Y is for **Yield.**

Yield to God, and do what he asks.

When you sense the Spirit leading, do whatever he asks. No matter how difficult.

, I'm not going to lie: This stuff is hard work. I try and fail at it daily! But it's not worth *not* trying it.

The more we come to Jesus moment by moment (P.R.A.Y.), the more cognizant we'll become of God's ever-presence, the more ably we'll walk by the Spirit's leading, and the better we'll love others in each and every moment.

Onward,

Chris

dad joke of the week

Two goldfish are in a tank. One says to the other, "Do you know how to drive this thing?"

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