

JANUARY 7TH, 2020

# Journey Enews

## Things to Know:

Tuesday Night Men's Group will resume meeting Tuesday, January 7th @ The Burley Market & Cafe at 5 PM.

Join us this weekend as we continue our series called "Little Big Words"

Journey Community Christian Church  
Service Times:  
Saturday @ 6 PM  
Sunday @ 10:30 AM

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## Motion Sickness

Are you the one? Were you the kid who always got sick riding in the back seat of the family car? Were you the one who sat on a bench at the amusement park while your friends rode everything that went around and around? While I have never been sick from riding in a car, I must admit, those spinning teacups at the county fair turned me green. Everyone needs to know their limits. I guess I don't do circles.

With the launching of a new year, everyone is quickly making plans to change a few things; maybe tweak this or that. Our diets, sleeping habits, spending habits, and time with technology will be carefully scrutinized in search of a more stable balance this year. I thought I might share a few of my own thoughts on the subject.

This idea about our tummies going topsy turvy got me thinking about life in general. We are certain to encounter unexpected ups and downs this year. Life is never static. It is always in motion, like a ride at the amusement park. How might we prepare for that?

Like people with motion sickness who take dramamine before a long trip, what might we practice in 2020 to stabilize our journey this year? Here's the one obvious solution which I have found helps me remain more stable through twists and turns of life — pray more.

In my view this *praying more* stabilizer has nothing to do with the number of words, location, or time of day we're praying. In my experience, whenever I've had an upset stomach from some form of motion sickness, all that mattered was getting a little relief. I didn't care in the least which pharmacy we visited for Pepto-Bismol or which park bench I might lay down on until my stomach settled again.

When everyday life in 2020 has shaken you around too much for your own good, *pray more*. Here is the way Jesus described it once: "Come to me, all you who are weary and burdened, and I will give you rest." *Matthew 11:28 NIV*

When your equilibrium has been thrown a curve ball by whatever might happen this year, let Jesus know about it. He says it's ok to not be ok. I think it is wise to know our limits at the amusement park as well as in life. It is kinda weird but true, nonetheless; if we spin fast enough and go up and down enough times, even those with an iron stomach begin to look a little green.

In the same way motion sickness can eventually get to every one of us, so can life. Stay connected and always let Jesus know how you are feeling. When your stomach is churning this year, maybe this little reminder can help.

We are better together.

Moving Forward.  
God is Good.

*Bobby D.*



