SWEATY SHEEP MINISTRIES

Ctober Epistle I once was Lost, But Now I am found. I was Blind but now I see. –Amazing Grace

Lost in the Labyrinth...

Something miraculous happens every year in October, God paints the trails magnificent hues of oranges, reds, and yellows. A fall trail run presents us with the rare opportunity to get lost... on purpose! It is our chance to take wrong turns while we are engulfed in the scenery. Most the year we are a schedule oriented, training-plan focused, routine and purpose driven people (and our workouts often highlight this.) Then fall rolls in, and God reminds us that sometimes it is all right to wander, and do so knowing that every turn we take is with the companionship with our artistic creator. I walked my first Labyrinth several years back. A Labyrinth is a maze-like path that one walks in prayer, absorbed in their immediate footsteps and not the turns ahead. As a control-freak, ADHD driven runner, the thought of walking a circular maze seemed to be a torturous waste of time. See, the Labyrinth first appeared in Greek Mythology as a means of torture and within its walls lurked a monster. We often look at the unknown as torture; we like to be in control and know where we are going. In the Christian tradition, the only monster within the Labyrinth is our own mind, and we are in control over whether we succumb to its power. Deuteronomy recounts the exodus movement during which the people were lead into the wilderness out of the slavery and torment of Egyptian rule. The people did not go easily into the wilderness, they were fearful and cried out to God in fear and anger for God's taking them away from the life they knew. Despite how beautiful the trail ahead may be, we often chose to stay slaves to that which we know because the fear of the unknown is too much to bear. The Labyrinth requires that we surrender our control and accept the path of which God has laid before us; and when we do, we are taken to places of such beauty that even the leaves of the fall can not measure up. Where is God calling you to wander this month? Does the thought of sacrificing control, ditching the GPS, and living life simply focused on the most current footfall scare you? Is their a monster awaiting us in the unknown? Or, are we able to surrender to God's will as we gallivant through the trails of life, focused on the miraculous art that surrounds us, and not the monster that lies within. Wander on friends, go get lost!

Stay up to date with the Flock!

Sweaty Sheep Book Club starting Soon! Stay tuned with Facebook! Want to be involved in planning the Xmas 5k worship? Let us know!!!! Oct. 5th: Highlands Cup 5k 8am Douglas Christian Church Oct. 12th: Angel's Zoo Safari 5k for Down Syndrome Children <u>www.immaculataclassicalacademy.com</u> Oct. 12th: Chicago Marathon Worship- 2nd Presbyterian Chicago Oct. 13th: Chicago Marathon (Ryan is hosting the 3hour pace group) Oct. 19th: Louisville Marathon Expo (American turners) 6pm worship Deut. 8:14-16: Your God, who brought you out of the land of Egypt, the house of slavery; who led you through the great and terrifying wilderness with its fiery serpents and scorpions and thirsty ground. Who brought you water out of the flinty rock and fed you in the wilderness with manna that your fathers did not know, will humble and test you for your good.