

## Upcoming Training!

TDC's Training team's three new strategic projects—Core Training, Supervision Training, and Refresh Training—will help lay groundwork for a million multiplying disciplinarians, supplying them with the skill, knowledge, and heart to tell the works of God to each other and the world. You'll hear more soon! Take a moment to consider: Where do you most need to be equipped?

**boundary lines** (continued from p. 3)

So, what are we doing about it? What has God been saying?

- For years, we have held on to the truth from Psalm 16:6 that the boundary lines God has given us are pleasant. We choose to see the boundary lines of working from home, online schooling, and little or no travel as pleasant in this season.
- We try to relish these slower-paced days as a family. Both of our kids thrive in routine. We no longer drive around to multiple activities after school, and Dad is always home for dinner and bedtime. We know this won't be true forever, so we want to make the most of it—even if the kids are getting sick of family time around the table! We want our kids to know they are an important part of our family ministry, and that our whole house serves the Lord (Joshua 24:15).
- We enjoy extra time with our neighbors while we are all home. With fewer camping trips, sports activities, and vacations planned, the kids and adults in our neighborhood have spent a lot more quality time together. It's been a great time of deepening friendships and making space for meaningful conversation, including spiritual topics. We pray for many of these neighbors to know Jesus.

I don't believe it's an accident that The Navigators began focusing more on abiding in Christ just as this pandemic started. At some point, our schedules will fill up again. Our kids will resume activities. We'll earn frequent flier miles again. But for now, we strive to use this extra space to sit with Jesus, listen to and learn from Him, and soak in His Word.

Whether my boundary lines are self-drawn (early bedtimes), given to me by the Lord (a family to care for), or given to me by a state mandate (stay-at-home orders), I have the choice to view them as pleasant or not. And most days, that choice makes all the difference. ◀



*For now, we use this extra space to sit with Jesus.*

**still** (continued from p. 2)

The moments of too-many-halves are real. We're spread too thin, out of sorts, disconnected from our life-lines.

Have grace for those things. Re-center yourself on what's truly important. Listen for the deep breath of the One who loves you, guiding you to reset your boundaries and to choose sabbath instead of running so hard. Talk to your supervisor about a rhythm you can truly live.

We can be still, living it. ◀



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# upfront

Real-Life Stories and Practical Tools to Advance The Navigators Calling

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## a megadose of rhythm

by Margaret and Roy Fitzwater  
Executive Directors, Train - Develop - Care

*"The great thing about faith in God is that it keeps a man undisturbed in the midst of disturbance." Oswald Chambers*



Last week we got news we didn't want, then a few days later came another challenge we'd prefer not to deal with. Oh, life—ours and yours, no doubt! A friend commented to us, "Chaos is the new normal." We couldn't agree more!

Now, for the third time this year, we are establishing a new normal. How do we stay strong in this ever-changing environment and prepare for next week's unknown crisis?

"Rhythms" is the concept we keep working on. The middle of Matthew 11:28-30 (MSG) tells us to "learn the unforced rhythms of grace." God seems to have built life rhythms into every living creation—plants, animals, and humanity. But with us (we'll make this personal and not assume you do this too!), we always try to press the limits and ignore the rhythms we need.

We are now once again re-establishing our Life Plan, or "Rule of Life," whichever you want to call it. What are the essentials we must build in? What is optional? What determines what we say no and yes to?

*What determines what we say no and yes to?*

### The Word

We start with the foundation of our everyday time with God. Our current COVID crisis allows for less commute time and more time with Him to strengthen our souls. What a gift! Staying strong each week also means our weekly Sabbath with rest, reflection, and renewal. This gives us a chance to notice worldly thinking that might have crept in over the last few days and replace it with God's perspective. Ceasing to work for 24 hours (this is our non-legalistic goal, but the day might vary) lets us enjoy a megadose of life, His presence, and that of family and friends.

This way, we go into our week rested (the way of Adam and Eve: the first day after their creation was Sabbath, so their first action was "rest"), anticipating what He will bring each day. We go into the week wiser after reflection on the Word, journaling, etc. We understand better what God speaks to us, discerning meaning out of things that are meaningless. We see trends and strands of His work. And we often experience God moving things from our heads to our hearts. Sabbath also gives us time to play awhile—healthy for our hearts and souls.

### Clear Priorities

Though time management is important, priority management is even more important. We have a holistic plan that includes our goals for our work, faith, finances, physical and mental health, family and marriage. We also have a couple of steps to move us forward in each of these areas.

**megadose** (continued on p. 3)

## still here

by Lyndi Lee Markus  
Editor-in-Chief, *Upfront*  
Train – Develop – Care



It's fall. Crisp air now teases the evenings, the holidays keep popping up in pumpkins, leaves, and lights, and normalcy tries uncertainly to edge in—an ex-best-friend who's not sure they belong at this party.

Life has changed drastically, and... we're still living it. At first, we were just surviving. Now... thriving might be a bit too much to ask, but there has to be a way to truly *live* in this space.

I don't have a family relying on me for meals on the table or bedtime stories. My rhythms must be internally motivated, and let's face it: although at times I'm awesomely productive... sometimes I'm also inept. Sometimes I sit on my couch, half watching a show, half texting a friend, half playing a game. (Notice: too many halves. I'm clearly doing none of those things very well. All of them disengage me from being fully present.) But without those things, in those moments, the solitude and stillness I sometimes savor would thunder like a freight train.

In uncertainty and chaos, what important things have not changed? What do I say yes to?

- 1. Turn my thoughts toward Jesus.** What's the bigger story? How do I see the gospel at work right now—in my work, in my life, in my relationships? What is the Holy Spirit speaking to my heart? Can I be still and listen?
- 2. Turn my thoughts toward others.** How do I lean into relationship, truly seeing others where they are and engaging with them practically?
- 3. Have grace for myself.** We're whole people: mind, body, spirit, and emotions. How can I gently exercise each of these "muscles" with grace and intentionality, embracing both self-care and soul care?

*still* (continued on back)

## waiting on the Lord



by Jonathan Lui  
Director of Launching  
World Missions

With excitement as a new believer, I wrote to my parents in Hong Kong after my very first missions conference about quitting graduate school and going into ministry, as I had felt called to do. After a few weeks of eagerly waiting for their reply, I held their letter in my hands. They thought I was crazy to throw away my engineering degree and my future.

Immediately, I sought counsel from my church leaders. They asked me to wait on the Lord and finish my graduate study. Initially, I was disappointed with their lack of faith! But I listened and I waited. I finished graduate school and worked as an engineer. While I waited, I was disciplined on campus, and church deacons invested in me and allowed me to serve with them.

Seven years later, again with excitement, I called my parents about quitting my job, selling my house and serving as a missionary in Russia. I waited eagerly for their reply on the phone. Tears flooded my eyes when they trusted me to make the decision myself.

Looking back, I am so glad and thankful that I followed wise counsel back in 1986. After 22 years overseas in Russia, Central Asia, and East Asia, my wife, Grace, and I returned to the U.S. in 2015 and to Colorado a year later.

Now, with COVID-19, waiting is still something I (as well as all our Navigator appointees who can't proceed to their assignments) am practicing and learning. It's hard to wait on the Lord in uncertainty.

As I reflect on waiting, I think of King Saul and King David. Whether panicking, lacking trust, or not knowing what else to do, Saul plainly disobeyed Samuel, overstepped his role, and offered sacrifices only a priest was supposed to offer (1 Samuel 13).

David, first anointed by Samuel as a teenager, waited 15 years to be king over Judah, and another 7 1/2 years to be king over Israel. He had opportunities to end Saul's life and take over the kingdom. Instead, he waited on the Lord, trusting and obeying Him (2 Samuel 5:4-5).

Waiting—whether you're waiting to leave for your assignment, or waiting for chaos to settle—is not easy or comfortable. We want to show people that we are not idle. Waiting is not inaction; it is mastering your rhythm. It is a practice; steadily setting a PACE moving forward:

- Pray** - What better work can we do while waiting? Prayer redirects our focus to God; it is all about God and not about us (Philippians 4:6-7).
- Abide** - We are called to abide at all times, even more so in waiting (John 15:4).
- Community** - In times of waiting, community protects us from isolation and vulnerability to the enemy's attack. (Romans 12:4-5)
- Expectation** - Before I left for Russia, I was told that the angle between expectation and reality is the degree of disappointment. Expect the unexpected. ◀

*megadose* (continued from front)

### Alignment

We use an Ideal Week tool to help us filter what to say yes and no to, making sure our time and priorities match. This also makes space for unplanned meetings, conversations, and some non-essentials we just want to do, as well as the disruptions that come.

Some of the "interruptions" in our lives become fruitful shifts as we lean into God's agenda over ours. His ways are higher and better (Isaiah 55). Sometimes we even wonder...are the disruptions in life really the Big Agenda—His agenda for us?

These "holy" rhythms allow us to live out of an overflow of our relationship with Him, enjoying God and others, and thriving in the work He's given to us. We pray that all of us may flourish and truly experience this life without lack (Psalms 23:1). ◀

*Walk with me and work with me—  
watch how I do it. Learn the  
unforced rhythms of grace.*

*Matthew 11:29 (MSG)*

## boundary lines



by Melissa Nugent  
Director of Collegiate Placement

This spring, as the country shut down and our two kids finished their school year online, I clung to one idea: "At least things will be back to normal by the fall." Oh, how optimistic my March 2020 self was!

It's now September, and here are a few of our present realities:

- Ben's last work trip was in March, and he just scheduled his only trip for the rest of 2020. Neither of us can remember a seven-month period during our 20 years on staff with absolutely no ministry travel.
- Our fifth-grade daughter currently attends her elementary school full-time in person, while following COVID-19 protocols. Our seventh-grade son participates in a hybrid model: concurrent virtual school (meaning he sits in front of his laptop all day, with live teaching, group discussions, etc.) three days a week, and going in person two days a week.
- On a recent Zoom call with our Collegiate Leadership Team, it really hit me that six months of working remotely has taken its toll. I feel disconnected from my work colleagues and from ministry realities in general. Spending so much time at home, focused on my kids and house projects, with no opportunity for in-person meetings, has caused my focus to shift—and not in a good way.

*boundary lines* (continued on back)

## DIY: BUILD YOUR OWN RULE OF LIFE



Fascinatingly, the word for "rule" in Greek doesn't carry a sense of compulsion or law; rather, it comes from the word for "trellis." Building a Rule of Life asks the question, "What's the trellis of your life?" What practices or boundaries support your branches, lift your leaves toward the sun, and help you produce more fruit?

A rule of life is a dynamic tool we use to abide in our Vine, a tool we get to adjust as we grow.

**As you create your rule of life, remember:**

- You're a whole person, with "muscles" of mind, body, and spirit that all need to be developed.
- You're part of the big Story of the Kingdom.
- A rule of life facilitates growth in your relationships: with God, with yourself, with other people, and with your resources, to know God's love and extend it to others.

**Use these questions to craft your own dynamic Rule of Life.**

- What practices bring you closer to God, facilitating joy and connection? These can be things you currently do or areas where you desire more intentionality.
- Can you categorize these under prayer, rest, work/activity, and relationships (Scazzero)?
- How can you make this list a sustainable, ongoing plan for connection with God? Are you okay if it takes time and doesn't happen perfectly?



For more information, refer to this resource by Pete Scazzero on [emotionallyhealthy.org](http://emotionallyhealthy.org).