



PORTLAND ADVENTIST ACADEMY

TOWN HALL MEETING — Thursday, August 22nd
at 6:00pm, Sunnyside Seventh-day Adventist Church,
10501 SE Market Street, Portland, OR 97216.

URGENT prayer

- Donald Cobbs, recovery
- Kent Ewell, recovery
- Sandra and Coisha Graham, bereavement

oh
grow
up

As we come to the end of summer, several of you will be making big transitions: starting high school or going off to college. These changes will require a demonstration of increased maturity and the ability to think on your own — a march towards becoming a grown-up. It made me wonder; when do we really know we are a grown up? When does a boy know he's become a man or a girl know she's become a woman?

In some cultures there's a rite of passage from childhood into adulthood. For example, many Native American tribes sent teenage boys on a vision quest, and today the Amish send their youth on "Rumspringa," where young people spend unsupervised time away from their culture and upbringing to see and experience the world beyond. In both cases, the idea is that the child spends time alone, learns to get by unassisted, gets in tune with life's purpose, and comes back a full-fledged adult.

However for most of us there is no rite of passage, simply a birthday marking a specific age when we're legal to drive, drink or join the military. The lack of any clear distinction between being a teenager in high school and an "adult" out of high school may leave us feeling like we're still not in control of our lives. There's an authority figure somewhere with a plan: our parents, our boss, our teachers, anyone who isn't us that has more experience and a real plan. We look to our parents and friends to make our decisions for us because we're not ready to be the one holding the bag just yet — so we grow older, but we remain children.

In Numbers, chapter 14, God pronounced judgement on all of the Israelites who were 20 years old or older. He said that they would have to spend forty years wandering the wilderness until they all died. God made a distinction between the people 20 and over and the people who were under 20. The reason is that God does not hold children to the same accountability as He does adults. 1 Corinthians 13:22 says, "When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things."

So how do we move from childhood to adulthood? More importantly, how do we become a Christian adult (which comes with a lot of expectations — some biblical)? At the most basic level, *adulthood is not reaching a certain age*, ticking off boxes on a checklist, or even doing things that seem quintessentially adult (like driving a car or having children). Adulthood is confidently approaching unfamiliar situations, not because we have a solution, but because we trust that we'll be able to fumble our way to a satisfactory outcome. Christian adulthood is a journey that embraces truth and confronts the world in a brave, honest and sometimes painfully difficult way. Understanding that there is only *one* authority figure — God — and that creating a personal relationship with Him is required.

Trust me when I say there is no one who has this all figured out and none of us will ever have all of the answers; but through God the evidence will speak for itself. Life happens and as we grow older, meet new people, understand new cultures, fall in love, these moments will shape and influence the way we think about God and our faith will change. God is eternally unchanging, but our faith isn't. We see this throughout the Bible, as the Israelites had their understanding of God change based on occurrences and events that happened to them.

Ultimately, we know we're growing up when we realize that we're human, we may fail, stumble and make horrible decisions — but the difference is as Christians we have the reassurance of God's grace, mercy and love. Christian maturity is having control over our self and our life, taking action and being respectful to others no matter our difference of opinion, religion and other things that seem to outwardly divide people. Being grown up has nothing to do with age; it's a mindset of desiring to grow and become the best version of ourselves.

Sources: Llic, Aleksandar. *15 Signs You Have Become More Mature Though You Don't Even Know It*. www.lifehack.org; Lengstorf, Jason. *Are You Growing Up? Or Just Growing Older?*. www.lengstorf.com; Mattson, Stephen. *7 Things I Wish I Knew About Becoming Christian*. www.relevantmagazine.com

CONTACT THE SHARON COMMUNICATION TEAM at office@sharonchurch.comcastbiz.net or 503.287.7649



LET'S CHAT!
with Pastor D



SHARON SEVENTH-DAY ADVENTIST CHURCH

August 17, 2019

As we continue on the topic of self care. Let us review the last two points on ways to have this experience.

1. **Treat yourself.** It should be fine to do something fun for yourself without remorse or guilt.
2. **Take a break or vacation.** Taking time out can bring your body back to balance, and ease the stress of daily activities.

Now for the 3rd point:

3. **Take time to exercise.** Many individuals voice their willingness to care for their health by eating healthier or exercising. However, countless people continue to wait for tomorrow to begin. The key is to be real with yourself and stop making excuses.

I worked in a gym and was shocked when my manager called a meeting in November to discuss the new year. He wanted to prepare for "peek season," to sign up "newbies." He was referring to January. We were to target the uncommitted, new year resolution makers, who would pay for a gym membership but would really attend. The plan was simple, these unsuspecting victims would sign a contract, and their accounts would be deducted for the remaining months. The best part is that the employees would receive the bonus. I watched as his prophecy was fulfilled. Customers arrived in droves willing to sign and commit to pay for the next year or two. Some only exercised for a week and quit. Little did they know, the only thing they needed was a good running shoe, and the willingness to schedule time for exercise.

KIDS CORNER

Men of the Old Testament

AARON
ABEL
ABRAHAM
ADAM
AMOS
CAIN
DANIEL
DAVID
ELIJAH
EZEKIEL
GIDEON
GOLIATH
ISAAC
JACOB



JOB
JOEL
JONAH
JONATHAN
JOSEPH
JOSHUA
LOT
MOSES
NIMROD
NOAH
SAMSON
SAMUEL
SAUL
SOLOMON

Can you spot the 10 differences?

