

## BED ROTTING



PRESENTED TO:  
Ekklesia: March 8<sup>th</sup> 2025

## SCRIPTURE

- ❖ As for you, **you** were **dead** in your **transgressions** and **sins** (Ephesians 2:1-3)
  - in which you used to live when you followed the **ways** of this world and of the **ruler** of the kingdom of the air,
  - the **spirit** who is now at work in **those** who are **disobedient**. (Ephesians 2:2)
- ❖ All of **us** also lived among them at one time, gratifying the cravings of our **sinful nature** and following its desires and thoughts.
- ❖ Like the rest, **we** were by nature **objects of wrath**. (Ephesians 2:3)

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## SCRIPTURE

- ❖ But because of his **great love** for us, God, who is rich in **mercy** (Ephesians 2:4)
  - made us **alive** with **Christ** even when we were **dead** in transgressions — it is by **grace** you have been saved. (Ephesians 2:5)
- ❖ And **God** raised us up with Christ and seated us with him in the **heavenly realms** in Christ Jesus (Ephesians 2:6)
  - in order that in the **coming ages** he might show the incomparable **riches** of his grace,
  - expressed in his **kindness** to us in Christ Jesus. (Ephesians 2:7)

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## SCRIPTURE

- ❖ For it is by **grace** you have been saved, through **faith** — and this **not** from yourselves,
  - it is the **gift of God** — **not by works**, (Ephesians 2:8)
  - so that **no one** can boast. (Ephesians 2:9)
- ❖ For we are **God's workmanship**,
  - created in Christ Jesus to do **good works**,
  - which God prepared in advance for us to do. (Ephesians 2:8-10)

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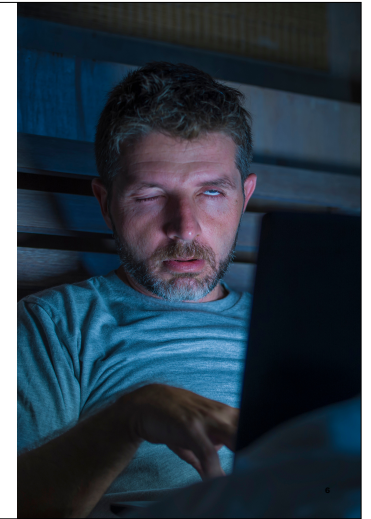
## INTRODUCTION

- ♦ Each year, **dictionary.com** releases a list of **new words** that will become a part of the **lexicon**.
- ♦ Last year, more than **1,500** words or expressions were added, the most notable of which were arguably:
  - **Barbiecore** - Wearing Barbie-doll-styled clothes.
  - **Pretty Privilege** - Having unearned and primarily unacknowledged societal advantage because you're pretty.
  - **Slow Fashion** - A movement toward eco-friendly and well-made clothing.
  - **Greedflation** - A rise in prices, rents, or the like due to retail, services, and corporate greed.
  - **Food Insecure** - Uncertain access to adequate food.



## INTRODUCTION

- ♦ But perhaps most interesting — and relevant to our lesson tonight is the new word: **bed rotting**.
- ♦ Bed rotting refers to the practice of **lying down** all day,
  - Not because one is **ailing** or other **health-related issues** but because one is engaging in the practice of ...
    - snacking,
    - bin-watching TV, or
    - surfing the internet,
  - while staying in bed—sometimes for **days**.



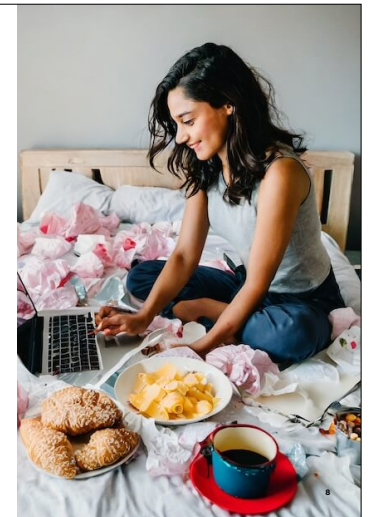
## INTRODUCTION

- ♦ **Craft practitioners** defend it as a **voluntary retreat** from activity or stress.
- ♦ It is, they say, a form of **self-care** that allows them to ...
  - **rest**,
  - **recover**, and **rejuvenate**
- ♦ after **experiencing** ...
  - **burnout**, **chronic tension**, or
  - **job-related trauma**.



## INTRODUCTION

- ♦ So, when facing **stress**,
  - Why not seek the comfort of **one's bed**?
  - Why not flee to that **one place**
    - you've come to love as a personal sanctuary,
    - a place that provides security and comfort?
- ♦ Besides, you can spend **joyous** and **indulgent** hours
  - **reading**, **watching movies**, **thumbing through Facebook** or **TikTok reels**, or **texting friends**.
- ♦ It's **self-care** and **mental health** time.





## INTRODUCTION

- ♦ Yet, **medical people** warn us of the **dangers** of being too sedentary, which can lead to obesity, cardiovascular disease, and muscle atrophy.
- ♦ **Extended time** in bed can also lead to poor posture and back problems.
- ♦ There are **mental health** risks as well.
- ♦ **Bed rotting** can lead to social isolation and loneliness as it reduces opportunities for **social interaction** and **engagement** with the outside world.



## INTRODUCTION

- ♦ Four days of **sack time** can initially provide **comfort**, but it may exacerbate feelings of depression, anxiety, stagnation, and hopelessness.
- ♦ There is also the **issue** of productivity and daily functioning.
- ♦ Spending **excessive time** in bed can disrupt **daily routines**, including sleep patterns, meal schedules, and personal hygiene.
- ♦ All of this is not good!

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## THE WINTER OF 2025

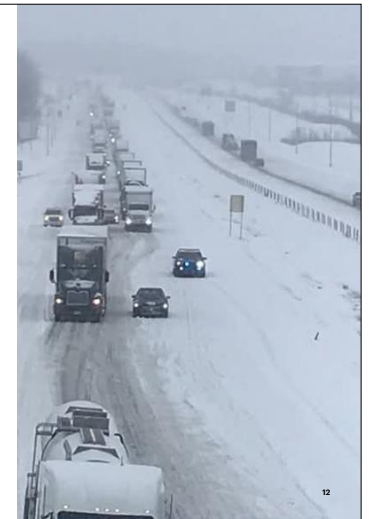
- ♦ Early in this winter season, **December** was relatively mild, featuring warmer-than-average temperatures across much of the state.
- ♦ For example, Lexington experienced several days that felt more like late **fall** than winter.
- ♦ However, **January** changed abruptly as a significant winter storm struck on the 5th and 6th.
- ♦ **Winter Storm Blair** brought a **troublesome mix** of snow, sleet, and freezing rain.
- ♦ Parts of central and northern Kentucky, especially areas along and north of I-64, experienced **heavy snowfall**, with some regions receiving over half a foot.



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## THE WINTER OF 2025

- ♦ During the peak of the **crisis**, more than 100,000 people in Kentucky and neighboring states experienced **power outages**, making travel extremely difficult.
- ♦ State police urged residents to stay home after incidents such as a trooper's vehicle being damaged on the highway.
- ♦ The **severe cold** continued, with subzero wind chills in mid-January and temperatures remaining in the 20s for several days.
- ♦ Lexington recorded a low of around **2°F** on January 9th.
- ♦ As many of you know, our house's roof sustained over \$3,000 worth of damage due to **icy water** leaking into our den.



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## THE WINTER OF 2025

- ◊ Even in **February**, we experienced **turbulent** and **soggy** conditions, reflecting the chaotic winter weather in the state.
- ◊ In mid-February 2025, **Eastern Kentucky** faced **devastating flooding** caused by prolonged **heavy rain**.
- ◊ **Rainfall totals** across the region ranged from 2 to over 6 inches, with some areas receiving as much as 7 to 9 inches.
- ◊ Additionally, a **cold front** moved in, bringing **temperatures** down to the teens, which caused much of the **floodwater** to **freeze**.
- ◊ All of this kept **folks** at home, and far too many people stayed in their homes, some lying **rotting in their beds**.



## TIME TO START MOVING AGAIN

- ◊ With the **weather** improving, I can't wait to spend more time **outdoors**.
- ◊ Whether going for walks, riding my bicycle, flying, or taking a leisurely drive with **Sally** through the countryside, **I'm excited for the possibilities**.
- ◊ However, during my **first walk** of the New Year last week, I discovered something **discouraging**:
  - I was **out of shape** and couldn't wait to get home.
  - Sitting idle all winter had caused my muscles to **atrophy**.



## WHAT IS ATROPHY?

- ◊ **Atrophy** refers to the gradual decline or reduction in size or functionality of a tissue or organ, often due to **lack of use**, reduced **blood supply**, or **disease**.
- ◊ This can occur in various parts of the body and can affect **muscle**, **brain tissue**, and **other organs**.
- ◊ Examples of **Atrophy**:
  1. Muscle Atrophy
  2. Age-related Atrophy
  3. Disuse Atrophy
- ◊ Depending on the underlying cause, **atrophy** can be **reversed** or **managed** with **physical therapy**, **exercise**, and **other interventions**.



## SPIRITUAL ATROPHY

- ◊ **Spiritual atrophy** is the gradual decline, weakening, or stagnation of one's **spiritual vitality**, **connection**, or **growth**.
- ◊ It's a state where an individual's **inner life**—whether tied to faith, purpose, meaning, or a sense of transcendence—begins to **wither** due to ...
  - **neglect**,
  - **distraction**, or
  - **disconnection** from **practices** and **beliefs** that once nourished it.
- ◊ Think of it like a **muscle** that weakens from **disuse**:
  - The **spirit** can **fade** when it's **not** actively **engaged** or **challenged**.



## SPIRITUAL ATROPHY - EXAMPLES

1. Abandoning Prayer or Daily Bible Devotion:
  - a. **Someone** who once found peace and clarity through **regular prayer** or **Bible Study** stops altogether, perhaps due to a busy schedule or disillusionment.
  - b. **Over time**, they feel a growing emptiness or lack of direction as that **quiet connection** to something more significant slips away.
2. Cynicism Overtaking Faith:
  - a. A person raised with a strong **religious** or **philosophical** belief system encounters **hardship**—like loss or betrayal—and begins questioning everything they once held sacred.
  - b. Instead of wrestling with those **doubts**, they let **bitterness** settle in, cutting off any effort to seek answers or renewal.

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## SPIRITUAL ATROPHY - EXAMPLES

3. Materialism Over Meaning:
  - a. Imagine someone who used to volunteer at church or reflect on life's purpose but now **chases** endless work promotions and luxury purchases.
  - b. Their **focus** shifts entirely to the tangible, leaving no room for introspection or a sense of higher calling—slowly starving their **spirit** of depth.
4. Isolation from Community:
  - a. A person may drift away from a **spiritual group**—a church, a small group circle, or even close friends who share **big-picture conversations**.
  - b. Without that **communal energy** to challenge or uplift them, their sense of **wonder** or **belonging** fades, leaving them **spiritually adrift**.

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## GOD'S WORKMANSHIP

- ◊ Paul writes in Ephesians that “we are **God's workmanship**, created in **Christ Jesus** to do good works, which God prepared in advance for us to do.”
- ◊ The Greek word for **workmanship** is *poiēma*, from which we get our word “**poem**.”
- ◊ In other words, you are **God's** masterpiece, **His** artwork, crafted with intention and care.
- ◊ In other words ...
  - You're not an accident.
  - You're not a random blob of cells stumbling through life.
  - You are a **deliberate creation**, shaped by the hands of the **Almighty**.
- ◊ That alone should make you want to leap out of bed.



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## GOD'S HANDIWORK

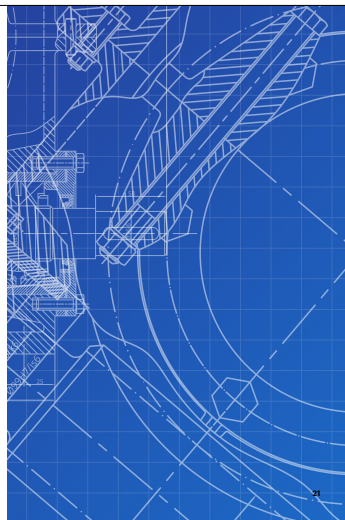
- ◊ But it gets better.
  - You're not just **created** to exist;
    - You're made in **Christ Jesus** for a **purpose**: to do good works.
  - God didn't save you to sit on the **sidelines** or to stay tucked under the **covers**.
  - He saved you to step into something **bigger**—to be used by God to make a difference in our **world**.





## GOD'S HANDIWORK

- ♦ The **important thing** is that these **good works** are not **random**.
  - Paul says **God** prepared them in advance for us to do.
  - Before you were born and took your first breath, God had a **blueprint** for your life—assignments, opportunities, and moments when you could **partner** with Him.
  - That's incredible!
  - There's a divine **to-do list** with your name on it, and it's **waiting** for you to get up and get after it.



## GOD'S HANDIWORK

- ♦ So why is this so important for our **spiritual growth**?
- ♦ Because **faith** isn't a spectator sport, it's not just about
  - **what** you believe in your head or feel in your heart—it's about
  - **what** you **do** with your hands, feet, and voice.
- ♦ **James** tells us that **faith without works** is **dead** (James 2:17).
- ♦ **Jesus** says we're the **salt** of the earth and the **light** of the world (Matthew 5:13-16).
- ♦ **Salt** doesn't season anything sitting in the **shaker**, and **light** doesn't shine under a **basket**.
- ♦ You've got to **move**. You've got to **act**.



## GOD'S HANDIWORK

- ♦ I know what some of you are **thinking**:
  - “Pastor, I’m tired. Life’s hard. I don’t even know where to **start**.”
- ♦ But let me **challenge** you with this:
  - **staying in bed**—physically or spiritually—**stunts** your growth.
- ♦ When you refuse to step out, you miss **blessing** others and what **God** wants to do in you.
- ♦ Moreover, **good works** aren't just about the people you help—**they refine you, stretch you, and draw you closer to Jesus.**

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## GOD'S HANDIWORK

- ♦ Think about it.
- ♦ When you **serve** someone, maybe it's
  - helping a neighbor,
  - helping with the running of a Cell Group, or
  - just listening to a friend who's hurting—
- ♦ You're not only meeting a need but becoming more like **Christ**.



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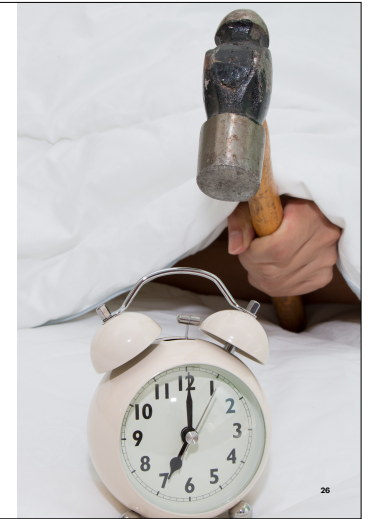
## GOD'S HANDIWORK

- ◊ In other words, when we live out the **virtues** of **God's character**, we live in him, and he lives in us.
- ◊ Setting into motion the workings of the **Holy Spirit** in our lives where we **grow** and become transformed into **God's image**.
- ◊ So then, when you **choose** to get up and do the **good** God has prepared for you, **you're saying**,
  - **Lord**, shape me.
  - **Lord**, use me.
  - **Lord**, make me more like You.



## GOD'S HANDIWORK

- ◊ Church, we've got to stop hitting the **snooze button** on our **faith**.
- ◊ The **world** is hurting—**people** are lonely, broken, and lost.
- ◊ And **God's** saying,
  - "I've got **work** for you. I've prepared it.
  - You're my hands and feet—**go do it**."
- ◊ It might be small—a smile, a prayer, a meal for **someone** in need.
- ◊ It might be **big**—starting a ministry, forgiving someone who hurt you, or sharing the **Gospel** boldly.
- ◊ Whatever it is, it starts with **getting out of bed**.



## GOD'S HANDIWORK

- ◊ So here's your **challenge** this week:
  - Wake up with **purpose**.
  - Before your feet hit the floor, **pray**,
    - "God, what **good works** have You prepared for me today?
    - Give me **eyes** to see them and **courage** to do them."
  - Then, get up and look for **opportunities**.
  - Don't wait for a **lightning bolt** or a **billboard**—start where you are.
  - Love your **family**, serve your community, be generous with your time, and **watch** how God grows **your faith** through it.



## GOD'S HANDIWORK

- ◊ Ephesians 2:10 isn't just a verse—it's a **call to action**.
- ◊ You're **God's masterpiece**, created for **good works** He's already lined up.
- ◊ Don't let them pass you by.
- ◊ Get out of bed!
- ◊ The **world** needs you, and **your soul** needs it too.

