

Melva's Corner

WHAT TO DO NEXT – WHEN YOU DON'T KNOW WHAT TO DO NEXT



Tapping the Source of Power

Central Truth: Carve out some sacred space and some holy time!

How do you restore your energies after you have reached the spiritual exhaustion point?

What do you do when the fatigue of debt has mounted so high in every dimension of your life — physical, emotional, and spiritual — that you do not think you can do one more thing?

Where do you go for renewal when sleep won't relieve the bone-weariness that pulses through every fiber of your being?

These are not hypothetical questions. You probably know that from personal experience. There is a kind of tiredness that nothing seems to relieve. This kind of exhaustion comes at the end of a long spiritual battle or from being the long-term caregiver for a loved one or from ministering to people repeatedly until you are completely depleted or from battling a long and debilitating illness or from . . .

For many of us who have found ourselves in such wearisome conditions, retreat and rest are often prescribed. They are also much desired. Yet many find such restful retreats remedy their weariness for just a short time, only to learn its return has left them feeling completely and perpetually "burned out."

Elijah's example of rest and refreshment after his exhaustion is a good one. Food and rest were not enough for Elijah to be renewed (**I Kings 19:1-7**), although they were part of his healing. What Elijah needed most, however, was to be in the presence of God. He needed to have God minister to him and speak directly to his heart (**I Kings 19:8-18**). God spoke to

Elijah in a gentle whisper (**I Kings 19:12**) and called Elijah back into service, reminding him there were others out there still serving the LORD God (**I Kings 19:18**). One of these in particular needed Elijah to prepare him to lead God's people (**I Kings 19:15-17**).

I am not surprised that when Jesus saw the weariness of His apostles, the Lord not only told them to go away to a quiet place, but He also called them to be with Him. Getting away wasn't enough. Resting and being alone, far away from the crowd, wouldn't rekindle the holy fire they needed to minister. No matter how restful retreat from the maddening rush may seem at the time, getting away by itself will not restore what is spent. Only the presence of the Lord can renew, restore, revitalize, reinvigorate, and re-establish our spirits. Only the Spirit of God, the breath of heaven, can make dry bones rise again (**Ezekiel 37:1-13**).

We must recognize that there will be times we cannot bootstrap our way through life. More effort isn't going to fix, repair, or even improve some things in our lives. Even our best efforts are not going to be enough to pull us through some binds in which we find ourselves. That's why God built into our world a rhythm requiring rest.

As God's people, we never want to be lazy. On the other hand, we need to hear God calling us to a time of rest so we can receive His blessing, so others can share in that blessing, and so we can learn to trust God to work on things that we cannot. In our busy world with all its demands, God wants to meet us, bless us, restore us and bless others through us in our times of rest!

So, as you face the challenges of your life, please, carve out some sacred space and some holy time to withdraw from the maddening rush, if only for a brief time. But, don't just withdraw, draw close to the only one who can restore your soul!

Scriptural References:

"The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place

and get some rest.' So they went away by themselves in a boat to a solitary place." (Mark 6:30-32 TNIV)