

## RECHARGING THE BATTERIES

Scripture references: Jesus said, "Now, my soul is troubled." (John 12:27) Those who enter God's rest...cease from their labors as God did from his. Let us therefore make every effort to enter that rest. (Hebrews 4: 10-11)

I remember seeing a cartoon one time that showed Superman bent over and crying, it looked as though he was totally wiped out. The caption said but who will save Superman. I thought about that cartoon when I saw the scripture from John that had Jesus saying "Now, my soul is troubled." Forget about saving Superman, who could save Jesus?

If Superman, who is a fictional superhero character can't save himself or Jesus, the actual Son of God, is feeling troubled, then what hope is there for us normal folks? Unless you have been living under a rock lately and have not seen anything on the news or even social media, it looks like our world is going totally bananas. It seems like everybody hates everyone else and that the only safe place to live is maybe under a rock. Furthermore, that doesn't even take into consideration what we are all facing in our individual lives. Most of us are dealing with so much pressure that it seems that we may explode. We may look at people and think that they have it all together, but underneath the calm exterior, we do not see that they are facing financial issues, health issues, family issues and so many other kinds of obstacles that are keeping them from happiness. So many people are battling silent wars.

I know it is easy to say just hand it all over to God. But I also know that sometimes we are simply human and that is a very difficult step to take. But that is exactly what Jesus did in the passage from John. He was troubled because he knew his time was near and he also knew there was so much to do. But he turned it over to God. He knew the best thing to do was let God handle it and complete God's plan. The writer of Hebrews is telling us the same thing. We need to sometimes just take a moment and turn everything over to God. Let us rest by allowing God to help us deal with all of the stressors of life.

Every athlete knows that they can't go hard seven days a week. Runners need to take a day off from running to allow their bodies to rest. Even weightlifters don't work the same muscle groups every day. They rotate the sections of their bodies they are working. Professional athletes know the importance of rest. We need to learn to do the same thing in our personal lives. We need to learn how to rest. We need to find a way to turn things over to God and allow our bodies to rest.

We need to find an activity that allows us to unwind. We all need to develop that kind of personal therapy that helps us. We all need to learn to recharge our batteries so that we will not only have the strength to help ourselves but also be able to help others. But I want to add one more solution to the problem of feeling overwhelmed or perhaps even lost. We need to learn to reach for the Word of God, our Bibles. There is so much for us to learn if we just take the time to study it. We will learn that we are not the only people facing personal battles and we will learn that the world has been in a total mess before and that God provides a solution to the world and to us. Psalm 119: 105 says these valuable words to us, "Your word is a lamp to my feet and a light to my path." My prayer is that we can all learn to let God help us and light the way for us to be happier and the world to do the same.