

October 2008—Tired of it or just plain tired?

Fatigue otherwise known as exhaustion, tiredness, weariness, low or no energy, and weakness affects us physically and emotionally.

Having spent the last three months with grandchildren, working on the cabin and then helping Dan and Debby move into their new home in Oklahoma (one week after Lexus was born), I can attest to how it feels to lay down at night exhausted.

Many times physical fatigue is a by-product of emotional fatigue. Anyone who has sat at the bedside of a sick family member or spent hours supporting them as they go through Chemo knows what I am talking about. Not only are you emotionally drained, but physically zapped as well.

We can also become weary in well doing. New believers, folks going through challenges and those in need of spiritual guidance are all a part of the ministry and require our attention.

Bill has always said: "It is no more spiritual to wear out for the Lord than it is to burn out for the Lord." "Keep your priorities right and there is time for everything." "Work hard, then play hard and make no apologies for it." "Sometimes one of the most spiritual things you can do is take a nap." King David did this when he was running for his life and he lay down and slept (Ps. 3). Just getting away for a few hours can refresh us; whether we lie down and sleep or go for a walk.

"To everything there is a season, a time for every purpose under heaven" (Eccl. 3:1).

"Seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matt. 6:33).

We need to guard against over commitment. Even good and godly pursuits must be weighed in light of the purposes of God. We must learn to say "no," determine to slow your frantic pace, resist the temptation to add more and more to your schedule. Busyness is not necessarily godliness. This is difficult when there is so much to do and so few in the church to do it.

Ask God to help you reprioritize responsibilities. *"For I do always those things that please him" (John 8:29). "I have glorified thee on the earth: I have finished the work which thou gavest me to do" (John 17:4).*

—Terri'