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As NBA fans, Karyn and I are enjoying watching Tim Duncan and LeBron battle for basketball supremacy. Their long season and playoff run will end in a few days with one enjoying a championship. After several arduous months on the court, what will the deserving victors do following their triumph? Undoubtedly, they will find a quiet place to collapse for several weeks and physically recover.

It is the most natural thing in the world to grow weary amidst ongoing struggle. God designed us to need that recuperative process. A dear friend and I have been discussing his recent grueling 28 hour and 13 time zone trip from Beijing requiring several days recovery time. When a great effort is expended, it is entirely normal to withdraw-to recover strength.

Yet when the battle being waged is a spiritual one, the process is entirely different. So often we emerge from a major spiritual confrontation wanting to rest physically, emotionally and spiritually. Unfortunately, the devil's favorite time to strike is when we've relaxed our defenses.

Physical rest alone can never achieve spiritual restoration. When the fatigue you are feeling stems primarily from a spiritual battle that has raged around you, physical rest without accompanying spiritual nourishment does

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nothing but make you even more vulnerable and exposed. In truth, there is danger in relying solely on physical rest following a challenging spiritual conflict!

However, God never intended us to become weakened and defenseless following struggle or victory. He has provided **the perfect energy supplement-for worshipers only.**

Isa 40:31 MSG *But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind. In Matthew 11:28 MSG* Jesus states, *Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.*

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Jim

worshippers.net



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