

Daily Devotional, August 20, 2020 The Lord is Our Recharging Station

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." Mark 6:30-31 (NIV)

Over the past months while the Corona-virus has de-railed our streaming consciousness and the fear and trembling revolving about this pandemic has mostly left us all in a state of confusion and uneasiness, my wife, Laura, has been having problems with the battery on her phone, as her charging percentage has plummeted from from 65-100% to 10% over night, and when she wakes up in the morning, there is no telling if it will reach anything above 25%--and this is with a newly replaced battery! My phone battery has gone from 100% to 14% in a day and definitely needed to be recharged, and I always plug it into my charger, otherwise, I go without service. That same thing is true for us as Christians, as well.

Without a recharge on a regular basis, we are less effective.

We see in Mark 6:30-31, that when their energy is depleted. 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."

Over the past five months, working from home connecting by phone, email, Zoom meetings and study times, not to mention broadcasting YouTube Live services on a mostly solo basis for four of those months, my batteries were feeling as if, like Laura's cell phone battery, I was barely reaching above 14%. Thankfully, I was able to retreat to Southern Illinois for a week with my wife and daughter, Natalie, and take some time to relax and recharge—at least mentally and spiritually—physically was another matter as we spent a great deal of time hiking through the bluffs, canyons and woods of Shawnee National Forest. But overall it was a fabulous opportunity to recharge every cell of my body, mind and spirituality.

Coronavirus aside, we live in a fast-paced society. Although we are not rushing about from one place to another as we previously were doing, we continue to multitask as we go about each new day, attempting to fill our sheltering existence with enough activity to curb our anxiousness. Sometimes, though we have no real place to go, it seems like we have little time to spare as we pack into our schedules any type of activity that will relax the boredom and monotony. Jesus had sent his disciples on a missionary trip to nearby villages. Of course, they were not dealing with the social distancing, face-mask wearing, non-contact situations that we are dealing with presently, but they were able to find places of respite where they were effective in spreading the gospel message in ways that brought them great joy. They returned with news about their successes--yet at the same time, exhausted. Jesus recognized that they needed to get some rest, so He took them away for a break from their duties.

And no matter what the level of our seclusion or activity, we need to follow Jesus' example and take breaks. We need to find ways to spend time with our families and friends, and to rest—places and means to relieve us from our stress and anxiety. Like some batteries, we need to be recharged. We cannot serve God and others if we are depleted of energy.

Prayer: God of all comfort, peace, and restoration, gather us under Your wing. In these days of repetition and gloom, these days when we feel as if this drudgery and uncertainty will never end, bring us to seek calm and rest from our uncertainty by trusting in what is certain—our confidence in the rest that is assured in You. You have promised us that You will be with us in all circumstances, we therefore ask for a break from the monotony, and a full restoration and invigoration that only You can lead us to. Guide us forward by Your will and may we be obedient to your guidance. Our hope and restoration depends on You. In Christ, our Ray of Hope, Amen.