Daily Devotion #110

Weariness

1 Kings 19:4 – “He himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, “It is enough; now, O Lord, take my life, for I am not better than my fathers.”

My wife and I have friends who will not have a serious conversation until they have had rest and eaten something. It’s funny to hear them talk about it; one will say to the other at times in the conversation/argument, “Ok you need to eat something”. To which the other one will often respond with, “No I don’t. I’m fine”! But at that point the cat is out of the bag, to use the vernacular, and the point is made.

Weariness is often the greatest downfall of our souls. Life has a way of making us so exhausted with the day-to-day routine that we lose sight of what is important and what is right. Elijah is a good example. If you remember the story in 1 Kings, Elijah is one of God’s prophets who has been threatened by a very ungodly woman named Jezebel. She was woman who had considerable control over people in that day. Jezebel threatens Elijah with his life because he was instrumental in the death of many of the false prophets.

As a part of the destruction of those false leaders, Elijah sees God do amazing miracles. But when Jezebel threatens his life, he becomes so afraid that he runs. He flees into the wilderness. While alone, he prays to God to take his life. He says the journey is too much. But God ministers to him through an angel who feeds him and has him rest.

If you take time to read the story beginning in 1 Kings 18 and then into 19 you find an interesting situation. At one point, Elijah is on the top of a spiritual mountain where his faith is so strong nothing or no one could deter him. And then suddenly he is running for his life. What happened? How could he go from a spiritual giant to a fearing coward in such a short time?

The answer God gives is that Elijah needs food and rest. What God seems to be teaching is that often our worst decisions are made when we are tired and overwhelmed by the situations we face and when we’re hungry.

Today, with our situations at hand, people are tired. Tired of the same routine and the same concerns to the point where they make irrational and illogical decisions. Mostly, people make decisions out of fear of the unknown with little to no regard for their faith, and I’m talking about the church. The world has no faith or ability to truth God for anything.

Weariness can create havoc in the spiritual brain. Our bodies need proper rest and our minds need proper rest. When those two things get what they need, faith takes over and fear is removed. Frustrations and anxiety flee.

Think about the decisions you are faced with. Look around; examine where you are in life. Are you filled with the excitement of knowing that God is in control of all things that happen to you, and that He is leading you everywhere and through everything? Or are you constantly on edge and constantly overwhelmed with how life is treating you?

It is very possible that you need rest. Again, Elijah becomes a great example. You might say, “I don’t have time to rest. I have too much to do”. That’s what Elijah thought. But God had him rest anyway because that’s what he needed.

The great news is that Christ is our rest. (Hebrews 4:3) In other words, He came to give us rest for our souls in the midst of a chaotic world. If nothing else, take some time to be with Jesus today. He will give you a refreshment that will sustain you for what you have to do next.