

Are You Feeling Tired or Inspired?

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Are you feeling tired or inspired? As I was driving to a gathering of Christian leaders recently, I found myself doing what I do a lot, praying in my car. I tend to talk pretty openly with God, not memorized prayers and the like but real dialogue. Then something happened that caught me off guard. What surprised me is what I heard myself say; Lord, I feel tired not inspired. I didn't mean to rhyme or sound pithy, it is just how I felt. It was simply true. This is what came out of my mouth and the sound of it stopped me in my tracks.

Admittedly, I spend most of my life in a pretty cool place where God is close, blessings are abundant, and motivation is strong. I give God all the credit for that. He is good all the time. But that day my prayer articulated what I identify as a culmination of weary days that were taking its toll.

As I examine the first book of the Bible, even a casual look at the creation account reveals that God brought in rest to be part of the human experience. It is amusing to me how many of us find it difficult to rest. When we are on a project or focused on something that really flares our attention, some of us find it difficult to make time for the proper rest we really need. If you throw in a few unexpected events into the mix, and in my case four wonderful yet need filled children, you may find yourself depleted of physical energy before your list of tasks to accomplish are completed. Add one or two emergencies in the lives of people you love and you have got yourself a dilemma. Do you crash, burn, or rest?

I have grown convinced that God knows what He is talking about in every area of my life. One of those specific areas is in His mandatory rest. If I will not take it as sound advice to be followed then it will become a command. If a spiritual principle from scripture is not enough then a physical rule of nature must demand that I rest. What I have learned is that, just like anytime I ignore Gods direction for abundant living, if I avoid rest for continued, unending, dare I say uninspired activity, everybody around me suffers. If I am physically depleted, it will affect me emotionally. When I am physically and emotionally vulnerable, my spiritual condition and connection with God suffers. People try to avoid the connection but I have discovered that this is a truth for me to learn from. You see, this is the law of cause and effect. Decisions I make have effects on other areas of my life. This is definitely true

in balancing life with proper rest. If I am not well rested, my ability to hear Gods direction is impaired, my capacity for wise decisions is diminished, and my patience in handling challenges is compromised, and everybody suffers for it.

The Bible says, "Do not grow weary in doing what is good". There is a lot for you and I to do on this planet. There are a lot of needs and we are called to make a difference. To me the direction to not grow weary is more than choosing attitude; it is also being obedient to Gods principles of living. For some, doing good is merely a sprint in a short race but for me, I want this to be a marathon. This requires life balance; this requires proper rest. So how do you feel today? Do you feel Tired or Inspired?

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