

Devotionals for 21 Day Fast

OWN THE PURSUIT

DAY 11: Wednesday, January 26th— *Rest, your power station*

^{9 15} *This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.*

Isaiah 30:15

Rest is one of your richest sources of power! It is one of your power stations to plug into

So, take a rest! Every serious athlete knows good rest is critical. Since life is a marathon, and your power gets depleted, you must have strategies of rest to regain the passion and hope needed. As a life marathoner, the terrain of your course has a bludgeoning effect, wearing you down a bit more each day. Fatigue interferes with your rhythm. It slows your pace and affects problem-solving skills. Fatigue can trip you up.

Let's think of it this way. You have the same number of hours a day – and days a year – everyone does. What you may not know is this. Purposeful rest rebuilds your power. This gives you more impact – more punch!

There are many practical strategies to engage purposeful rest in order to maintain your pace after a new start.

Practical Strategies of Rest

Here are some strategies of rest to fill your tank. You can add more of your own. These all involve decisions you make to recharge your battery. You take charge by doing certain things.

- Take a 10-15 minute slot 1-2 times a day to close eyes or even power nap. Properly engaged, this is extremely productive to fight off fatigue and discouragement. Be disciplined to set a timer, and be resolved to get going when time is up.
- A good night sleep is critical to maintain a good start, to keep your pace, and to finish well. Medical professionals recommend 7-8 hours a night
- A strategic break from your responsibilities helps to re-boot and refresh your mind, spirit, body, and emotions. Do something different for a short period.
- Get a snack or a favorite cup of - and actually enjoy it. Savor the flavors.
- Good fellowship and relationships provide a "rest stop."
- Daily time in God's Word provides perspective to be at your best. His principles restore passion and hope in tangible, and yet even somewhat mysterious ways.
- Take a 30-second mini-break to practice deep breathing, or close your eyes, or stand up/sit down a couple of times. If you are doing close-up work, rest your eyes with distance. This intentional interlude engages rest.
- When you lay down to sleep, come close to God in your heart. Eagerly lean into Him and share your heart. He welcomes this intimacy, and you need it. Knowing God loves you and wants to help gives energy that re-vitalizes your heart.
- Memorizing and meditating on Scripture washes away energy drains. You know – those cling-ons, energy-suckers, de-valuing words/actions, set-backs, and so on – those are black holes that can steal your hope and passion.

GO DEEPER

LIFE APPLICATION

*CAN'T GET THE HEART
OF FLESH WITHOUT THE
SPIRIT OF GOD*

*The Maker of hearts also
knows how to
remake hearts*

*GOD'S DAY IS ALWAYS
TODAY*

Devotional Text

Isaiah 30:15
Matthew 11:28
Deuteronomy 5:12-14
Psalms 62:1

Application Thoughts & Questions

Always remember God loves you and wants to help you live well. His original design is that you partner with Him.

1. **Do you believe God cares about your success? About your rest?**
2. **Do you believe God is working where you cannot see?**
3. **Are you measuring and strategizing your power and rest?**
4. **How many of the Practical Strategies of Rest are you using to reboot each day?**

Jesus' original design as your Creator is that you do life together. Because He knows our make-up, He includes regular rhythms of rest. In fact 1/7th of the week is to be set apart to rest (as a Sabbath). In the wear and tear of life, Jesus says, "Come to MeI will give you rest."

Why not take Him up on it?