

Quiet Time Guide For Tuesday, July 22, 2008

Greetings:

As most of you know by now, Jack and Ann are cooling their heels in the lush tropical setting of St. Martins in the British Virgin Islands. He has left the task of creating and sending these daily quiet time devotionals to the rest of the church staff. Reminding each of you that we are saved by the grace of God because of His love for us, I ask for the same from you, being a poor substitute for Mr. Millwood.

Since we have begun by talking about two people who are on vacation, I think we should stick with this train of thought. The small group that I am a part of is currently studying a series entitled, "The DNA Of Relationships" by Gary Smalley and his son, Michael. One of the chapters in their study says that God's fuel for our soul, is caring for ourselves. That's right, we need to have vacations and time away from our regular routine or we will become stale and be of little use to those around us. We spend ample amounts of time caring for others, performing our tasks at work, raising a family, and the list goes on and on. The question is, how do we recharge our own batteries? How can we refuel for the God given tasks that lie ahead of us?

Scriptures For Today:

Ephesians 3:16-20: that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith, and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Matthew 7:12: in everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.

Life Application:

Out of the overflow of love that God's Holy Spirit puts in us, then we are able to reach out with love and give to those who are around us. If we are drained emotionally, physically, relationally or spiritually I can assure you that there will be little or nothing to give to others. Self-care is essential to all relationships. If you don't take care of yourself, you will have less and less to give to those around you. Taking good care of yourself is one of the best things you can do for your family, friends, and coworkers. Self-care is about balance. It's love for God, others and ourselves. God is our main source of power through His Holy Spirit that lives inside of each of us.

Another way of saying the verse listed above from Matthew 7:12 is to love others the same way we want them to love us. Only you know what you need to be truly loved. When you know what it feels like to be loved by God and others, then you are better equipped to know how to love others. People often avoid self-care because they think it is selfish. But the opposite is true. The fuller you are, the more you have to give. The more you have to give, the more you are able to serve others.

Spiritual Exercise:

Take some time for yourself today. Only you know what you really need. No one can really know what you feel and need. It may seem impossible but, you can make a list of your main needs and start thinking of how you can start meeting each of those needs. If you have a need outside of your own power, ask the eternal God to meet it. Begin planning some “vacation” time for yourself. Relax and let God’s Holy Spirit, who is in each of us, recharge our batteries so that we will have an overflow to give to others.

Thought For The Day:

I am going to focus on my needs as well as those of others. When I do this I will have more to give to those around me.