

This week's message from Dr. Randall Pannell is entitled "Helps for the Spiritually Tired." Throughout your life as a Christian, you will have times when you feel burned out, stressed, and just plain tired of all the work, responsibilities and challenges you are dealing with. You may even try to back out of some commitments and duties you've taken upon yourself. The book of Hebrews offers you important guidance on how to deal with these times and regain your energy and focus. There are thirteen distinct "helps" that we can find in Hebrews that will guide us here.

First, we should remember that even in the midst of our fatigue and stress, God is speaking to us. Randy reminds us here that even though we may be tired, God is active and at work in our life. Next, we are to pay closer attention to our relationship with God. When Christians grow tired, they often become very religious and lose their focus on their relationship to our heavenly father. As we keep our eyes focused on Him we will regain the proper perspective. We must also consider Jesus. As we look carefully at Him and His example, we will find new strength and endurance to continue. Then, we should have fear (reverence and respect) for God's awesome power, love and mercy. We should never become so comfortable in our faith that we take our salvation for granted. Another important thing to remember is to humble ourselves. Just as Jesus remained humble throughout His time on earth, we are called to follow His example so God's power can be revealed in us. Press on to maturity, even when things get tough and we feel like going back to the old way, so that we can enjoy the rest that God has for us. Giving is important because it sows the seeds of a future harvest. As we give to the church, we are blessing the generations that will follow us. Identify what is obsolete and what is growing old and remove it from our lives. It could be worldly attitudes, sinful desires and behaviors, relationships that drag us down, etc. Eagerly await the coming of our Lord. This is far more than hope, but rather anticipation and expectation of what is to come. Don't throw away our confidence. When we first came to know the Lord, we had confidence in His power and in the eternal life that lies ahead. "Keep our eyes on the prize" and we maintain the confidence we need to weather any storm. Remember that Christians are more often than not anonymous heroes who quietly suffer through hardships while never seeking the glory that worldly people clamor for. As we continue in our discipleship, be willing to accept discipline from God when we need His correction. As a father disciplines his children, so our heavenly father disciplines us out of His love for us. Finally, remember who we are and who we belong to. As we remain in Christ, he will carry us through every trial we will face.

By remembering and applying these helps in our lives we will be well equipped to endure the times of spiritual stress and fatigue that we face.

How will you deal with stress and burnout in your own life?