



The Good News

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“I’m Tired...” The Need to Meditate

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Some of us may remember growing up with parents, grandparents, aunts or uncles who took a very active part in our lives by being involved in fun activities with us. Some would toss a ball, help us build tree houses, or any number of other outside activities. They might take us to the park, perhaps preparing a picnic lunch to enjoy. Those of us who remember these times must also remember perhaps those few times when these same people would be unable to play with us because they were just too tired. Perhaps as we have grown older with children and grandchildren of our own, we, too, have had to say at times, “I’m just too tired right now.” This happens to us in life. Sometimes we get home every day tired from work or school. Sometimes we just throw ourselves on the couch in relief after taking care of the house and kids all day. That tension and weariness is our body’s way of saying, “Give me a rest!”

It’s different spiritually. Everyone gets soul-weary at some point. Maybe some of us have felt the extreme of wanting to quit our walk as Christians and maybe we have given up at times. But we cannot simply decide to rest at being a Christian. Taking care of a house and kids can bring spiritual stress, feeling cut off socially or even feeling neglected. Our jobs can sometimes be rough on us spiritually with all the sinful activities to which we are exposed. Going to school can be the same way, being exposed to profanity, inappropriate jokes, and friends committing fornication, just for starters. We often get caught in the middle, wanting to maintain friendships but also be true to our walk in serving the Lord. Often we face being pressured to be involved in the sinful activities in which our friends and classmates engage. These constant battles can tire us after a while, constantly fighting their influence and fighting the urge to feel isolated and alone. An element often emerges from that weariness called discouragement.

Whatever position we occupy, whether a homemaker, a student, employee or employer, we must realize that being a tired, discouraged Christian will make us more susceptible to the influences of sin, and less capable of being a good example and positive influence in return. This, in turn, leads us to the need to “meditate” in order to renew ourselves. Paul says in Phil. 4:8 that

“whatever things are true, whatever things are noble, whatever things are just, whatever things pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.” The term for meditate means “to reckon inward, to deliberate, to consider deeply”. This requires us to understand how these trials can help us grow.

God says, through James, that we should “*count it all joy when you fall into various trials; knowing this, that the trying of your faith worketh patience*” (Jas. 1:2-3). When we go through trials in our lives that may threaten to tear us down, we should let the situation exercise our patience to make us stronger in order to deal with other situations that will come along. When we tire because of the battles we fight, remember the words of the Hebrew writer, “*That by two immutable things, in which it is impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us; which hope we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil.*” (Heb. 6:18-19) This hope is Jesus Christ our Lord. He has been set before all of us, and for those of us who have put on Christ in baptism, we live in hope every day. This hope lifts us up when we are down, brightens our faces when they have darkened.

All of this leads us to realize that we need to constantly renew ourselves spiritually in order to survive. And God has given us all the tools we need in order to be revived each day. As God speaks to Israel, He says, “*Fear thou not; for I am with thee; be not dismayed, for I am thy God; I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.*” (Isaiah 41:10) And David says, “*The Lord is on my side; I will not fear; for what can man do unto me?*” (Ps. 118:6).

Let us remember, in times of good and adversity, how powerful and wonderful our God is, and the help He can give us in times of hardship, weariness, and discouragement.