

I'm So Tired!!

By: Clay Barnes

At one time or another we have all had this feeling. Let's face it all of us are busy, we are getting older, and so we tend to slow down some, and some days we don't feel like we can go on. However we can! Jesus encourages us in a well known passage that I often take for granted says this.

“Come to Me, all you who labor and are heavy laden, and I will give you rest.” What is the point Jesus is making? We are walking around with a weight on our back that we have chosen. Doesn't it seem like we just go in circles? We do. I don't know about you, but I get tired of not ever making any progress, and that's the way it is always going to be as long as we are trying to keep up with the pace of the world. We can keep going, but it's like running in quick sand. We get nowhere, but yet we feel like we have ran around the world 100 times. I love what **Jeremiah says in chapter 29 and verse 11.** **“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”** What is the lesson here? Very Simple. If we are to make the best use of our energy here on earth then we must follow the spiritual plan that has been set before us. Let's flip over a few pages to **Jeremiah 31:25.** **“For I will satisfy the weary soul, and every languishing soul I will replenish.”**

If we are to get the most of the plans, and blessings the Lord has given us then we must have the proper mindset. Paul knew this as he conveyed this message to the church at Corinth. **2 Corinthians 4: 16- 18. "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."**

Paul has the proper mindset. He is a realist. Although he is growing older he realizes his step is not as quick as it once was. Perhaps his hair is thinner than it once was, but he takes comfort in the fact that though all these things may be true the most important part is going in a completely different direction. The secret to remaining encouraged in this discouraging world is that we are partakers of Christ. He is the vine and we are the branches. Look how the writer of Hebrews puts in chapter 3: **13-14. Let's exhort one another daily, while it is called "Today," lest any of you be hardened through the deceitfulness of sin. 14 For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end.** So, what is the secret to being in a state of refreshment instead of being tired, lackluster, and never having any energy? We cannot look at things that are at eye level. Our perception must go deeper

and further than that. The key to understanding life is to live by faith in Christ. Look at **1 John 2: 15-17** with me. **“Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world – the lust of the flesh, the lust of the eyes, and the pride of life – is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.”** Heaven is wonderful motivation. The goal of Heaven will fill us with plenty of energy. Energy that those around will want also. Please read John 16: 33. **“These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”** Let's all study with a favorite passage of mine. **Joshua 24: 14-15. “Now, therefore, fear the LORD and serve Him in sincerity and truth; and put away the gods which your fathers served beyond the River and in Egypt, and serve the LORD. “If it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD.”**