

## Recharging

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More and more of our devices are operated by batteries. Battery power has improved greatly compared to its capabilities in the past. Today, even pick-up trucks are battery-powered. Of course, battery power comes with a catch: batteries must be recharged.

We all have had the annoying experience of a dead battery. Maybe you grabbed your power drill only to discover you forgot to put the battery on the charger. You attempt to drive to work, but find your car battery is dead. How low does your cellphone battery get before you start nervously looking for a charging cable?

As humans, we experience the need to recharge. Life can exhaust us. We can become depleted emotionally and spiritually to the point of a breakdown. Yet, the grace of God is designed to empower and energize us when we need to be recharged.

### The Faithful Needed to Recharge

There are examples of faithful people in the Bible who became exhausted, discouraged, and depressed. Becoming worn-out is common among people who sacrificially serve God and His purpose in the world. If we are discouraged, we can be comforted by knowing we are in good company. Consider the following examples.

**1. Moses.** Moses was given the monumental task of being the leader of Israel. Early in his work, Moses labored each day to settle disputes among the people. His father-in-law, Jethro, advised Moses to get help in this tiring chore. Jethro said, "...What you are doing is not good. You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone" (Exod. 18:17-18). Moses took Jethro's advice and appointed other men to help him.

**2. Elijah.** Elijah shared in the victory of Jehovah at the contest at Mount Carmel (1 Kings 18). He had killed hundreds of false prophets. He must have thought he would be made king; however, just the opposite happened to him. Elijah was forced to go into hiding. He traveled a great distance in the pouring rain. Tired, hungry, and defeated, he wanted to die. He thought he was the only faithful man left in the nation. God responded to him by giving him rest, food, and a new task.

**3. Paul.** Except for Jesus, there is no one more revered than the apostle Paul. He was a trailblazer of the Gospel. However, even Paul became emotionally and spiritually exhausted. Regarding tumultuous events in Ephesus, Paul wrote, "For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself" (2 Cor. 1:8).

## How to Recharge

Moses, Elijah, and Paul demonstrate how Christians, servants of God, are prone to exhaustion. Service is strenuous. However, the strain must be addressed. Being emotionally and spiritually worn out is a critical condition. We are vulnerable. If our exhaustion is not properly addressed, our faith can be destroyed.

The Bible accounts for the weariness of service. We are told to recharge. Paul wrote to the Corinthians about the need to seek renewal every day (2 Cor. 4:14-16). He told the Thessalonians to increase their love to establish their hearts in holiness (1 Thess. 3:12-13). Consider what recharging looks like specifically in our lives.

**1. Talk to someone.** The ego tends to deceive us into thinking we are self-made. We think we can solve our problems without help. Being a Christian means being part of a family. We are bonded by shared, precious faith. When we are discouraged, we can find encouragement by talking to our brothers and sisters in Christ. They can console and help us when we are in need (Gal. 6:1-2).

**2. Reflect on our lives through the Psalms and prayer.** The Psalms and prayer help us connect to God. Many of the psalms are lamentations. This type of psalm processes tragedies through the understanding that God will redeem, rescue, and deliver.

*“O Lord, all my longing is before you; my sighing is not hidden from you. My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me...Do not forsake me, O LORD! O my God, be not far from me! Make haste to help me, O Lord, my salvation!”*  
(Psa. 38:9-10, 21-22).

**3. Find new ways to serve.** When we have taken time to reflect on our lives in the psalms and by prayer, we can begin to find new ways to serve. In the case of Elijah, God gave him rest, food, and a new task. When we are exhausted, we need to take time to recharge. But, do not confuse recharging with retiring. We must use our newly received strength to serve.

We may have to find a new way to serve. Due to our circumstances, we may not be able to serve as we once did. Those who are older may not be able to serve in the same capacity that they did when they were younger. This is the natural course of life. Paul served as a traveling evangelist, and also as an imprisoned writer.

**4. Grow in our faith of God’s grace.** Being taken to deeper depths of despair tests our faith in God’s grace. When Paul wanted to die in Ephesus, he experienced the power of God’s grace in a new, richer form. He wrote, “Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again” (2 Cor. 1:9-10).

## **Conclusion**

There are many reasons why we might become emotionally and spiritually exhausted. Young people can quickly become discouraged at the challenge of starting their adult life. Parents are drained by raising children. Older people can become frustrated by not being able to do what they once did. If we can remain steadfast in our faith, we will receive grace to press on.