

*You may need a break from, before you
have a break down, on your way to a
break through*

February 13

Sometimes the most godly thing you can do is rest. Imagine you are a world class athlete about to enter the most important competition of your career. This event will take every ounce of physical, mental, emotional, energy, and focus that you have. If you do not get the proper amount of rest, how do you think you will perform?

The Barbarian (World Class weight lifter) used to say, “There is no such thing as over training; only lack of sleep, lack of a good diet, and lack of will.” Many Christians today have a healthy diet of the Word of God and they have an incredible will to do the work of God, but this life is wearing them down. God does not give us more than we can handle. Maybe we need to slow down by placing rest as a priority of life. Success is when opportunity meets preparation. Prepare yourself, even when it means taking a break.

Prayer for Today

Father, please help me to take time to rest. I know You are going to need me in the future and I want to be ready. Help me to create a strategy that would keep me in the game for many years to come. I want to make the greatest difference I can make for Your Kingdom, my family, and my future.

Scriptures for Today

Exodus 23:12 Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may be refreshed. (NKJV)

Matthew 11:28-29 Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. (KJV)