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If you're weary

SPRINGFIELD, Mo. — Some years ago, at the end of a hectic day, a friend said, “Hal, you look tired.”

“Battle fatigue,” I announced with a smile.

“So, what are you going to do about it?” he asked.

With a shrug, I replied, “I just need to catch up on some sleep.”

I knew, however, that a few hours of sleep couldn't address the underlying issues: the need for greater reliance on the Holy Spirit, more personal discipline and better control of my schedule.

Like many Americans, less sleep meant more caffeine. At best, that was an unhealthy, temporary fix.

It was easy to justify my exhaustion because I was working to further the gospel and care for my family. But somehow I knew the Lord wasn't pleased with my burn-the-candle-at-both-ends lifestyle.

To change my ways, I made an effort to eat healthier, exercise and get more rest. But one step, more than any other, helped me regain perspective, balance and strength. Each day, apart from my personal devotions, I dedicated 15 minutes to quiet time. Jesus took



Get alone with God and invite Him to settle your spirit.

time to be alone with the Father, away from the demands of the day; and it was apparent I needed that same discipline in my life.

At first, scheduling quiet time proved to be a challenge. With a wife, four daughters and two growing ministries needing my attention, I had to learn to say no to some opportunities. But it was well worth it. Quiet times became listening sessions. I began to hear the Spirit's voice with greater clarity. And, as I surrendered my will to His, I experienced newfound rest and comfort.

Today, if you're weary, find a place of refreshing. Get alone with God and invite Him to settle your spirit, renew your strength and give you fresh perspective. Fifteen minutes a day could change your life.

Hal Donaldson

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