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Enjoy The Pause

I've noticed lately that people all around are trying to lose weight, get in shape or get fit. I try to eat right and stay in shape, but at times it takes endurance. I think it is great when people try to better themselves in that way. Janna and I are conscious of our exercise and eating habits, but at times we are weak and fail.

This brings to mind our three daughters when they were in school. They were very involved in sports whether it was softball, volleyball, track, cross-country or cheerleading. They worked countless hours training to succeed. They were persistent.

Whatever you are training for in life, your relationship with Christ is what helps you persevere. I would have to agree with Jason Cruise, from Franklin Tennessee, who writes *The Man Minute*. He thinks God is a marathon God, not normally a sprinter.

Janna can tell you that I am not one to quit on a project or task. Whether it is work for the Lord or just daily work here at the camp/ministry/home, she is constantly telling me to "slow down", but there is a never ending list of projects to complete. Living on the farm, my Dad told me if you are willing to open your eyes, there is always a job that needs done. I have found this true in my life. Just living life everyday can monopolize our time. We forget to "stop and smell the roses."

Do you remember what God did to Elijah? He took Elijah out to a tree, fed him, put him to sleep and let him regroup. There are times when you just need to lay "jobs" down for a while, pause and remind yourself that following Jesus is about endurance, not sprinting. Pausing allows you to enjoy His favor. Being in the presence of the Lord matters more than any project ever will. Be focused in whatever it is you are training for or working on, but remember Deuteronomy 7:9 NLT says: "Understand therefore, that the LORD your God is indeed God. He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands."

I encourage you to trust in God's faithfulness, and to let Him bring you to times of rest so you can regroup. Enjoy His presence in your life. I am sure that following such times, you will be able to work smarter, harder, and more joyfully in His service. After a pause, you will likely find yourself more focused and able to endure more as you continue to persist in the work He has for you.

Love in Christ, Tony