

Maintaining the Fire

A Study In Experiencing Consistent Spiritual Energy

(Selected Scriptures)

Life and its obligations ebb and flow constantly. The rushing tide of duty is incessant and we are always needed by someone for something somewhere. It seems impossible to avoid an unending sense of being pulled on and drained from. Being everyone's everything can be spiritually dangerous. If we are always pouring out and never taking in, we become vulnerable to Satan's spiritual attacks due to our depletion. It is much easier to fall into destructive behaviors when we are wearied from life's responsibilities. Wisdom says that we should seek to maintain consistent spiritual energy rather crash into crisis and have to recover it. My father was fond of saying, "It's always easier to keep up than it is to catch up."

The Bible has a lot to say about this matter. That is what this lesson intends to explore and commend to us. Protecting the fire of God in us is vital. When we go through life with waning passions, we succumb to a performance based sense of value and self-worth. Our motives shift from simply honoring God to simply getting the next task done. It's possible to have accomplishments without feeling accomplished. We were not designed to be measured by the number of assignments we complete. Instead, we were designed for a loving relationship with a Holy God. Through Jesus Christ, we have been giving everything necessary to have and enjoy that relationship. Our dutifulness should be an outflow of that Divine connection, not a means to measure it. Jesus calls us to Himself to find true meaning by saying, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30 ESV

I. Remember _____.

a. God is _____.

b. God is _____.

c. God is _____.

d. God is _____.

e. God is _____.

f. God is _____.

g. God is _____.

II. Practice the _____.

a. _____.

b. _____.

c. _____.

d. _____.

e. _____.

f. _____.

g. _____.

III. Rest _____.

a. Get _____.

b. Take _____.

c. Have _____.

IV. Develop _____.

a. Christ Restores _____.

b. God Cares For Us in _____.