

Grace Notes

Soul Survivor

5.12.10



After [Jesus] had dismissed [the disciples], He went up on a mountainside by Himself to pray. (Matthew 14:23)

Jesus had put in a full day's work—to say the least. Being fully God, He'd just gotten through feeding five thousand men and their families. And now, being fully human, He was exhausted and needed fellowship with His Father. Regarding this passage, John MacArthur writes, "*Jesus joined His Father in intimate, refreshing communion.*"

Even Jesus knew His limits on a human level. "*Take care of your soul*," Mike Yaconelli used to tell a convention hall full of Youth Workers, "*because if you don't, no one else will do it for you.*"

Go with me on this one..... If we were like cars, most of us in North America would have "warning lights" blinking incessantly on the "dashboards of our souls" saying: "LOW FUEL", or "SERVICE SOON." But, unlike Jesus, we're more likely to think to ourselves, "*Just one more event, one more meeting, one more project, i.e. one more lap, and then I'll stop, rest & re-fuel.*" Of course, then the enemy makes certain there's *always* "one more lap".

I shared the following story in a *Grace Notes* last year. But it's worth repeating here:

From 1901-1917, Mrs. Charles Cowman worked as a missionary in Japan and China. Recorded in Gordon MacDonald's book, "*Ordering Your Private World*," (a book I highly recommend) is a story Mrs. Cowman once told regarding the experience of a 19th century explorer. The explorer had hired a group of African villagers to provide support for his exploration of a portion of unmapped Africa. On the first three days of their trek they achieved an unexpected rate of speed, which put them substantially ahead of schedule. The scientist was elated. But all that changed on the fourth day when he arose from his tent and found no one moving. In fact, he was told that the African team intended to sit the entire day out. When he asked why, he was told that they had decided they'd been moving much too fast and that it was time to stop and *let their souls catch up with their bodies*.

Is your soul running on empty? Are "warning lights" flashing? It may be time to *let your soul catch up with your body* by "*joining the Father in intimate, refreshing communion.*"

Soli Deo Gloria, Nick

