

Grace Notes

Running on Empty

07.01.09



"....Jesus, tired as he was from the journey, sat down by the well...."
John 4:6

"Summer time, and the livin' is easy....", goes the familiar line from George Gershwin's "Porgy & Bess."

Considering the maddening pace of North American society, I think that if Gershwin were alive today he might change the lyrics to something like, *"Summer time? Just yesterday it was Christmas!"*

I asked a friend of mine once how he was doing. He replied, *"Nick, I stay so ridiculously busy. However, I am excited to say that my life has finally slowed down to a blur."*

The painter, Thomas Kinkade, is known world-wide for his paintings depicting mountain & countryside settings full of serenity and tranquility. I read once that a huge reason his paintings are so popular is that people long to "enter into" the painting and somehow enjoy a state of being they'd long forgotten or lost.

The passage noted above from John is fascinating because it reminds us that Jesus was not only fully God, but also fully human. Think about it. Jesus was tired. Sure, He knew He had an "appointment" with a woman who was about to come draw water from that well. But, the fact remains—Jesus was tired, so He sat down and rested. That's a good—if not neglected—word for all of us. Amidst the insane pace of seasonal sports, family reunions, camps, deadlines, "to do" lists, etc., we *must* follow Jesus' example and sit down & rest for a while.

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.*

A car—anything requiring fuel—can't do anything on an empty tank. And neither can we. It may be time to "sit down with Jesus," and *let your soul catch up with your body.*



Soli Deo Gloria, Nick