

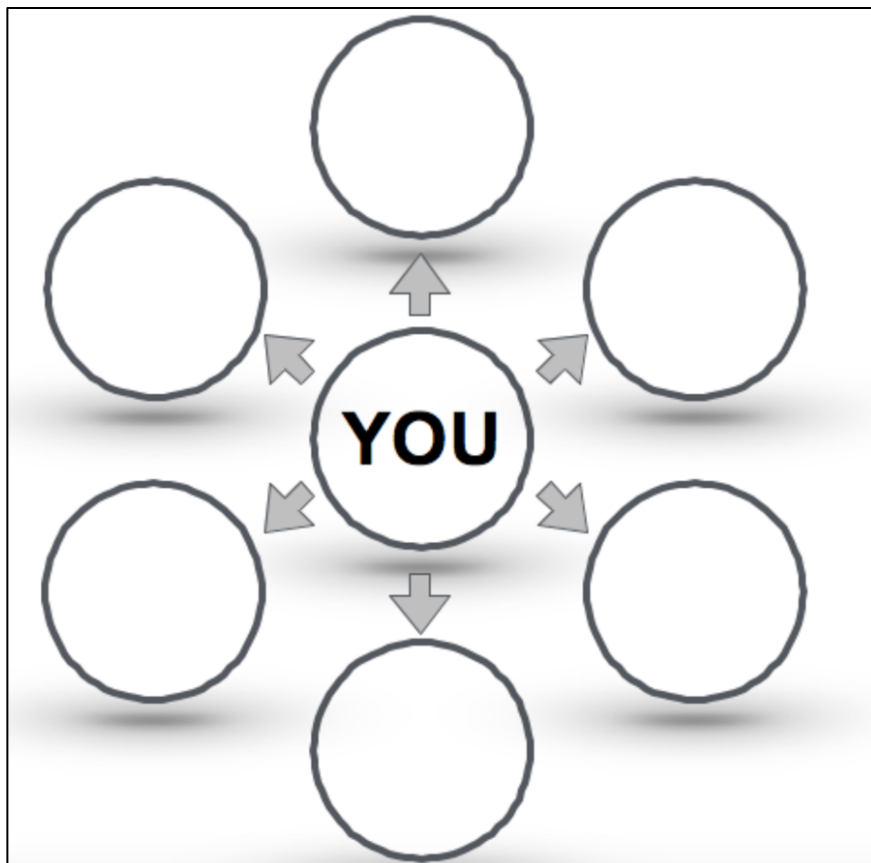
The Practice of Collecting Strength

Strong's Concordance (G373) gives us incredible insight into the true meaning of rest:

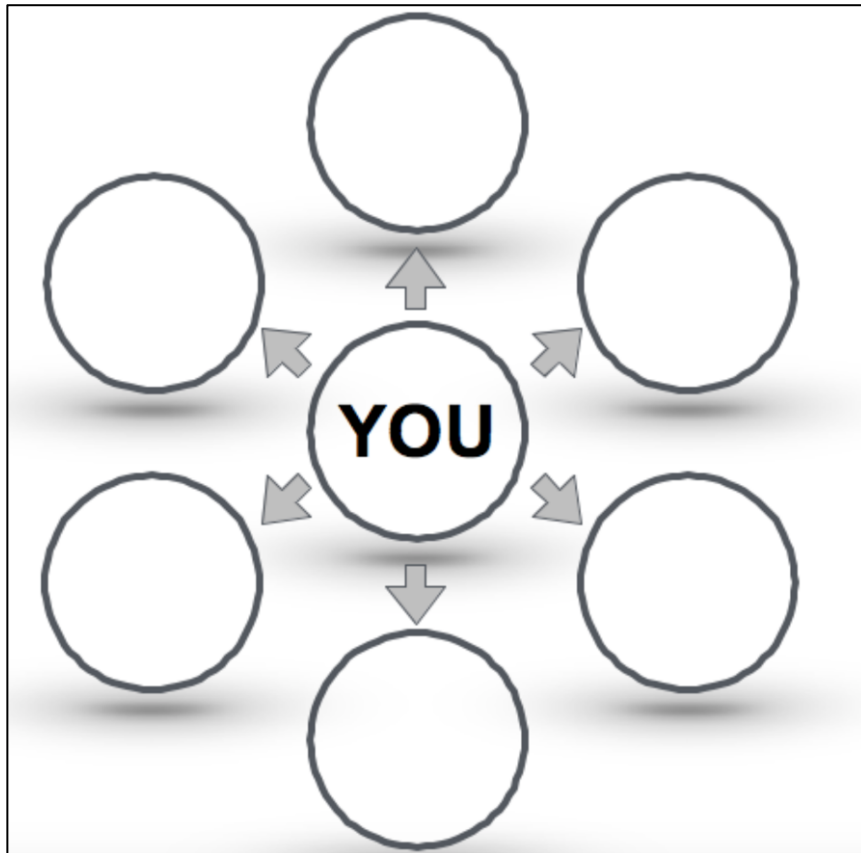
- *Greek, anapauō, (1) "to cause or permit one to cease from any movement or labor in order to recover and collect his strength; (2) to give rest, refresh, to give one's self rest, take rest; (3) to keep quiet, of calm and patient expectation."*
- We will be placing specific emphasis on "in order to recover and collect strength." It can be a game changer to think of "rest" as "collecting strength."

It is so important to ask ourselves, "How do we collect strength?"

Me? Hopping on my red Huffy bike, feeling the wind in my hair, sitting at an outdoor cafe, experiencing a little sobremesa with friends and family...and, sitting under my beloved beach umbrella at the Outer Banks of NC. How do you collect strength?



It is also important to ask, "Who or what are our 'rest robbers?' What robs us of strength?"



A Prayer for Strength to Endure

Lord, I am weary and don't know when this "race" will end in my life. I feel like I've been running forever, trying to outrun this trial. Help me to stop trying to outrun my pain but rather run with endurance the race you have set before me. I know that because of you I am ultimately a victor over the trials in my life. I know that nothing in this world can separate me from your steadfast love. Please give me a measure of your love today; give me the strength to endure this trial. Thank you for your love for me that never ends! And thank you for the crown of joy that awaits me forever in your Kingdom!

~ Adrian Rogers, Love Worth Finding