

Recharge Your Batteries

By Dr. Craig Loving

Summer is a good time to recharge our batteries. Some people recharge on the beach. Some with a book, others with a hammer. I prefer my chain saw.

The most important aspect of our lives needing continual recharging is our relationship with God. Throughout the year most of us try to take care of our spiritual lives. But summer is a good time to spend some extended time in that pursuit.

We've all spoken with Christians whose spiritual batteries have been drained by stressful situations like illnesses, life-transitions, or trauma. Others have been drained by not taking time to recharge. Even pastors and Christian leaders can get caught up in the tyranny of the urgent.

Charles Allen begins his book, ***God's Psychiatry***, with the story of a successful, but spiritually empty man who came to him for counseling. After listening to the man's story, Allen took a pad of paper from his desk and wrote this prescription: Read Psalm 23 five times a day - carefully, meditatively, prayerfully - for seven days.

Try Allen's prescription for yourself. Print Psalm 23 onto a 3 x 5 card, and carry it with you for the next 7 days. Read it 5 times a day. As you do, ask reflective questions about it. Here are some to get you started. I'm sure you'll come up with your own.

1. In what areas of my life have I been trying to shepherd myself or others?
2. What are the places or relationships in my life that are God's green pastures and quiet waters?
3. As I think back on times when I felt closest to Christ, what did His restoration of my soul feel like?
4. As I think about some of the stressful situations I've been experiencing, in what ways have I also experienced God's presence with me?
5. What is God's "table"? What are the areas of my life He is currently demonstrating His provision for me?
6. How does knowing that I will be with the LORD forever change the way I think about the events of the last 6 months?
7. What are some others ways you can think of to recharge spiritually?

Dr. Craig Loving is a counselor practice in the Denver area. You can email him at drccraigloving@mail.com