

Lifeshift

Downshift: Spiritual Balance

God created life to have a balanced rhythm of work and rest...

God saw that the light was good, and he separated the light from the darkness. God called the light “day,” and the darkness he called, “night.” And there was evening, and there was morning – the first day. (Gen. 1:4-5)

When our lives get out of balance...

- ***We lose our spiritual perspective*** – “And the word of the Lord came to him: ‘What are you doing here, Elijah?’ He replied, ‘I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. **I am the only one left**, and now they are trying to kill me too.’” (1 Kings 19:9-10)
 - ***Our focus turns inward*** – “I have been zealous...”
 - ***Our frustration turns outward*** – “The Israelites have rejected your covenant...”

Downshift: throttling back to create needed margin for God...

The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. (1 Kings 19:11-13)

- ***Priority shift: from the urgent to the important*** – “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: ‘Everyone is looking for you!’” (Mark 1:35-37)
- ***Solitude shift: from the hurried to the still*** – “Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’ So they went away by themselves in a boat to a solitary place.” (Mark 6:31-32)

♀ ***Note: solitude reminds us that we are dependent human beings, not independent human doings*** – “Be still and know that I am God.” (Psalm 46:10)

Practicing a rhythm of rest in this life is just an anticipation of complete rest in eternal life...

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. (Heb. 4:9)