

## IS YOUR BATTERY DEAD

### Day 2 – Running on Low Power

**Scripture:** *“He gives strength to the weary and increases the power of the weak.” – Isaiah 40:29 (NIV)*

Have you ever been out running errands and your phone hits 1% battery? You start doing the “low battery panic.” You dim the screen, close all the apps, and start talking to your phone like it can hear you — *“Please, just make it ‘til I get home!”* You hold it like it’s fragile, as if cradling it will magically give it more life.

One time, I was using my GPS to find a new restaurant, and my phone died right before the last turn. There I was, sitting in traffic, holding a black screen, no clue where to go. I laughed at first — then realized I was lost, hungry, and mildly annoyed with myself for not charging it before I left. Now granite, there are days when I wish my phone would die. For instance, on Friday after I got home from work, it rang at least 20 times with problems from everyone from networks, to work to friends and even family. Ken just looked at me and laughed. As if that weren’t enough add all the Facebook messages popping up and my texts going off makes it even more annoying. Some days I wish we still had a landline with a cord so I could slam it down just for effect or unplug it so people can’t connect. Unfortunately, batteries don’t die when we want them too, they die when they are inconvenient and causing us stress because we put so much faith into using them for a world wind of things.

Sound familiar?

That's exactly how life feels sometimes. We keep going and going until one day we realize we're completely drained — lost, weary, and wondering how we got there. We ignore all the “low battery” warnings God sends us — the headaches, the short temper, the tears that come out of nowhere — because we think we can push through on our own strength.

But God didn't create us to run nonstop. Even the strongest people hit empty. Isaiah 40:29 says, *“He gives strength to the weary and increases the power of the weak.”* God doesn't criticize you for being tired — He invites you to recharge.

Think about it: when your phone is dying, you don't yell at it for being weak. You plug it in! So why do we treat ourselves differently? Why do we feel guilty for resting or needing a break?

When your spiritual battery is low, it's not failure — it's an invitation. God is saying, *“Come to Me. Sit with Me. Let Me fill you back up.”*

If you don't stop and rest, you'll end up running on “spiritual low power mode” — still functioning, but not fully living. Your joy fades, your patience thins, your peace flickers. But the moment you stop and reconnect with God through prayer, His Word, or even just quiet stillness, His strength begins to flow back into you.

Sometimes, the holiest thing you can do is take a nap, pray, and let God handle what you can't. You're not weak for needing rest — you're wise for recognizing you can't keep going without your Source.

So the next time you feel like your battery is about to die, remember my GPS story. Don't wait until you're completely lost to plug in. God's power is ready and waiting — you just have to connect.

### **Reflection:**

- What are some “low battery” warning signs in your life?
- Are there areas where you've been running on your own strength instead of God's?
- What can you do this week to rest and recharge in His presence?

### **Prayer:**

Lord, I'm tired of running on low power. I've tried to handle too much without stopping to recharge in You. Thank You for being patient with me and always offering strength when I need it. Help me to rest, reconnect, and draw my power from You. In Jesus Name We Pray, Amen.