

IS YOUR BATTERY DEAD

Day 4 – Time to Recharge

Scripture: *“Come to Me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28 (NIV)*

We live in a world that hates waiting. We want everything fast — fast food, fast internet, fast answers, fast charging. Remember when charging your phone used to take all night? Now, if it's not back to 80% in fifteen minutes, we start tapping the screen to see what's taking so long.

The other day, I plugged in my iPad because I forgot to charge it and I literally checked it every two minutes like watching it would make it charge faster. Finally, I laughed at myself and thought, *“Katie, it's not going to go any faster because you're staring at it.”*

That's how a lot of us approach rest with God. We plug in — pray a quick prayer, read a verse, maybe listen to a worship song — and then expect instant renewal. But deep recharge doesn't happen in a hurry. Just like your phone needs time to fill, your soul needs time in His presence.

Jesus said, *“Come to Me, all you who are weary and burdened, and I will give you rest.”* He didn't say, *“Come to Me for five minutes between errands, and I'll instantly fix everything.”* Rest is a process. It's not about a nap (though those help too). It's about releasing

control, letting God refill what life has drained, and staying connected long enough for His peace to settle deep into your spirit.

We often think productivity is more important than peace — that if we stop, everything will fall apart. But when you pause to recharge in God's presence, you're not losing time; you're gaining strength. You can't pour from an empty cup, and you can't live on a half-charged spirit.

Even Jesus modeled rest. He withdrew from the crowds to pray, took time away from the noise, and sought solitude with His Father. If the Son of God needed to recharge, what makes us think we don't?

Here's the truth: being still before God isn't laziness — it's obedience. It's trusting that He can handle what you can't while you sit in His presence. And in those quiet moments, God often speaks the loudest.

Maybe your soul's been flashing that "low battery" warning for a while now. You've been trying to keep going, telling yourself you don't have time to rest. But friend, you don't have time *not* to. You're not meant to sprint through every season — you're meant to be sustained by the One who gives you life.

So stop watching the screen, stop checking the progress bar, and just *be still*. Let God charge your heart at His pace. When you walk away from that quiet time, you'll find that His peace has done more in you than any amount of rushing ever could.

Reflection:

- What keeps you from slowing down long enough to truly rest in God?
- When was the last time you sat still in His presence — not to ask for anything, but simply to *be* with Him?
- How might your days look different if you made time to truly recharge instead of running on fumes?

Prayer:

Lord, I confess I've been rushing — trying to fill my life with noise, tasks, and motion instead of stillness. Teach me to rest in You, not just physically but spiritually. Help me to slow down, unplug from distractions, and trust that You're working even when I'm waiting. Recharge my heart and remind me that peace is found only in Your presence. In Jesus Name We Pray, Amen.