

PUTTING THE BRAKES ON IN THE FAST LANE

While waiting to board a plane in Los Angeles I saw the perfect visual aid. A man talking on his cell phone got a buzz from his pager, while looking at the pager, another cell phone went off. He had a trilogy of communication. The 21st century man in all his importance and busyness; on his way to burnout. He is not alone!

I once heard a story about a man who ran up to a ticket agent at an airport counter, huffing and puffing. When asked where to by the agent, the man replied, "Oh, just give me a ticket; it doesn't matter. I have business everywhere."

We are a nation under stress and on the road to burnout. With cell phones, instant messaging, Fax machines, ipods, web sites, express lanes, blogs, and PDAs, we can now pack our lives and ministry with more activities than every before.

How does life in the fast lane harmonize with the command to "be still and know that I am God" (Psalm 46:10)?

Ministers are not exempt from the pressures of the fast lane. It is difficult to imitate the practice of Jesus. When the pressure was on He said, "...Come away by yourselves to a secluded place and rest a while..." (Mark 6:31).

God rested after six days of work. Ministers rarely follow the heavenly Father.

Take a whole day off. God will take care of your ministry while you rest. Don't turn on the computer, cell phone, or any other thing that will rob you of your rest day.

Put your brakes on in the fast lane.