

### **Volume 5, Day 28: Spiritual Exhaustion Is My Fault**

Spiritual exhaustion is not caused by sin. It is caused by service for God which is accomplished by my own efforts. If you are tired and worn out by your ministry to others, it might help to consider this. Jesus said that, “my yoke is easy and my burden is light.” So my exhaustion may be the result of me trying to do what Jesus has offered to do for me. My supply of resources and energy can quickly be depleted. However, God’s resources and energy are inexhaustible. So if you are exhausted in any respect, consider letting the Holy Spirit do the work. Jesus’ words, “Come to me and I will give you rest,” mean exactly this. Come to Jesus. Get in His yoke. Let Him do the pulling.

God uses us as a conduit or connector to help weary and worn people to receive His supplies. God does not intend for you to provide the supplies. God simply wants to use you as His supply chain for them. As you do this, you can also help them find their way into Jesus’ yoke and no longer be needed to assist. It may appear for a time that you are the one providing the supplies. But since you have poured yourself out in surrender to God’s sanctification, it can only be God’s own supplies that are finding their way into these weary lives. You get to serve up the nourishment for other souls until they learn to feed on God directly. They will drain you to the dregs. Be certain that you remain only a supply line of God’s resources, or before long you will be utterly exhausted.

Until other souls learn to draw on the life of the Lord Jesus directly, they have will draw on it through you. Even though they might actually drain you dry, they will receive from God through you whatever they need to grow and thrive.

My Confirming Scriptures:

Aligning Experiences:

DEEPER Every Day -- John Henry Alan