

# Before the THRONE

## The Devotional

Volume 1

Books of the Law & History

1 Kings 19:5

### Sustaining Personal Revival

“And as he (Elijah) lay and slept....” 1 King 19:5

There are times when the most spiritual thing you can do is to lie down and sleep! In a culture that is so driven for success and prosperity we have become a sleep deprived people. Even young people are pulled at both ends from the demands and lures of the culture. Part of God’s design for us to be healthy is to have a daily period of physical rest and regeneration. “So He gives His beloved sleep.” (Psalm 127:2). Without proper sleep we literally lose our edge; mentally and emotionally we are never at our best, we easily lose focus and life in general begins to suffer.

To sustain a personal revival, not only must we be rested physically, but we must also be “rested” spiritually. As long as you attempt to please God by your works, your talent, your position or your education – as long as you plead your case with God because of your poverty, or your efforts expended, or your goodness of heart – you have not become “rested.” “There remains, therefore, a rest to the people of God. For he that is entered into His rest has ceased from his own works, as God did from His.” (Hebrews 4:9-10) To walk in continual personal revival we must cease from our own strivings and efforts and trust Him Who is so trustworthy. The focus of our efforts then is shifted from our abilities to His. Our labor then shifted from works to faith. “Let us labor, therefore, to enter into that rest, lest any man fall after the same example of unbelief.” (Hebrew 4:10)

“ZZZZ... ..”