

How to Combat Spiritual Jet Lag

Billie's husband is a professional baseball coach, so travel is a big part of their lives. Over the years, she has experienced jet lag going from one coast to the other during the baseball season.

Baseball life takes them to many places in a few days. Long road trips can leave them tired, lethargic and confused. They are physically on the West Coast, their internal clock ticking on East Coast time or vice versa.

Billie experienced similar fatigue, lethargy and confusion when encountering spiritual stagnation in seasons of her life—continuing to do lots of good, God things while feeling separated from Jesus. Trying and doing ... but she started wondering if her existence was as good as life gets.

Spiritual jet lag is a temporary condition of being spiritually unsettled while continuing to have an active faith. It is an uncertainty not caused by sin or lack of faith. Obstacles cause spiritual jet lag by causing obstructions in our connection with the Lord. The blocks signal a disconnection in our spiritual walk.

Listen to Episode 229 of *Start Small Believe Big* on the Charisma Podcast Network to hear how to face the troubles that cause spiritual jet lag. {eoa}

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