

Recharge

Restore to me the joy of your salvation, and make me willing to obey you.

Psalms 51:12

The IRONMAN TRIATHLON® is one of the most grueling endurance events in the world. In order to complete the race, an athlete must swim 2.4 miles, ride a bicycle 112 more miles, then run a marathon. The best athletes in the world can complete this monumental challenge in under nine hours. But for Australian Chris Legh, his Ironman experience in 1997 was memorable for the wrong reasons. Known as one of the top competitors in the sport, he was unable to keep any fluids or food down during the course of the race. As a result, he became dehydrated, leading to a number of his organs shutting down. Fifty yards from the finish line, his body completely gave out. Legh never finished the race and would've died without immediate medical attention. Thankfully, he recovered and has won two Ironman events since. But first, he had to be restored.

While experiences like Legh's show us humans have physical limits to their endurance, the same can also be said about their spiritual lives. Thankfully, there are warning signs that exist before it becomes too late. When people don't want to read their Bible or pray, if they decide to shut people out of their lives, or if church becomes just a ritual, something deeper may be going on. They may be suffering from spiritual dehydration.

Just as a "Low Fuel" light tells us to fill up the car with gas, it's time to ask God for a renewed spirit when we see these warning signs. Consider that Jesus had crowds following him everywhere, but he knew his spiritual limits so well that he consistently took time to recharge, even when death was near (see Luke 22:39-43).

When your life's "Low Fuel" light comes on, don't ignore it. God wants to recharge and renew your life. Allow him to do just that. Make sure you accept his help to cross the finish line.