



21 March 2025

## **I don't feel like it!**

We've been there, "I don't feel like it!" It can be one specific thing, or everything. Sometimes when we are tired, at other times when we are too busy, or times when we are facing difficult, seemingly insurmountable challenges, and then too when we can't put a finger on the reason, "I just don't feel like it!"



Whatever the trigger we should try to put those feelings in focus, which includes looking at both what we don't feel like doing and our overall state of being, including our physical, emotional and spiritual state of being. You may have heard people say that when you don't feel like doing something, that is the time when you most need to be doing it. While that is sometimes accurate, it is not always accurate. If you don't feel like doing it after you have worked long and hard without enough rest, what you probably need is some good rest from "doing it."

Today let's think about our spiritual life, and times when we don't feel like praying, reading the Bible, worshiping with other believers and serving God and others. Here an accurate focus begins with seeing God, seeing His perfect knowledge and wisdom. While my circumstances and feelings change, God never changes. He is always faithful and true.

The Revelation chapter 19 tells us one of Jesus' names is "Faithful and True" (11). That tells us that Jesus in His nature, in who He is and all that He does, is faithful and true.

Psalm 119 tells us "Forever, LORD, Your word stands in heaven. Your faithfulness continues throughout generations; You established the earth, and it stands. They stand this day by Your ordinances, for all things are Your servants" (89-91).

As we read in the apostle Paul's second letter to Timothy, "If we are faithless, He remains faithful, for He cannot deny Himself" (2:13).

God's word and His creation are established and stand as His servants. This tells us God's never changing truth and faithfulness are His servants in part for our encouragement and strength when we don't feel like it, when we don't feel like praying, reading the Bible, obeying God, helping someone, serving Him.

When we stop and examine our feelings, and frame them by the truth of God's word and His faithfulness we see in His creation as well as in our own lives, we will be able to see some things we don't feel like doing are okay to not do, to drop. But it will also help us see what we should do with God's encouragement and strength. So, frame every feeling by God's truth and faithfulness.

We need God's truth and direction at all times, including every "I don't feel like it" time. We receive God's truth and direction from His word, from praying, from worship, fellowship with and counsel of other believers. When God told us not to abandon meeting together with other believers in Hebrews chapter 10, the setting tells us this is important for being firm in our faith, for encouraging and being encouraged by our brothers and sisters in Christ.

However empty and tired you may feel remember God is faithful and that, as He said to Israel through Jeremiah,

"I have loved you with an everlasting love; therefore I have drawn you out with kindness" (31:3),

and through the writer of Hebrews,

"I will never desert you, nor will I ever abandon you" (13:5).

So, as He tells us through Isaiah,

"Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand" (41:10).

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