

# Recharging

#0565

Study given by W.D. Frazee—May 7, 1971

This evening, I want to tell you about an inexhaustible fountain of strength and energy that's available. Would any of you like to have more than you *do* have?

Let's turn to the writings of the prophet Isaiah, the 40<sup>th</sup> chapter of his wonderful book. I love the majesty of the language of this wonderful book. And I love the message, its strength, and the invitation to join our weakness to the strength of God.

“Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of His understanding. He giveth power to the faint; and to them that have no might He increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint” Isaiah 40:28-31.

Here is the fountain of inexhaustible energy and strength. Thank God, it's available for you and me.

We have a great privilege to turn aside from self-serving and devote our time our strength our money our energy our lives to Jesus and His work, to finishing the work of God in this world so that the pain of this world can end. Why would a person ever take any time for vacation or rest or sleep or any other personal things? The reason is to recharge the battery so we can go on and do more. That's the good reason, the real reason; and that motive will keep us from a thousand problems, if it's clear in our hearts.

You can be recharged no matter how weak you are. You can be recharged with new energy and fresh strength. The source is God. He's infinite in power.

God says:

“Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: He calleth them all by names by the greatness of His might, for that He is strong in power; not one faileth” Isaiah 40:26.

Suppose you and I could plug into the power that runs the universe, that keeps the stars in place. This is the invitation. This isn't just some figure of speech. This isn't just something to write poetry about. This is real. Thank God, there are some people here tonight who can testify that it works! If you're one of them, you want to learn how you can have some more. Am I right? And if you haven't learned of this wonderful source of energy, power, strength, tonight, in God's Providence, you are here to learn of these wonderful possibilities. They're for you.

God's regular way of recharging the energies of His creatures is not by what is called a 'direct miracle.' He could do that, but a miracle by its very nature is an unusual, out of the ordinary, manifestation of divine power. It is no more marvelous than the *regular* working of divine power. In fact, whenever any manifestation of divine power is regular, we get used to it, and it ceases to seem a miracle to us.

Let me illustrate that. When the nation of Israel was brought out by God from Egypt on their way to Canaan, they went through the wilderness. For 40 years they were fed with manna. God worked a miracle six days of every week. Every morning when they went out, they found manna. God had worked a miracle. But there came a time when most of the people in that nation had eaten nothing but manna all their lives. If every morning of your life, except the holy Sabbath, you had gone out there and picked up manna from the ground, somewhere along the line you wouldn't think about it being a miracle. And if you stop to think about it, it's just as much a miracle when we put wheat in the ground and we come back some months later harvest 20, 40, 60 times as much wheat. It's the same power of God as in giving the manna. But we get used to it with sowing and reaping. Israel got used to it by picking up manna where God had put it down.

When it's regular and systematic and works that way time after time, we don't think of it as a miracle anymore. We think of it as the regular way of working. God has a purpose in usually doing things through regular ways of working. He wants us to cooperate with Him. The best way, the easiest way, and the most successful way we can cooperate with Him is to know how He works. But if He worked one way this week and another the next week and still a third way the next, most of us would miss out. In fact, it's amazing how long it takes most of us to learn how He works when He does the same thing every day!

We call those regular ways of working the laws of nature. The law of sowing and reaping is an example. In this matter of energy and recharging, God has regular ways of working. If we will learn the simple principles and follow them, all of us can have more energy day by day and, as the result, be able to do more for God. Isn't that wonderful? Yes.

These channels through which God works include the physical and the spiritual. Man is both a physical being and a spiritual being. When I say this, I do not mean that we are recharged *physically* just through *physical* means and recharged *spiritually* just through *spiritual* agencies. I don't mean that at all. Man is a unit. Physically, I need the

*spiritual* recharging as well as the *physical* recharging. Spiritually, I need the physical recharging as well as the spiritual recharging.

I have selected two pairs, four channels in all. But they work together as pairs. Two of them we think especially in connection with the *spiritual* and two in connection with the *physical*. All together, these four channels give us contact with the infinite resources of the infinite God. And in the words of our text: He is not weary. "There is no searching of His understanding. And He giveth power to the faint." (Isaiah 40:28-29)

How do we get this power? Looking at the physical side of things, I would like to bring you two channels of recharging. One is these is rest and the other is exercise.

Someone says, "That's simple enough. I've heard that before."

That's good. Let's see what the Bible says about it.

The 127<sup>th</sup> Psalm. I love the Psalms, don't you? They're not merely a divinely-inspired hymnal. There's a lot of very practical instruction in these Psalms.

Notice:

"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so He giveth His beloved sleep" Psalm 127:2.

What does God give His beloved? He gives them sleep. Did He ever give you any? Yes, you've all had some, or else you wouldn't be here tonight. I wonder if you got all that He meant for you to have. "He giveth His beloved sleep." Don't you like that expression? "His beloved." Are you one of His beloved? Yes, you are. God loves you. And one of the evidences that He loves you is that He gives you sleep.

Someone says, "Oh, I wish I could sleep."

Well, you've had some sleep. Would you like some more? Notice that God says that it is vain to rise up early and sit up late. One of the reasons that people don't sleep is that they don't give themselves *time* enough to sleep. And even God can't give you all the sleep you need unless you give Him the time to take the gift.

Someone says, "I thought it was *good* to get up early."

The text doesn't say it's a bad thing to get up early. It says it's vain, that is, not helpful, not useful, to rise up early and sit up late. We have an expression for that —'burning the candle at both ends.' And if there's any generation in all the history of the world since Adam that's sitting up late, it's *this* generation. We glory in all the modern inventions that enable us to turn night into day. Some poor souls have to try to turn day into night as the result. And Scripture says that's a vain thing.

Let's turn to Proverbs 3:24. We're going to notice a very interesting statement. This is another one on sleep. One of the things that keeps people from sleep is fear, worry, anxiety. God wants to get *rid* of that. But notice this promise here of the wise man:

"When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet" Proverbs 3:24.

Isn't that nice? Not nightmares, not tossing. God has a program of giving you not only sleep, but *sweet* sleep. How refreshing that is, dear friends, to awake in the morning revived, recharged. This is God's way of doing it.

But notice what I need to do in order to get the sleep. Did you catch that in the text? What is it you need to do to sleep? Lie down. That's right. Not very many people can sleep standing up. Horses do that, but you weren't made to do it. So, if you want to sleep, do what? Lie down.

"Ah, but I have so much to do!"

All right. Keep going until your battery is all run down, and then you'll *have* to lie down. But wouldn't it be more sensible to do it before you get the last volt out of the battery? Oh, yes.

David tried this. I was interested that David speaks of this more than once.

"I will both lay me down in peace, and sleep: for Thou, LORD, only makest me dwell in safety" Psalm 4:8.

Which do you do first? Lie down. Then what? Sleep.

"I laid me down and slept; I awaked; for the LORD sustained me" Psalm 3:5.

David got recharged. This is a most interesting Psalm, for it's a Psalm of David when he fled from Absalom, his son. Absalom raised a rebellion. He thought that the answer was to take over the government. He was ready to kill his father, and David had to flee. What a time to lie awake all night and be restless, or else pace the floor. David said, "No, I'll do no such thing. I'll lay me down in peace and sleep, and the Lord will sustain me and recharge me."

David needed that recharging. Sometimes when we get into some tragic situation or something else that brings special strain, there's a tendency to feel, "Oh, this is so awful, I can't sleep." My dear friends, it may be the time we need sleep more than any other time. We need to have good sense. Take these verses from Scripture. David's experience, get some rest, even if it's only a short rest. Let God recharge your battery with sleep.

I found a beautiful statement. See how nicely this is worded:

“Sleep, nature's sweet restorer, invigorates the weary body, and prepares it for the next day's duties” *Testimonies for the Church*, Vol. 1, page 687.

These things are arranged in pairs. Let's turn to Ecclesiastes, and I'll show you something that goes with getting recharged in sleep:

“The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep” Ecclesiastes 5:12.

Do you remember that night that Daniel spent in the lion's den? What did the king do that night? He couldn't sleep. But Daniel had a good nap there with the lions.

When the king of Persia couldn't sleep, they had to bring the chronicles in. Let me tell you something, friends: If men don't know God, and if they're worried with the affairs of state, or business enterprises, they don't understand God's program of recharging. They may not get all the benefits of sleep.

Part of getting the blessing of sleep is to get rid of fear. In this text we have here, we have another very important thing. What is it that makes a man's sweet sleep? Labor. What is that labor? Work; exercise. And it makes sweet sleep. Then if I toss and roll at night, it may be I need some exercise.

Someone says, “Yes, that does apply to me. I need exercise.”

I'm so glad that God has given us so many wonderful things to do in exercise.

I found a little key here:

“...Work performed in the open air is tenfold more beneficial to health than in-door labor” *Fundamentals of Christian Education*, page 73.

If you want to get 10 times more benefit from exercise, get outdoors.

You say, “There are so many things that have to be done *indoors*.”

That's right. And some of us need to get our batteries recharged through *outdoor* exercise so we can do some of the things that have to be done *indoors* without dragging around. Recharging is the key.

You can see, friends, there's a balance to this. The man who would exercise 24 hours a day, that would be too much. If he would *sleep* 24 hours a day, that would be too much. Every individual has to find out for himself where the balance is. You might get some *suggestions* from other people. You might listen to the *experience* of other people. But there's nobody quite like you. And one of the greatest things in education, whether you are in your teens or your eighties or anywhere in between, is to learn the proper balance between sleep and rest on one the hand and exercise and labor on the other. Let's learn it. What do you say?

And remember, if you need recharging, you probably need it right at the time when your battery is down. You either need some rest or some outdoor exercise. For most people, that's the answer, one or the other, or a combination of those. It's simple, isn't it?

Now let's look at the spiritual side of this. Notice the combination of rest and exercise:

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls” Matthew 11:28-30.

Is a yoke a bed? Is it a rocking chair? What's a yoke for anyway? The only thing on earth a yoke is for is work. And God's program of spiritual recharging includes rest and service, communion and ministry. Resting in the Lord and working with the Lord: we need both. “Come and get My rest. Come and take My yoke. Learn of Me.” Learn that combination. And if you'll do it, He says, you'll “find rest unto your souls.”

*Ministry of Healing*, page 51. I love this book *Ministry of Healing*, don't you? It's one of the greatest books ever written on recharging—recharging the physical and the spiritual energies:

“The Saviour's life on earth was a life of communion with nature and with God. In this communion He revealed for us the secret of a life of power” *Ministry of Healing*, page 51.

In the great world of nature, God is always revealing His life. In the springtime, don't you love to watch the trees leaf out? To see the little flowers blooming and hear the birds with their spring song? Life, life, life is bursting all around us. As we mingle with that life, we become *partakers* of that life. There's life for us in the sunshine and the fresh air, in exercise out in the things of nature. And it's the Creator's life. It's the One who made all these things that says, Come with Me. I want you to share My life.

Jesus Himself was an example, not only of *getting* spiritual help, but of *giving* spiritual help. And in the very sharing with others, He Himself was blessed and taught us how to do this.

Turn to the fourth chapter of John. You remember that experience of the Savior by the well? The disciples had gone into the village to buy food, and Jesus was hungry and thirsty. But as He had opportunity to help that poor soul get help, when they came back with the food they had purchased, they saw Him sitting there in meditation, His soul recharged with energy, His face aglow.

“In the mean while His disciples prayed Him, saying, Master, eat. But He said unto them, I have meat to eat that ye know not of. Therefore said the disciples one to another, Hath any man brought Him ought to eat? Jesus saith unto them, My meat is to do the will of Him that sent Me, and to finish His work” John 4:31-34.

The disciples got to discussing it. They said, “Has anyone brought Him something to eat?” They looked around; they didn't see any scraps. Where did He get it?

Not alone in rest is recharging found. It may be obtained through sharing with God in blessing others.

“Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward” Isaiah 58:7-8.

“But I'm already so weak and exhausted that I can hardly take care of myself, let alone anyone else.”

Will you take the prescription of the Great Physician? He tells you to look around and find somebody who is worse off than you are and start sharing with them what you have. If it's food they need, share some food. If it's clothes, share some clothes. But there are a lot of people who need someone to take an interest in them, pray with them, love them, and care for them. Whatever it is they need, God says if you will take what energy you have and start sharing your blessings with others, you will get some more and your health will spring forth speedily.

“And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not” Isaiah 58:10-11.

It doesn't leave any room for self-serving. If we take the time we need day by day for labor and rest, for spiritual communion and helping others, there's precious little time left to just selfishly please and pamper ourselves.

This is the problem. And the easy way out of it is to say, "We'll cut out the self-pleasing. If that's what's getting in the road, out it goes. Self must get out of the way. If self is what's hindering me from entering into the divine program of light, of spending all my time in sharing with others, or getting help so I can share, then self will just have to get out of the way."

This is the happy way to live. There is no other recipe that works like this one. Thank God.

I suppose most of you here, I hope *all* of you have had a little taste of this. But if you've had a *real* taste of the *real* thing, you know what you want? Some more. And there's more in the kitchen. Aren't you glad? Yes. We can have this as regular and steady as the children of Israel had manna out there in the desert.

Let me read you something wonderful that I read here in Volume 4. See how it fits in with Isaiah 58:

"The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health" *Testimonies for the Church*, Vol. 4, page 56.

While I'm giving you four channels, two from the *physical* side and two from the spiritual side, it isn't just that the physical channels recharge the physical body, and the *spiritual* channels recharge the spiritual life. No. It takes *all* the channels to recharge the whole man. And it's this spiritual communion with God through the study of His word, in prayer, and in nature; it is this spiritual sharing with God in ministry to others that brings actual physical recharging to these nerves and blood vessels.

Have you found one or more of these channels of recharging?

[Testimonies follow.]

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