

# Busyness Nullifies Rest and Rejuvenation

My personal experience is that busyness nullifies rest and daily rejuvenation. That's what I've experienced, so that's my testimony to the facts. I'm sure those who are honest will agree with me from their experience also.

The King informed us that we need to “drink of the Living Water” every day to cope with life in these times.<sup>1</sup> When we fail to come into his presence at the start of each day and draw refreshment from him, we'll eventually find that we run out of refreshment, as well as peace and rest. That process of drawing refreshment is really what ‘drink of the Living Water’ is really all about.

Here's his instructions to do just that:

*“Take time to rest and rejuvenate when you are running low on energy. Come into my presence and allow me to renew your spirit, soul and body,” says the Lord. “Quiet your soul and be still until refreshment comes.”*<sup>2</sup>

**NOTE** ‘Drinking of the Living Water’ is a metaphor, not the reality, so sons shouldn't use the expression at all. Instead we should talk reality, such as ‘come into his presence’, ‘drawing refreshment from him’, etc.

On another point, sons are meant to live out of their Internal Kingdom<sup>3</sup>, where the Spirit resides, as well as be in constant spiritual contact with the Trinity all day long. That being said, what normally happens is that our soul and mind override our spirit during the day because of our busyness, so we don't function spiritually very well at all. That's why it's vital that we have time to draw refreshment from the Spirit at the start of each day so that we're rejuvenated and strengthened in soul, mind and spirit to handle the day in peace and rest.<sup>4</sup>

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(Readers will need to look up for themselves any scriptures alluded to in this document)

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1 – SEE: “Drinking of the Living Water Each Day is Vital” (18-5-2021)

[canberraforerunners.org/wp-content/uploads/2021/10/Drinking-of-the-Living-Water-Each-Day-is-Vital.pdf](http://canberraforerunners.org/wp-content/uploads/2021/10/Drinking-of-the-Living-Water-Each-Day-is-Vital.pdf)

2 – Marsha Burns “Small Straws in the Soft Wind” (Mar. 8, 2024) [ft111.com/smallstraws.htm](http://ft111.com/smallstraws.htm) [ARCHIVE: [ft111.com/straws2024.htm](http://ft111.com/straws2024.htm)]

3 – “Understanding the Internal Kingdom” (22-9-2018)

[canberraforerunners.org/wp-content/uploads/2018/10/Understanding-the-Internal-Kingdom.pdf](http://canberraforerunners.org/wp-content/uploads/2018/10/Understanding-the-Internal-Kingdom.pdf)

“Live Out of Your Internal Kingdom” (15-5-2022) [canberraforerunners.org/wp-content/uploads/Live-Out-of-Your-Internal-Kingdom.pdf](http://canberraforerunners.org/wp-content/uploads/Live-Out-of-Your-Internal-Kingdom.pdf)

“The Internal Kingdom Life” (8-11-2022) [canberraforerunners.org/wp-content/uploads/The-Internal-Kingdom-Life.pdf](http://canberraforerunners.org/wp-content/uploads/The-Internal-Kingdom-Life.pdf)

4 – “Drinking of the Living Water Each Day is Vital” (18-5-2021)

[canberraforerunners.org/wp-content/uploads/2021/10/Drinking-of-the-Living-Water-Each-Day-is-Vital.pdf](http://canberraforerunners.org/wp-content/uploads/2021/10/Drinking-of-the-Living-Water-Each-Day-is-Vital.pdf)