

Take Time Out From the Stress of Life to Rejuvenate

It's so important to hear what Father has to say about everything. He has all the current and up-to-date information, just as our King ('The Truth', 'The Word') also has. There's no other essential source that they wants us to plug into than themselves – no other.

Here's a couple of messages he's given to us recently:

“Take time out from the stress of life to rejuvenate. Focus on spiritual goodness, and allow restoration and healing to take place in your soul. Put aside all stressors for the moment so that you can find comfort in My presence, says the Lord. Set your heart and mind on recuperation and regeneration.”¹

“When you are weary, come to Me to be rejuvenated. When you are uncertain, come to Me for wisdom. When you are weak, come to Me to be strengthened. You are not alone; I am with you always. I am your fortress and high tower, your place of safety and security. Come and be refreshed and renewed,' says the Lord.”²

Why would he say that if we live in Kingdom peace and rest? The answer's simple: We don't live that way.

The issue for us is that we haven't learnt to live in the natural and spiritual simultaneously and operate as sons are meant to. We've been too focused on religious activity and what we must do, that we haven't spent enough effort learning how to BE. You see, DOING should come out of BEING. Therefore, our main focus should be on our intimate relationship with the Trinity, not on life and it's issues. Our misplaced concentration has been limiting us for all our lives, while we continually think we're leaning how to live life successfully our way.

So, when we succumb to stress and the pressures of life, we should look to the Kingdom way of re-focusing and the Kingdom way to recuperate from the tension. If we don't, and we don't get Father's mind on exactly how to do that, we'll suffer from ill-health and ill-thrift.

He's already given us an overview on how to balance life,³ so it's important to follow his instructions above on how to be restored to peace and rest as well. Of course, that's on top of being in his presence.⁴

Example: Recently I started to become very tense because I was continually under a great deal of pressure at work to meet my KPIs (goals) each day. I was constantly pushing myself to come up to management's expectations, but I began to develop side-efforts, such as irritability, tension and being unable to unwind at the end of the day. Once I understood what was going on inside me, and the cause, I made a decision at work the next day to slow down and only do what I was able to do. I felt I'd be ineffective in my daily achievements, but I needed to do it to get back into peace and rest, that work was taking away from me. That day I had to do a compulsory work-based mental health training session, which finished up by instructing us to be kind to ourselves so we can look after our mental wellbeing. Amazing. That's exactly what I'd decided to do that very morning. I say “amazing”, because Father usually confirms with me, one way or another, the inspirations, revelations and downloads he's given to me, and this time it was through a webinar – of all things.

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1 – Marsha Burns “Small Straws in the Soft Wind” (April. 3, 2023) ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2023.htm]

2 – Marsha Burns “Small Straws in the Soft Wind” (April. 11, 2023) ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2023.htm]

3 – “I Will Teach You How To Balance Your Life Circumstances”

canberraforerunners.org/wp-content/uploads/I-Will-Teach-You-How-To-Balance-Your-Life-Circumstances.pdf

4 – “If You are Not in His Presence Every Day”

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