

# Living Under What Influence?

For people that are spiritually alive, probably more dumb and damaging things are done simply because they are tired than for any other reason – for those spiritually dead it doesn't matter if they are tired, but for the living it is vital they not neglect this mundane (normally thought of as aspiritual) responsibility.

This is what the Sovereign LORD, the Holy One of Israel, says:

“In repentance and rest is your salvation,  
in quietness and trust is your strength . . .  
the LORD longs to be gracious to you;  
he rises to show you compassion.  
For the LORD is a God of justice.  
Blessed are all who wait for him!” Isaiah 30:15-18

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”  
Matthew 11:28-30

Not getting adequate rest is the spiritual equivalent of driving drunk – you may not get caught the first or second time, but eventually you will pay the price!

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. Hebrews 11:6

Faith is best manifested in trusting God to do for us that which we cannot (no matter how hard or long we work) do for ourselves – striving to live under His influence rather than the evil influences pressing forward when we are zombies!

Oh, by the way, between the . . . in the verse above is the warning of LUI (living under the influence of exhaustion):

This is what the Sovereign LORD, the Holy One of Israel, says:

“In repentance and rest is your salvation,  
in quietness and trust is your strength,  
but you would have none of it. Isaiah 30:15

You said, ‘No, we will flee on horses.’

Therefore you will flee!

You said, ‘We will ride off on swift horses.’

Therefore your pursuers will be swift! Isaiah 30:16

A thousand will flee at the threat of one;

at the threat of five you will all flee away,  
till you are left like a flagstaff on a mountaintop,  
like a banner on a hill." Isaiah 30:17

Yet the LORD longs to be gracious to you;  
he rises to show you compassion.

For the LORD is a God of justice.  
Blessed are all who wait for him! Isaiah 30:18

**Develop the critical discipline of getting  
your rest!**