



**DEVOTION:** January 26, 2020

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*Even the Best Need Rest*  
**Rob Pochek**

1 Kings 19:3-18

After Elijah experiences an incredible spiritual victory at Mt. Carmel, he is threatened and fears for his life. While we seldom experience the same kind of spiritual battle that Elijah did, the enemy often attacks us after significant spiritual victories in our life. In the life of a pastor or missionary, those battles can come frequently. We have a great day of worship and ministry only to be greeted by an upset church member or an angry email the next morning. Like Elijah, after a while, it takes a toll on even the strongest and most courageous in ministry.

What I so appreciate about this passage in 1 Kings is that the Lord first provides nourishment and physical rest for Elijah. Then, once he has regained some strength, he brings Elijah into a spiritual encounter. We need to be mindful of the importance of both of these realities. We need physical rest and nourishment and we need spiritual renewal in order to continue faithfully in ministry. It is to our detriment, and to the detriment of those we serve, to neglect either one. Be sure to add times of physical rest and spiritual renewal to your regular rhythm of life and ministry.



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