



# ~ Thought For The Day ~

~gathering from the 4 winds~

“come just as you are”

**Refresh, Restore, Rebuild = Healing**



Vol. 18 Issue 340

Jan. 17, 2012

## Worship Music

[I Surrender-Kim Walker](#)

[Where You Go I Go-  
Jesus Culture](#)

[The More I Seek You-  
Kari Jobe](#)

[Healer-Kari Jobe](#)

[Be Still-Kari Jobe](#)

[We Cry Holy-  
Chris Tomblin](#)

[Mercy Said No-  
CeCe Winans](#)

## Radio Stations

[KWVE ...Calvary Chapel](#)

[KLOV](#)

## Bible Study Sites

[Chuck Smith  
Through The Bible](#)

[Bob Coy/Teachings](#)

[Mike MacIntosh](#)

[Jon Courson](#)

[Biblos.com](#)

[Billy Graham](#)

[Charles Stanley](#)

[David Wilkerson](#)

[Greg Laurie](#)

[Virtue for Women-  
Cathe Laurie](#)

## Prayer

Lord, help me remember not to neglect my own spiritual life. My time with You is vital if I am to remain spiritually fresh and empowered to serve others. When life gets so busy that I think there is no time to spend with You, help me refocus and reschedule my life so that my relationship with You remains my greatest priority. And after I've been refreshed by Your Word and Your Presence, help me then to minister the fullness of Your Spirit and Your love to those around me, in Jesus' name. Amen.

## Scripture

Exodus 5: 1-23 (AMP)

1 AFTERWARD MOSES and Aaron went in and told Pharaoh, Thus says the Lord, the God of Israel, Let My people go, that they may hold a feast to Me in the wilderness. 2 But Pharaoh said, Who is the Lord, that I should obey His voice to let Israel go? I know not the Lord, neither will I let Israel go. 3 And they said, The God of the Hebrews has met with us; let us go, we pray you, three days' journey into the desert and sacrifice to the Lord our God, lest He fall upon us with pestilence or with the sword. 4 The king of Egypt said to Moses and Aaron, Why do you take the people from their jobs? Get to your burdens! 5 Pharaoh said, Behold, the people of the land now are many, and you make them rest from their burdens! 6 The very same day Pharaoh commanded the taskmasters of the people and their officers, 7 You shall no more give the people straw to make brick; let them go and gather straw for themselves. 8 But the number of the bricks which they made before you shall still require of them; you shall not diminish it in the least. For they are idle; that is why they cry, Let us go and sacrifice to our God. 9 Let heavier work be laid upon the men that they may labor at it and pay no attention to lying words. 10 The taskmasters of the people went out, and their officers, and they said to the people, Thus says Pharaoh, I will not give you straw. 11 Go, get straw where you can find it; but your work shall not be diminished in the least. 12 So the people were scattered through all the land of Egypt to gather the short stubble instead of straw. 13 And the taskmasters were urgent, saying, Finish your work, your daily quotas, as when there was straw. 14 And the Hebrew foremen, whom Pharaoh's taskmasters had set over them, were beaten and were asked, Why have you not fulfilled all your quota of making bricks yesterday and today, as before? 15 Then the Hebrew foremen came to Pharaoh and cried, Why do you deal like this with your servants? 16 No straw is given to your servants, yet they say to us, Make bricks! And behold, your servants are beaten, but the fault is in your own people. 17 But [Pharaoh] said, You are idle, lazy and idle! That is why you say, Let us go and sacrifice to the Lord. 18 Get out now and get to work; for no straw shall be given you, yet you shall deliver the full quota of bricks. 19 And the Hebrew foremen saw that they were in an evil situation when it was said, You shall not diminish in the least your full daily quota of bricks. 20 And the foremen met Moses and Aaron, who were standing in the way as they came forth from Pharaoh. 21 And the foremen said to them, The Lord look upon you and judge, because you have made us a rotten stench to be detested by Pharaoh and his servants and have put a sword in their hand to slay us. 22 Then Moses turned again to the Lord and said, O Lord, why have You dealt evil to this people? Why did You ever send me? 23 For since I came to Pharaoh to speak in Your name, he has done evil to this people, neither have You delivered Your people at all.

**Exodus 5. Moses' First Demand**

Pharaoh was insolent. He ordered the supervisors to lay even heavier burdens on the Israelites; they were to make the same number of bricks as before, but now they also had to find their own straw ( 2:10–19 ). Moses soon lost favor with the Israelites, who were quick to blame him for the increased level of oppression. God continued to press Moses to again approach Pharaoh for their release and to tell the Israelites that He had not forgotten His covenant with them.

(Halley's Bible Handbook; Henry Halley; 2000; Zondervan; Bible History and Commentaries; page 139)

Israelites' Burdens Increase; VV 20-21 Thus begins Moses' problems with the children of Israel. They are complainers and grumblers from the word "go. " Here they're crying unto God; "Oh God, deliver us." Now God sends a deliverer, and the first thing they do is give him a bad time. VV 22-23 Moses went to the Lord and began to pour out his complaint to Him, "Lord, why did you send me? Things aren't getting better; they're getting worse!" Quite often, when you embark on a work of God, Satan throws so many obstacles in the way that things look like they've just gotten worse. He does his best to discourage you right at the onset of an endeavor for God. So the secret is just keep going. If God has called you to a task, just do it.

(Old Testament Study Guide; The Word For Today; Chuck Smith; 2005; Commentaries; page 25)

**Have You Paid Attention To Yourself Lately?****1 Timothy 4:16**

Are you constantly serving others without giving yourself needed times of rest and refreshing? Or do you remember that you have spiritual needs too?

When Paul wrote First Timothy 4:16, Timothy was a young pastor working ferociously to see his ministry succeed. Timothy was serving as the pastor of the giant church of Ephesus—the world's largest church at that time. In the process, he was learning to deal with all the problems that go along with serving as the senior pastor of such a large church.

Timothy was discovering that taking care of a large church was an all-consuming task. He was giving every ounce of himself to serve the needs of that church and to make sure it was well taken care of. In fact, he was so busy taking care of everything and everyone else that he was forgetting to take care of himself!

Have you ever been guilty of running around and taking care of everyone else except yourself? Have you ever gotten so busy helping others that you forfeited your own vital time with God? Be honest! Have you ever done this so regularly that you began to feel drained, and you knew it was because you weren't taking care of your own spiritual needs?

That's why Paul admonished Timothy, "Take heed unto thyself...." This phrase "take heed" comes from the Greek word epecho, which is a compound of the words ep and echo. The word ep means on, and the word echo means to have or to hold. When these two words are compounded into one word, it means to grab hold of something very tightly. In other words, the word epecho describes an extremely firm grip.

It's so easy to get distracted by other things that scream for your attention. However, if your relationship with God suffers because you are trying to help everyone else, it will just be a matter of time until you run dry, lose your energy and passion, and have nothing more to offer. This is exactly what was happening to Timothy! If he was to continue serving as an effective minister to other people, he had to set aside some private time to develop his own relationship with God.

Paul's words to Timothy could be translated:

"Get ahold of yourself...."

"Make your own spiritual life a priority...."

"Don't get so busy that you forget you have spiritual needs too...."

It's good to serve the Lord and to be willing to work. You should be faithful at whatever He has called you to do. But you should never get so busy that you forget your own spiritual needs and thus end up running dry of spiritual power. Take Paul's words to heart. Never forget to "take heed unto thyself"!

If you are going to serve God and do His will for years to come, it is essential that you make your own spiritual life your first priority. After all, you can only give what you have inside you. If you run dry because you never spend time with the Lord, it won't be long until you have nothing left to give to anyone!

So if you wish to continue being effective for God's Kingdom, it is mandatory that you don't forget about your own spiritual need to grow and to be refreshed by the Word. As Paul's words could be understood, "Don't get so busy that you forget you have spiritual needs too!"

**QUESTIONS FOR YOU TO CONSIDER**

How much time do you personally spend alone with God every day?

Have you gotten so busy serving the Lord that you have neglected your own walk with Him? If so, write down any problems you may be facing in different areas of your life because of this neglect.

What steps do you need to take to reverse this situation and refocus on your relationship with Jesus? Sparkling Gems from the Greek.

**Ps 25:4** — Show me Your ways, O Lord; teach me Your paths.

**Ps 25:5** — Guide me in Your truth and faithfulness and teach me, for You are the God of my salvation; for You [You only and altogether] do I wait [expectantly] all the day long.

**Ps 32:9** — Be not like the horse or the mule, which lack understanding, which must have their mouths held firm with bit and bridle, or else they will not come with you.

**Ps 143:10** — Teach me to do Your will, for You are my God; let Your good Spirit lead me into a level country and into the land of uprightness.

**Isa 49:2** — And He has made my mouth like a sharp sword; in the shadow of His hand has He hid me and made me a polished arrow; in His quiver has He kept me close and concealed me.

**Isa 50:4** — [The Servant of God says] The Lord God has given Me the tongue of a disciple and of one who is taught, that I should know how to speak a word in season to him who is weary. He wakens Me morning by morning, He wakens My ear to hear as a disciple [as one who is taught].

**Jer 1:9** — Then the Lord put forth His hand and touched my mouth. And the Lord said to me, Behold, I have put My words in your mouth.

**Mt 10:19** — But when they deliver you up, do not be anxious about how or what you are to speak; for what you are to say will be given you in that very hour and moment,

**Mt 10:20** — For it is not you who are speaking, but the Spirit of your Father speaking through you.

**Mk 13:11** — Now when they take you [to court] and put you under arrest, do not be anxious beforehand about what you are to say nor [even ] meditate about it; but say whatever is given you in that hour and at the moment, for it is not you who will be speaking, but the Holy Spirit.

**Lk 11:1** — THEN HE was praying in a certain place; and when He stopped, one of His disciples said to Him, Lord, teach us to pray, [just] as John taught his disciples.

**Lk 12:11** — And when they bring you before the synagogues and the magistrates and the authorities, do not be anxious [beforehand] how you shall reply in defense or what you are to say.

**Lk 12:12** — For the Holy Spirit will teach you in that very hour and moment what [you] ought to say.

**Lk 21:14** — Resolve and settle it in your minds not to meditate and prepare beforehand how you are to make your defense and how you will answer.

**Lk 21:15** — For I [Myself] will give you a mouth and such utterance and wisdom that all of your foes combined will be unable to stand against or refute.

**Jn 14:26** — But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.

**Eph 6:19** — And [pray] also for me, that [freedom of] utterance may be given me, that I may open my mouth to proclaim boldly the mystery of the good news (the Gospel),

(AMP Bible; The Everyday Life Bible; Joyce Meyers; Scripture; Commentaries; Past Pastor Sermons; Dictionary; 2006; pages 95-96) (Word 9 Bible Software; 2010; Concordance, Dictionary, Scripture, Sermons of Saints past, Maps, Devotionals)