

Are you tired?

A Lord's Flock General Assembly Topic

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The question "are you tired?" applies to all aspects of our life – physical, emotional, mental, and spiritual. Physical tiredness stems from our daily demands at work and family. On the other hand, emotional tiredness emanates from hurt and brokenness while mental tiredness comes from our overthinking and anxiety. Moreover, spiritual tiredness is rooted in loss of meaning to all the work and service for the Lord. As Christians we are not exempted from being tired; however, God alone can energize our tired body & weary soul.

Reading: The woman at the well (Jn. 4:1-10)

Three events in the story can help us recover and gain strength from our tiredness:

1. Jesus was tired.

- Jesus is God who cannot be tired (Is. 40:28-29), but as a man, He was. It meant that it is natural to be tired. We should not be ashamed to tell everyone about it. Faithful people of God can experience tiredness but still continue to fulfill the plan of God.

2. Jesus sat on Jacob's well

- Jesus sat on Jacob's well for water. In the same way, we are invited to sit in the well of faith (God) to gather enough energy to go on.
- Jesus met with the woman. The woman, in her surprise, met her salvation in the well. Sometimes we are like the woman who avoided the pressure of the crowd and went by herself to the well, only to find out that Jesus waited for her.

3. Jesus offered a life-giving drink to the woman.

- Jesus offered the woman the true drink that would quench her perpetual thirst.
- Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest

(Mt. 11:28). When we are tired, we come to Jesus who offers the easy yoke.

- Be Mary instead of Martha (Lk. 10:38-42). Sit down and listen to Jesus. If we are busy like Martha, we might miss God's message for us.

Conclusion: Jesus came for us from heaven to earth to save us. He longs for us and waits in our wells. His power through His miracles, healing and feeding of the multitudes are known to us. Meeting us in our personal 'Samarita' and our wells might be the greatest miracle we have yet to experience.

Reflection:

1. How are you going to approach your personal 'Samarita'?
2. What are your plans to extinguish your tiredness today?
1. What are your possible 'wells' that refresh you in your tiredness? Will that ever satisfy you?

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