

SPIRITUAL FITNESS- Find a Deserted Place

Christ repeatedly escaped the noise of the crowd in order to hear the voice of God. The gospels talk about him doing this when he needed to get away. To think. To regroup. To recalibrate. Our escape requires equal calculations and determination. Are we good at that? Probably not. Honestly, as a want-to-do-well pastor, I'm not so much. However, God's mercy is new every morning, so with the Spirit's help, it's possible. Max Lucado, in *Curing the Common Life*, uncomfortably probes with questions worth considering. He asks, "Do you sense a disconnect between your design and daily duties? Are you neglecting your strengths? God may want you to leave your Capernaum, but you're staying. Or he may want you to stay, and you're leaving. How can you know unless you mute the crowd and meet with Jesus in a "deserted" place? Deserted need not mean desolate, just quiet. Simply a place to which you, like Jesus, depart. "Now when it was day, he departed" (Luke 4:42).

What's in your way from seeking that deserted place? It may be our TVs, phones, or computers. Whatever it is, God likely is eager to share a good, helpful, and healing word for us if we get quiet. God stands at the door and knocks. If anyone hears God's voice and opens the door, God will come in and eat with us and us with God (Rev. 3:20).