

Recharge

by Pastor Chris

Hey boys and girls, I hope you are well. Thanks for joining us today.

Now, in my hand, I have an iPhone, and I also have an iPad in front of me that's recording this video. Now, what do these two devices share besides an operating system? Both of them have batteries, and eventually what happens to the batteries? They're going to run out unless you have a charger. And so of course, if you want to have a full charge, you have to plug the charger in, and eventually it starts to Recharge, okay.

Now, our bodies are like an iPhone or a tablet, in that eventually they run out of energy. And so what do we do to recharge? We go to sleep. Now, sometimes when mom and dad say, hey, it's time for bed, what do we wanna do? Oh, we wanna rebel, we wanna say no, because there's so much that we could potentially be missing out on. Yeah, I have sometimes have the fear of missing out on a really good book or a TV show. or the Dodgers, or playing music, right? And while all those things are important, it's also especially important that we take time though to get a good night's rest. When we have a good night's rest, we avoid getting sick. When we show up to school the next day, what if your teacher says, hey, we're having a pop quiz or a unexpected test, right? How do you feel? You might feel butterflies, right? But if we've had a good night's rest and we're able to think clearly, and we've done the studying, Should we worry? Nah, you shouldn't, right?

So take time, and especially too. Take time as you get older to continue to get sleep. Now, I know I'm talking to you directly, kids, but I'm also talking to even the big kids like myself and even your mom and dad, your grandparents, your aunts and uncles, all the big kids. It's just as important as we get older to get rest. Now sometimes we do have to make sacrifices, but as much as possible, let's not sacrifice our sleep because if we don't get good sleep, It's easier to get sick and run down and tired. You don't want to feel that way. Sleep is also important with our walk with God because if we don't take time to sleep, well again, we can't think clearly. Is it easy to hear God's voice when we're tired and not feeling well? No.

So take time. Have energy. When you sleep, you're not just getting the energy back, but your body's actually repairing itself. So. Have a great nap if you can fit it in. And also have a great night's sleep. Get recharged.

Let's pray. Father in heaven, thank you Lord for the opportunity to gather together as a church family. I pray for each and every one of our boys and girls here. Care for them, protect them, be with their parents as they continue to raise and watch over and disciple them. And Lord, may they know who you are and your great love in Jesus' name, amen.

Take care, boys and girls.