

Refuel Your Life in Mid-Flight

During the Cold War, the Strategic Air Command operated 24 hours a day as a shield of protection for our nation. This meant that at any point in a given day, there were fully combat-configured bombers flying to assure the safety of our nation.

Since these planes flew constantly, how did they remain full of gas? They did what is called mid-flight refueling. A refueling plane actually flew next to the Strategic Air Command plane, docked in, and filled the plane with gas.

I actually experienced it while I was stationed in Germany. The job I had as a Military Police was to escort prisoners back to the United States. The prisoners were men and women that were in the military and had been convicted of a crime against the military or the German economy. They were sentenced back to hard confinement at Ft. Leavenworth or retraining at Ft. Riley. It was fascinating to see the C130 plane I was traveling in being refueled in mid-air.

As a Christian, we need to learn how to refuel our lives in mid-flight. You can't just hop off to a tropical island every time you get tired and discouraged. You have to keep going. You have to learn how to recharge yourself in the middle of your hectic lifestyle.

The fact is, it takes energy to do God's will. What do you do when you run out of energy? Psalm 94:19 says, "In the multitude of my anxieties within me, Your comforts delight my soul."

I suggest that once a day, you should go outside in your yard, sit down, and just be quiet. I'm not talking about reading your Bible. You ought to read your Bible every day, but I'm talking about getting alone for five minutes a day and being completely silent. Ask God a question, and then just sit there and listen.

Learn to take little mini-breaks during the day. When you feel your pressure rising, just stop and say, "God I want to tune in to You again. I want to focus on You." I'm not suggesting 30 minutes of meditation. I'm talking about 15 or 20 seconds. Just little mini-breaks where you stop and be quiet. Inevitably, it's tough to live God's plan for your life. You start getting distracted. You start having discouragement. You start to doubt. And you start to coast. And when you coast, you start heading downhill.

Discouragement leads to doubt. How do you defeat doubt? You remember three things:

- I remind myself of God's goodness yesterday.
- I remember God's presence today.
- I remind myself of God's promises for tomorrow.

If you want to last over the long haul, you have to learn how to recharge yourself spiritually, emotionally, physically, and mentally. Paul says, "Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day" (2 Cor. 4:16).

Here's an easy formula to remember: Divert daily, withdraw weekly, abandon annually. Know what relaxes you and what recharges you spiritually, physically, mentally – and do it.

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