

Decompression Needed

Rachael Martin, 1,30,2019

Today was a full day for us. A lot happened all at once, we were out and about all day running errands and got home just in time to make dinner for everyone, as I'm typing this, I have about 30 minutes or so until I have to be out the door to work and I'm typing what I can remember of what I felt Holy Spirit conveying to me on the drive home earlier.

I heard the following:

Let your hair down
Dance like no one is watching
Take a minute and breathe deeply

And then I heard that sound that a pressure cooker makes, it was kind of like a cross between a pressure cooker, a train coming to a stop, and that last bit of espresso being made and the steam that comes out toward the end.

These are all sounds that when at their highest point of production, then need a release so that they aren't damaged and they can come to a place of rest and and cool down in order to be able to be used again.

Psalm 94:19 - When my anxious inner thoughts become overwhelming, your comfort encourages me.

Friends, even when we don't think we are stressed and we are called by the Lord to minister at a certain level or for a certain amount of time, we need release. We need the comfort of the Lord to wash over us.

As we continue in our week, I pray that each of us has an opportunity at some point every day to lay our burdens down, to rest at His feet, to pray or worship the King for a moment to come to a place where we can effectively release so that we are able to be good examples and not spontaneously combust all over the place. May the Lord overflow in our lives and give us grace as we aim to give each day to Him and release the cares of this world where needed.

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