This school year has been wonderful, but it has also had its conflicts, problems and decisions that were not easy. As we approach the end of this school year, I am starting to feel very weary, looking anxiously ahead to the light at the end of the tunnel. For me it means the end of this task and on to something new. For you it just might be a break in the constant daily stress and strain that is the school year. All of us need refreshing. The verse in Psalm 23 keeps coming to mind "He restores my soul." That's what I need!

That's as far as I have gotten on my devotion idea. For the last week I have been wondering how I get this devotion around to where God meets my needs – to where my soul gets restored. I know he wants me to be restored.

This morning it occurred to me. My journey, this year, has been like a marathon. I'm running. I know the end is in sight. I keep running. I am getting more and more tired. I keep running. All along the way God has been standing on the course offering to me glasses of refreshment. I just kept running by. I haven't taken those small moments to drink in His word and listen to His encouragement. I may pass out from dehydration because I didn't stop or even slow down to take what God was offering me.

His Word is how we get spiritually refreshed and renewed. Don't wait until the end of the school year. Grab the glass of the water of life God is offering you. Drink it down feel refreshed and renewed in His word, and then run on to accomplish the ministry tasks God has given you.