



WOW: Word Of the Week

RECHARGE

February 26, 2025

Our modern way of life is heavily dependent on energy! Being without electricity for over a week in the dead of summer presents challenges. A winter storm brings warnings about what to do (and what not to do) when the power goes out. People can't go camping without a generator! We need power—to start our cars, to cook, to heat and cool our homes, for our phones.... Even our salt and pepper grinders have to be recharged. Batteries and power sources are a fact of life.

Some days we long to unplug—relax, get away from electronics, disconnect from things that constantly occupy our minds to reconnect to more important things. A couple of years ago I went on a weeklong social media fast—life slowed down dramatically, once I got over “social media hunger” (or is that addiction?). Psychologists tell us that unplugging is the first step toward recharging mind and body.

Fortunately, my phone usually has to be recharged only every 2-3 days. Some people have to recharge their phone several times each day. Sometimes it seems that grandkids come with cords attached! I hesitate to mention that the need to recharge is related to frequency of use!

Let's talk spiritual truth, reality. Spiritual recharging is necessary. Having sufficient spiritual power matters, is essential for spiritual well-being. God-power—the Bible, the gospel, the Holy Spirit, prayer, the Bible list is long. Time for a recharge! I mention three things we can do to recharge spiritually.

Prayer. Prayer connects us with God, with the ultimate spiritual power source. Did you know that spiritual recharging is completely wireless? You can recharge anytime, anywhere. Prayer helps maintain a strong spiritual charge. Did you know there is a work of the Holy Spirit that he cannot do unless we pray—interceding with groanings beyond words. That doesn't happen for you unless you pray! Prayer provides spiritual energy.

Meditation. Meditation is often misunderstood. Meditation is not sitting and thinking about nothing, or waiting until something comes to mind. The psalmist committed to meditating on God's word day and night. Meditation is reflection, self-awareness, introspection, application, recommitment. Meditation can involve reading, listening, singing, writing, even conversations with others. We are energized spiritually.

Service. God is at work energizing us in all of life, Eph. 3:19-21. Receiving more energy sometimes depends on using the energy we already have. Modern batteries have settings to avoid overcharging. Helping others often reenergizes us with purpose and fulfillment. Sometimes the sign that we are totally reenergized spiritually is that we are totally worn out physically!

Today's WOW has daily reminders in our lives. Next time you plug in—phone, air fryer, waffle iron, computer, salt and pepper shakers... Next time you depend on a battery—flashlight, phone, shaver, robot vacuum, starting the car, tablet or iPad...

Power is ultimately the result of being hooked up so you can function without cord attached. Ever wonder why we struggle so much with spiritual living? Maybe we're weak on power. Maybe we haven't spent enough time attached to the power source. Maybe we're running on a low battery.

Commitment for this week. Recharge when needed! Stay spiritually charged up!