

## Taking Time to Rest

**A.W. Tozer:**

Sometimes our trouble is not moral but physical. As long as we are in these mortal bodies our spiritual lives will be to some degree affected by our bodies. Here we should notice that there is a difference between our mortal bodies and the "flesh" of Pauline theology. When Paul speaks of the flesh he refers to our fallen human nature, not to our physical bodies, which are the temples of the Holy Spirit. Through the power of the Spirit there is deliverance from the propensities of the flesh, but while we live there is no relief from the weaknesses and imperfections of the body. One often-unsuspected cause of staleness is fatigue. Shakespeare said something to the effect that no man could be a philosopher when he had a toothache, and while it is possible to be a weary saint, it is scarcely possible to be weary and feel saintly; and it is our want of feeling that we are considering here. The Christian who gets tired in the work of the Lord and stays tired without relief beyond a reasonable time will go stale. The fact that he grew weary by toiling in the Lord's vineyard will not make his weariness any less real. Our Lord knew this and occasionally took His disciples aside for a rest.