

**Battery Life**  
**07/08/2018**  
**Sunday AM**

**Scripture: Luke 11:3; Joshua 1:8**

**Introduction**

- It has been reported that 9 out of 10 people today suffer from “Low Battery Anxiety.”
- Low Battery Anxiety is the feeling of panic when your phone drops below 20%.
- Do you have it? The symptoms include:
  1. Asking a total stranger to charge your phone. (39%)
  2. Arguing with a family member or friend because of unanswered calls or texts. (23%)
  3. Going into a restaurant or other business just to use their power outlet. (22%)
  4. Skipping the gym to charge your smartphone. (33%)
  5. Secretly ‘borrowing’ someone else’s charger. (35%)
- This is not an exhaustive list by no means, however do you have any of these symptoms, or worse?
- Those that suffer from “LBA” have also reported:
  1. 71% don’t like to lend someone their charger because they fear not having it when they need it.
  2. 86% recharge their battery one to three times per day.
  3. 80% charge it before leaving home whether it needs it or not.
  4. 28% keep their smartphone charging for most of the day.
  5. 88% will initiate preventive measures to prolong their phone’s battery life.
  6. 46% feel embarrassed to ask a total stranger for use of their charger, but would do it anyway.
- Smartphones have become an essential part of the daily life of most people in the world today.
- Because of this reliance on these devices, it is important to a lot of folks to ensure their phone is charged.
- This morning we are going to discuss **Battery Life**, but in the spiritual sense.
- Just like our phones, we have a “spiritual battery” that needs to be recharged from time to time.

**Luke 11:3**

<sup>3</sup>Give us each day our daily bread.

- This verse is a part of the Lord’s Prayer that Jesus used to teach the disciples how to pray.
- Here Jesus is teaching them to pray every day for their “daily bread.” **What does this mean?**
- Daily bread could be identified in a number of ways both physically and spiritually.
- God did not create our bodies to be self-sustaining.
- We require many things like food, water, and air to stay alive.
- In this sense, we are to pray and ask God for our daily diet of all things that sustain us physically.
- When we pray, we should focus our prayer on our daily needs, trusting in God to take care of us each day.
- Our physical bodies need “recharging” daily, in that sense we run on batteries just like our phones.
- Without “recharging” our bodies would die just like our smartphones.
  
- The same is true about our souls.
- God did not build our bodies to be self-sustaining, nor did He build our souls that way either.
- Much like our bodies, our souls need “daily bread” as well.
- Jesus was teaching the disciples to not only pray for food, but also a daily portion of spiritual sustenance.
- There are not many people that simply choose to disregard their daily diet of physical food.
- However, when it comes to their daily intake of spiritual sustenance, it is far from being top-of-mind.
- They don’t pray for it like Jesus instructed and they do not seek it out consistently either.
- We often times treat our spiritual battery like we do our gas tank, it only becomes a priority when the light comes on telling us we are about to be out of gas.
- This causes a lot of stress and anxiety, both spiritually and for the analogy given as well!

- What do we do? How do we keep our spiritual batteries charged?

### **Joshua 1:8**

<sup>8</sup>Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

- Here God is instructing Joshua on what he should do as he leads the Israelites into the Promised Land.
- God is plainly telling Joshua that if he wants to be “prosperous and successful,” he needs to mediate on the Word day and night and be careful to do everything written in it.
- Same is true for us today. Part of our daily spiritual food comes from reading the Bible on a daily basis.
- In addition to that, prayer is also an essential part of keeping our spiritual battery charged.
- Attending church should encompass both of these items, with the added benefit of being together with our brother and sisters in Christ as He commanded us to do.
- However, we only have church on Sunday mornings and Wednesday nights which totals a couple of hours.
- **Using the cellphone analogy, how long would your battery last if you only charged it a couple ours on Sunday and an hour or so on Wednesday night?**
- The point is that you cannot only charge your spiritual battery at church, you must do it at home too.
- If we worried half as much about the “battery percentage” of our spiritual life like we did about our smartphones we would be in good shape.
- Ask yourself throughout the week what percentage your spiritual battery is on.
- You know it is low if you have spent no time praying, no time reading God’s Word, and no time assembling together like we do in church.
- We cannot be shocked that we are “spiritually dead” and drained if we have not recharged.

### **\*\*\*CHALLENGE\*\*\***

- **Read your Bible and pray for the same amount of time that your phone sits on charge each day!**

## **Wednesday Night Adult Bible Study**

### **Who’s Who in the Bible**

Rachel (Book of Genesis)