

## Battle Fatigue audio version

This message I want to share with you today is some kind counsel from our Heavenly Father. It occurred to me the other day that constantly being exposed to bad news is extremely exhausting. It is like standing in a boxing ring and being on high alert and watching for every punch that is going to be swung and then ducking at the right time so that the blow does not connect with you - and one becomes extremely tired!

In the days after I was pondering this fact, the Lord kept saying a phrase to me - 'BATTLE FATIGUE'. And when I looked it up, it was quite interesting. Another name for it is 'combat fatigue'. It is attributed to an excess of stress, and if it is severe, they now call it post-traumatic stress syndrome, but it's caused by PROLONGED EXPOSURE TO THE TRAUMA OF WARFARE. And what it results in is exhaustion, anxiety over-alertness, restlessness and slowed reaction times. Now this is a well-known thing in military circles. And when this happens, they move a soldier behind the battle lines in order to rest.

I come from Zimbabwe, and in the days when it was called Rhodesia and the terrorist war was going on, the soldiers who were called up would get sent home periodically from the front of the battle for what we called 'R & R', which is rest and recuperation. In other words, the military high command knew that it was a dangerous thing to have an over exhausted and battle-weary soldier on the front lines. And the Lord began to speak to me about drawing aside to rest.

Now a watchman has a calling and a responsibility to stand in the watchtower, fix his eye on the horizon, take note of the smallest movement of the enemy and to alert the people to what is happening. He constantly spends his time seeing and saying; describing the approach and the nearness and actions of the enemy. But

every watchman has a watch slot and then they are called down to rest and somebody else takes over.

I really sense that myself and many in the remnant company are suffering from battle fatigue. Every morning when you open your eyes, there is just a constant barrage of bad news. And so, the Lord is calling His remnant company (those who are at the end of their particular slot in the watchtower) to come aside for some days of Sabbath rest. For me personally, He has called me to seven days of Sabbath rest, and I find it interesting that it should be occurring in this time of Hanukkah - the time of increasing light.

This time of Sabbath rest is to recharge one's battery for what is ahead. Now, when we are in the presence of our enemy, there is a tendency to be on high alert all the time and be in warfare mode ALL the time. But Psalm 23 says that the Lord is our Shepherd and He leads us by still waters and into green pastures, and He restores our soul. He builds us up again and to even prepares a table in the presence of our enemies. Now, we are not used to sitting down to eat when we are in the presence of our enemies, but, beloved remnant, at the moment we are in the presence of our enemies constantly. And so, if the Lord lays a table before us and bids us sit and eat, then we have to trust Him that He is guarding our back, and that He has it all in hand - and we need to sit and rest and feed ourselves.

So, the scripture that I want to share with you as we ponder these things is Philippians 4:6-8.

*'Do not having any anxiety about anything but in every circumstance by prayer and petition with thanksgiving, continue to make your needs known to God and God's peace, which transcends all understanding, will garrison and mount guard*

*over your hearts and minds in Christ Jesus. For the rest, brethren, whatever is true, whatever is worthy of reverence, honorable and seemly, whatever is just, whatever is pure, whatever is lovely, whatever is kind and winsome and gracious, if there's anything of virtue and excellence, anything worthy of praise, think on these things. Practice what you have learned and heard and seen in me and model your way of living on it and the God of peace will be with you.'*

So beloved, I really sense that as the enemy is doing his best to wear out the Saints - even now in these early days of the chapter ahead. We need to have wisdom and to hear the call of the Holy Spirit to just come aside and to rest, because we are suffering from battle fatigue and constant exposure to the trauma of warfare, and this is only going to increase in the days ahead - the trauma of warfare, I mean. So it is imperative that you come aside and take some days of Sabbath rest. That means no reading the news, no opening the endless social media messages that carry bad news. But to think only on what is good and pure and lovely and commit all your cares to the Lord, so that the peace of God can guard your hearts and minds as you trust in Him.

May the Lord bless you, and for those of you to whom this word applies. May He refresh and strengthen you, anoint your head with fresh oil and lay a banquet before you even in the presence of your enemy, that you may be nourished and thus strengthened - and that you may be fully charged in your spirit for the journey ahead, just as Elijah had to lay down and rest and had two meals given to him, even as Jezebel was pursuing him. And after he had taken those meals and rested, he was able to go in the strength of that pit-stop right to the mountain of God, when he heard God's still small voice.

Our Commander in Chief doesn't want his remnant suffering from battle fatigue in these days, He doesn't want us to have slowed reaction times. He doesn't want us to be indecisive because of exhaustion. He doesn't want us to be unable to sleep because we're overtired. So, let's heed His call to come aside and rest for a short while. So, may the Lord bless you, refresh and strengthen you out of the rich Treasury of His glory as you yield to Wisdom's counsel. In Jesus name.