

# Post - Feast - Fatigue, Did You get Your Second Wind Yet?

## Getting Your Second Wind

Each year as the Feast of Tabernacles approaches, we find ourselves immersed in a host of emotions and expectations. With each week and each day we become focused on all the planning and preparations required to make it to the Feast.

For most, the Feast comes without difficulties and challenges. But, for many, attending the Feast of Tabernacles entails having to make tough decisions. Including the temporary separation of couples or families, others risk of losing their jobs, others are on fixed incomes and face tight finances having to decide what to do without.

Additionally many face health issues, cost of auto repairs, and the concerns go on and on. Many of our youth have to handle the pressures from teachers who don't understand their leaving, or simply don't agree with it and apply pressure on our little ones. The bottom line, each decision often comes with consequences that are quite unpleasant. When it is all over, and we return from the Feast many go through what can be titled as "Post-Feast-Fatigue."

### Anticipation - Spiritual - Emotional

While we are at the Feast our emotions run high striving to take in all that we can while we are there. Our normal routines and day by day habits that we are accustomed to at home are changed. Usually we spend longer hours participating in fellowship and activities. Even our eating habits change as we feast on the various foods available. How often have we heard the phrase, "sure why not have just one more, it's the Feast." Even our sleeping routines are altered with late nights as we try to cram in more fellowship with others we've not seen for a year or more. By the end of eight days of burning the candle at both ends, you're normally ready to head home. We're refreshed from the fellowship and spiritual food, and worn out, all at the same time; which brings me to the point of this newsletter.

## Post Feast Vulnerability

Post Feast fatigue is something most of us expect and handle well. But, quite often, after returning home from enjoying the highs and joyous emotions of the Feast, we are faced with issues that just seem to overwhelm us. Every year I receive emails and calls from people requesting prayers who have returned with an illnesses affecting family members, personal illnesses, job difficulties, family problems or school concerns.

It is during the post Feast fatigue time when most believers can become vulnerable to Satan's wiles; especially if, during all of the feasting, your prayer and study time had waned.

During this period of time, Satan will go out of his way to find a weak spot in your spiritual armor that he can use to destroy the joy God has given you and try to take your crown. We see this principle at the time when Jesus had fasted for forty days and forty nights and Satan finally came to tempt Him. It was the time when he believed Jesus was at His most vulnerable state.

### Catching Your Second Wind

The Bible gives us several examples of having to rest and refuel. One of the best examples is when Jesus was in the middle of a very large crowd of people.

**Mark 5:25-34** *Now a certain woman had a flow of blood for twelve years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse. When she heard about Jesus, she came behind Him in the crowd and touched His garment. For she said, "If only I may touch His clothes, I shall be made well." Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction. And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?" But His disciples said to Him, "You see the multitude thronging You, and*

*You say, "Who touched Me?" And He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth. And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."*

Jesus was so tuned into the presence of the Father through the Spirit that dwelt in Him, that He was able to immediately recognize when that Spirit was leaving Him.

### **What Did Satan Miss When He Tempted Christ? And What Lessons Has God Left For Us In All Of This?**

During those forty days, Jesus was emptying his physical vessel, while He was refilling it with the Spirit of the Father. Because Satan had lost all comprehension of the power of the Father, he only saw the weakness of the physical vessel of Christ.

We see the principle of this being played out when the woman touched His garment. Jesus felt the power of the Spirit being drained. In a physical way, we can understand this spiritual principle by the physical example of filling up our automobiles with fuel and heading to the Feast. The longer we press the pedal, the more fuel we use. We recognize it by watching our fuel gauges being drained as we continue to touch the pedal. Jesus recognized the pedal and the fuel gauge with the Spirit of His Father, and knew what was needed when drained; to get His second wind.

I was twenty years old when I attended my first Feast. It was a learning experience over the years. I look back and see that nearly all of my attention was spent in the physical involvement of the activities of the Feast. Even though the spiritual was taught, I failed to recognize its importance. Fortunately, we have a loving and merciful God, that helps us through all of our stages of Spiritual development. Little by little, line upon line, here a little and there a little, He whittles our dependency upon the physical, as we rely on

the spiritual, similar to that of Christ through the example of the fasting of 40 days and nights. Jesus depended solely upon the spiritual to get through the testing that He would undergo.

### **The Feast is The Prep to Be Filled For Our Testing**

The final point of all of this. We need to remember always, that Satan is like a roving lion seeking whom he may devour. Remember I Peter 5:8-9 "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world."

One of the most important lessons through all the years and the example of Christ is that we should look at the Feast as our filling station. Similar to that of the 40 days Jesus went through to be prepared for testing.

Here is the amazing insight through it all. The difference with Christ was that He did without everything. At the Feast we have in type an abundance of everything. We have to do like Christ, make choices upon what is most important. This way, when we return home, and Satan is ready to attack, our tanks are filled with the Spirit of God. We have captured our second wind and have put on the "Whole Armor of God," ready to get back to work.

Special thanks to everyone who have made this past Feast so successful and beneficial for all. It takes a lot of people to run all the Feast sites. Thank you one and all. We'll be covering the Feast next month in the Quarterly. If you would like to include info from your site please send it in ASAP. Finally, please remember to keep in your prayers those in the paths of the hurricanes. From Texas all the way across the Gulf and into the V.I. They have a long slow recovery.

Sincerely,



Tom Kerry

## **Everyone's Invited**

To a special combined Sabbath

**Saturday November 11th 1:00 PM**

Tom Kerry, will be joining Bruce Chapman, Chuck Hunt and others for a special Open House Celebration with Steve Councill and all the brethren in their New Home in Syracuse, IN. Please join us for this special Sabbath. Pot Luck to follow services



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