



JANUARY 04, 2009

When You Hunker Down, You Hollow Out

(SERIES: The 4 Dumbest Things We
Do During Down Times: 01 of 04)
by Dr. David Foster

When we hunker down

Our attitudes **sour**.

Our **work** muscle shrinks.

Our drive **dries up**.

Our capacity to change is **compromised**.

3 choices only you can make.

“Elisha said, ‘Listen! God’s word! The famine’s over. This time tomorrow food will be plentiful—a handful of meal for a shekel; two handfuls of grain for a shekel. The market at the city gate will be buzzing.’ The attendant on whom the king leaned for support said to the Holy Man, ‘You expect us to believe that? Trapdoors opening in the sky and food tumbling out? You’ll watch it with your own eyes,’ he said, ‘but you will not eat so much as a mouthful!’”

I will stop whining.

“It happened that **four lepers were sitting just outside the city gate**. They said to one another, ‘What are we doing sitting here at death’s door? If we enter the famine-struck city we’ll die; if we stay here we’ll die. So let’s take our chances in the camp of Aram and throw ourselves on their mercy. If they receive us we’ll live, if they kill us we’ll die. **We’ve got nothing to lose.**”

I will stand up and be a man.

“So after the sun went down they got up and went to the camp of Aram. When they got to the edge of the camp, surprise! Not a man in the camp! The Master had made the army of Aram hear the sound of horses and a mighty army on the march. They told one another, ‘The king of Israel hired the kings of the Hittites and the kings of Egypt to attack us!’ Panicked, they ran for their lives through the darkness, abandoning tents, horses, donkeys—the whole camp just as it was—running for dear life. These four lepers entered the camp and went into a tent. First they ate and drank. Then they grabbed silver, gold, and clothing, and went off and hid it. They came back, entered another tent, and looted it, again hiding their plunder.”

I will see beyond me.

“Finally they said to one another, ‘We shouldn’t be doing this! This is a day of good news and we’re making it into a private party! If we wait around until morning we’ll get caught and punished. Come on! Let’s go tell the news to the king’s palace!’” (2 Kings 7:1-9 The MSG)

While I am waiting

I will be a wrecking ball of joy.

“. . . the joy of the LORD is your strength.” (Nehemiah 8:10 NIV)

I will be at peace.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**”

I will aim at excellence.

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if **anything is excellent or praiseworthy—think about such things.**” (Philippians 4:6-8 NIV)