



Links Players

Good Exhaustion

For when I am weak, then I am strong. (2 Cor. 12:10)

Last summer, I experienced a few weeks during which my busy schedule prevented me from playing golf. However, one afternoon, amidst this long stretch of commitments, I managed to squeeze in a late afternoon range session at TPC Myrtle Beach, my familiar stomping grounds.

It was a beautiful, hot, and humid South Carolina day, and finally, I was getting some respite from my hectic schedule. I was eagerly anticipating the opportunity to work through each of the clubs in my bag and make any necessary adjustments to my swing.

I began by warming up, stretching, and hitting some soft-pitch shots when I noticed dark and eerie storm clouds on the horizon, rapidly approaching the golf course.

I was slightly taken aback by the storm since I had checked the weather beforehand and saw nothing on the radar. However, living on the coast, I knew that storms can unexpectedly emerge. Within minutes, I heard the lightning siren, signaling the end of my much-needed break.

There's a saying that goes, "You are either going into a storm, coming out of a storm, or going to go into a storm." Life is full of storms, both literal and metaphorical. Sometimes we can see them approaching from afar, while other times, they catch us off guard.

In 1 Peter 4:12-13, Jesus tells us that we will face trials on Earth: "Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed."

These trials and storms in life serve to refine us. They help us shed our character defects, vices, shortcomings, and negative attitudes that can entangle us. Like a potter with clay, these trials have the power to mold us into the image of Christ if we embrace the suffering and allow it to work within us. This is what I call "good exhaustion."

As I walked off the range, frustration overwhelmed me. I felt like a whiny, tired toddler on the inside, desperately in need of a timeout. Then, I heard the sweet sound and gentle whisper of the Holy Spirit, pulling me out of my self-pity and reminding me of Jesus' words. When we find ourselves lacking the strength to face the storms or trials, Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30 ESV).

As a 'recovering' overachiever, I needed that storm to remind me of where my strength, rest, and power truly come from. I had thought that spending a good hour on the range would provide the relief I needed, and undoubtedly, there is some joy in that. However, even in the simple act of Jesus taking that opportunity away from me, it caused me to reflect on His promises.

He is always with us in every storm and trial we face in life, whether catastrophic or a mild summer storm; we can trust Him and know that as the rainbow appears after the storm, so will His promises remain for us.

Prayer: "Lord, help us to rest in you."

—

Meredith Kirk

Copyright 2023 Links Players International

The Links Daily Devotional appears Monday-Friday at linksplayers.com.