

"I Can't Come Down"

Written by Lillian Chebosi
Saturday, 22 August 2020 14:09

Volume 10, Issue 33: I Can't Come Down

Ever since I studied one of Rachel Scott's YouVersion Bible plans a few weeks ago, I can't wait to get some time in my hands to study the rest of her plans and digest her message. Rachel is the founder of "I Can't Come Down" movement.

I am doing something great and I can't come down. That's what I got from Rachel. This is taken from the story of Nehemiah when he had to overcome distractions to complete the work of rebuilding the wall of Jerusalem. His enemies Sanballat and Geshem sent him messages to go meet with them. Knowing their ill intentions, he responded, "I am doing a great work; I can't come down. Why should the work come to a standstill just so I can come down to see you?"

"When Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies heard that I had rebuilt the wall and that there were no more breaks in it—even though I hadn't yet installed the gates—Sanballat and Geshem sent this message: "Come and meet with us at Kephirim in the valley of Ono." I knew they were scheming to hurt me so I sent messengers back with this: "I'm doing a great work; I can't come down. Why should the work come to a standstill just so I can come down to see you?"" □□ Nehemiah □ 6:2-3 □ MSG □□ .

I am doing something great and I can't come down. Don't you just feel like saying that when you feel bombarded with invitations, or feel left out for not being able to accept invitations? Reading Rachel Scott's message validated me that I am as normal as I can be. There is nothing abnormal about turning down even seemingly good invitations in seasons when your plate consumes all your attention.

Your something great right now could be raising your children, maintaining your marriage, starting a business, growing your career, recovering from exhaustion, taking care of a sick loved one. These, and others like them are valid reasons to turn down invitations for seemingly good things that would either overstretch you, or distract you from your great work.

I am doing something great and I can't come down. What do you need to say "No" to in this season? What invitations do you need to stop being guilt-tricked into accepting so that you can

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focus on the great work that your life should be all about in this season of your life? Which groups of people do you need to stay away from to help you focus on becoming the best version of yourself this season? Just respond with, "I am doing something great and I can't come down."

For His Glory,

Lillian Chebosi