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The Cycle Of Health

Each year in January there are many who make resolutions with the coming of a new year. Some determine to lose weight, get in shape, spend less money or do things that have been left undone. Health clubs and fitness programs see a surge in memberships around the first of the year. Others may invest time and energy in other things with the intent of changing their lives. As the year progresses attendance at health clubs and adherence to diets wane. Some fall into their old habits and unfinished projects, while seeing some degree of endeavor applied to them, remain incomplete. These trends mirror spiritual development and commitment as well. Some may start out on the road to becoming more spiritual but as their life changes deep rooted patterns of behavior slowly win out. Attendance at worship services falls off, the Bible remains unread, and old habits have a way of slowly creeping into one's consciousness. What began as a search in earnest dies out over a period of time as folks settle back into older ways of living. There are some things that can be done to make sure that this does not happen. When one becomes a Christian there is a time when it is appropriate to look back at the changes we have made in our lives. Contrary to what some teach in the religious world, becoming a Christian begins with a desire please God and not ourselves. Too many times folks look for relief from a sense of being lost or feeling guilty and as they attempt to make necessary changes find that their world has become unrecognizable. As Christ called some to follow him he was given excuses for delaying this. One asked that he be allowed to go and bid farewell to those in his house. ***“And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.” (Lk 9.62)***. There are many distractions in the world that might lure us to return to former ways. One must be prepared to make changes in lifestyle, schedule and attitude in order to be pleasing to God. Some of these changes are not easily made and may take time to fully realize how to deal with certain situations. Others, looking forward to their life as a Christian, may become overwhelmed with their perception of themselves.

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We all tend to have a negative view of ourselves and just as those starting diets or exercise programs become discouraged as the results that one desires are not as rapid as one expects. Paul states, ***“And let us not be weary in well doing: for in due season we shall reap, if we faint not.” (Gal 6.9)***. We never can predict the nature of some obstacles that may cross our paths but we must determine that we will weather the storm and continue on, not losing sight of what we hope to accomplish. We may be discouraged at a lack of knowledge of the scriptures and if we have not applied ourselves to a diligent study may become disappointed at a perceived lack of progress. One must develop a desire to know and must make the necessary accommodations to spend time with the word. Paul told Timothy, ***“Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.” (1 Tim 4.15)***. Peter encourages those who are young in the faith to ***“...desire the sincere milk of the word, that ye may grow thereby...” (1 Pet 2.2)***. Doing so will bring about the changes in our thinking and living that will become evident if we do not give up. Peter describes these changes that one needs to make (2 Pet 1.5-7) and states, ***“For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.” (2 Pet 1.8)***. As we do these things our knowledge of God's word will increase and will be reflected in the way in which we do things. The change that comes about is measured only by the willingness that one has to learn and do the things that are taught. As Peter states, ***“...for if ye do these things, ye shall never fall...” (2 Pet 1.10)***.

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