

## Who is Keeping Score?

Monday, September 23, 2013

In our blog today we discussed this verse of scripture, can you write a personal prayer for each of these points:

Palm 139:23,24

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way of everlasting." We are reminded here of four things by the voice of King David:

1. Know my heart and test me.
2. Know my anxious thoughts.
3. See if there is any offensive way in me.
4. Lead me in the way of everlasting.

Can you consider ways that you can give up your scorecard? 2 Corinthians 5:17 says, "Therefore if anyone is in Christ, he is a new creation; the old has gone, the new has come!" Make a note of how you will or have all ready let go of the old, and then how you are or will embrace the newness of everyday:

"Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose." Philippians 2:12,13, NIV

My study bible says this about the above scripture:

"Salvation is not merely a gift received once for all; it expresses itself in an ongoing process in which the believer is strenuously involved – the process of perseverance, spiritual growth and maturation."

The bottom line is this; you have to stretch towards it. It isn't one-time motion; it is a daily discipline of stretching to keep your spiritual muscles flexible.

In an article titled, "*The truth about stretching*" the author stated this:

"Some studies have shown that regular flexibility exercises help maintain your range of movement as you age. For example, as flexibility in the hips and hamstrings decreases with age, you may take smaller steps. Regular stretching can help prevent this, says Lynn Millar, PhD, who is a physical therapist and professor at Winston-Salem State University."

What did it say would happen as you lose flexibility in your hips and hamstrings? You will begin to take smaller steps, in other words you will have to increase your effort just to keep up with your old pace, let alone improving your pace. When your stride decreases so does your effectiveness. Can you make the jump to how this applies spiritually? When we can't forgive ourselves or walk in the forgiveness given, it shortens our stride; we have to work harder just to stay even in our mind and hearts, eventually we slow down to the pace that many give up. Friends, we have to stretch for this. Push ourselves to walk everyday in the "Grace Place" that Christ has called us to. The beginning place is in you, with you, and toward you.

If we are going to live lives that are fully transformed by the Spirit of God, then we need to lean into the stretching and growing places He calls us to. One of the areas that I have been taught to pay attention to is the "place of hesitancy". As I am seeking God about something, He sifts my heart and sometimes there is spiritual catch I will sense. A place of "un-doneness" that I have been able to skirt around, but here we are once again and I have to make a decision: deal with it or lap the pool one more time. It is to my benefit to ask God to walk with me in this place, and to commit to deal with it until He releases me from it. I turn over the "un-done" place to Him, trusting He knows what I need better than I do!

Your Turn:

Are there some places of hesitancy that you are dealing with right now? Confession is when we align ourselves with what is real about us, the brutal honest raw places of our soul, the truth about who we are.

Spend some time in contemplative prayer asking God to show you any hesitancy places that you are dealing with. Write a prayer of confession regarding those places and ask God to walk with you until He releases you from it.

I am closing this worksheet today in prayer for you and in prayer over my own life. That we would experience the fullness of God, walking in the grace place that He has prepared for us. Lord Jesus, Help us! (My breath prayer shared with you today!)