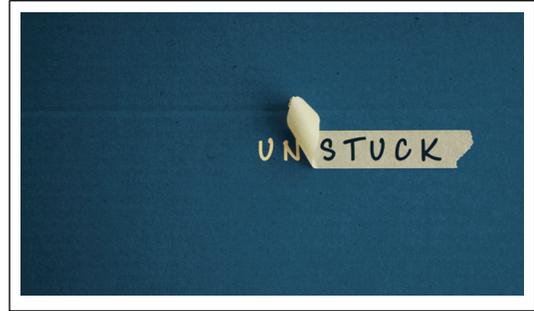


Cross Words

An Inspirational Message

Matthew 5:3



Spiritual Quicksand

Often when I am pushing myself mentally or neglecting myself physically, I will end up getting sick. A bad cold or the flu, sometimes my back may even go out. Getting stuck is the way my body tells my brain that I'm not invincible and need to pay more attention. My spirit-self reacts the same way. I have experienced times when I get bogged down in the muck and mire of my attempts at discernment, trying too hard, or not trying at all, to listen to God's voice.

Scientific experts claim that the best way to remove ones self from actual quicksand is to move slowly. Don't fight the grip it has on you, but instead, wiggle carefully until you have created space between yourself and the suction that is pulling you down. Getting angry won't help. Cursing the situation is futile. But knowing how to move will free you from the position you're in.

Spiritually, we can learn from this wise advice. In those times when God seems to have disappeared, when our hearts are hardened or we have lost hope, it helps to make small, deliberate movements. Ponder the reasons that have led you to that place. Consider the lessons that can be gleaned from the experience. Are you sad? Are you bitter? Has life dealt you more than you were prepared to handle? Have you been trapped in the spiritual quicksand so long that you've forgotten you don't have to remain there?

It takes great strength, for any person in any age, to rise above their struggles. The bible is a testament to this.

Perhaps when we are stuck it is God's way of telling us that it's time to grow. Because the moral to every biblical story is the same...

...with God, we will always be stronger than our greatest challenge.

Come visit us at First Christian Church, we talk about things like that.