

BACK TO THE BASICS OF FAITH

7/26/2010

Get Your Groove Back...Right Now!

Have you been really sad and depressed lately? Do you feel utterly helpless to do anything about the things that are happening in your life? Have you been crying about a situation involving a person who continues to disrupt your peace? Are you always in fear that you are on the brink of disaster?

If your answers to any of the above questions is **"yes"**, then I don't need to tell you that your life is caught-up in a negative cycle. You already know that it is. The next question is *"What do you do about it?"*

When your life is spiraling in a negative cycle, you are repetitively thinking thoughts, demonstrating behaviors, and committing actions and deeds that lead you away from the path of faith. I know, I know, you are probably thinking *"I'm hanging on for dear life here. If I didn't have faith that God would see me through it, I'd just throw in the towel."* Boy, can I relate to that. I've been there, but you see, when you're in a place where you are feeling like you're at the end of your rope, your dominant thoughts are not those of faith and thanksgiving; they are ones of *"Lord, just get me through this!"*

When you're in this mode, you are not focused on the moment at hand, you are focused on what will happen in the future. Matthew 6:34 (The Message) says *"34Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."*

This present moment is all you have. You are more than a conqueror in Christ right now, so give God the glory **right now**. Don't wait for the world to give you joy, tap into the joy that comes with the spirit of Christ inside of you.

Try this experiment for a minute: hold your breath for a moment and try to store the air you've inhaled for a later time in the future. You will discover that this will not be a successful endeavor, and you will be sadly disappointed if you had hoped it would be. You can only take in enough air sufficient for your right now need. As a matter of fact, it wouldn't even occur to you to try and save air for a future time, because you have every faith that when you need air next week or next month, the air will be there. Why then would you approach life and living from any other perspective.

In the grips of devastation and pain, we tend not to focus on the moment at hand, because we believe doing so will present too much discomfort. So we divert our attention by subconsciously saying, *"If I can just ignore my powerful, creative, resourceful, exuberant self in this moment, then I don't have to muster the energy to swap out these negative thoughts for positive ones. I can just let the negative take over and not take authority over my life. I can give in to the emotions of worry and fear until God does something about the way I feel. When He changes my situation, that is when I'll change my emotions and thoughts. Until then, I'll stay stuck."*

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Now does this sound like faith to you? Nope! It doesn't to me either. It sounds like a refusal to take God at His Word and to believe and trust Him wholeheartedly.

When Jesus Christ healed folks, he didn't say *"I'm gonna zap you one time today, and I'll check on you tomorrow to make sure you've got enough faith for the healing I'll put on you."* Certainly not. Faith is a *"right now"* reality. It's not meant to be stored up for a rainy day. The only thing you can store up is heavenly treasures, the kind that cannot be corrupted, stolen, or eaten up by moths.

Lest you forget, the world is not your reward, heaven is. The earth is your temporary residence, but it is not your home. The culture of the world is not yours to claim. God's culture is your culture. The thoughts of Christ should be your mindset. Your treasure, woman of God, is God's goodness; and it ought to rest, rule, and abide in your heart, mind, and soul.

Your husband, boyfriend—or whatever beloved name you chose to give him—is a blessing I'm sure, but you cannot say to him *"you are my hope"*, for he can never be. Everything on this earth is liable to loss and decay, nothing here will last always; therefore, we cannot count these things as true and lasting treasures. Sure, our belongings and blessings elicit our gratitude to Heavenly Father. They serve us well and add value and meaning to our lives, but compared to the bliss of being in the presence of the Father; compared to having a *heaven-state-of mind*; compared to being saved, sanctified, and filled with the spirit...well....there is no comparison.

Treasures are the things that please and bring glory to God. That's where we must settle ourselves, and that is precisely why we must lay hold of faith right now—in the presence of this moment—because doing so pleases God.

We honor Him when our thoughts are consumed with His goodness, and when we have no doubt of His wonderful desires for our lives. He glories in our joy and thankfulness, for in having these feelings we affirm our gratitude and conviction that He is who His Word says He is, and He will do what His Word says He will do.

The choice to stay in a Heavenly groove, where all good stuff gravitates your way...it's your choice, My Sister. You can stay in a funk and lay up treasures that rot and decay, or you can come out of it and choose to keep your mind in the upper register of life and living. Matthew 6:19 very clearly says that you choose the treasures and you are the one to lay them up.

If life has gotten you down, rest assured there is a way to come out of that depression, and it is by relinquishing the doubt. Surrendering it is the only way. Take off the insecurity and fear, and put on the love of God in Christ. Renew your mind to His Word and trust in His promises. He's always faithful and He will not let you down.

Wage war for the purity and blessedness of your heart, mind, and soul. God has given YOU the gift of your life, and the good-keeping of this gift is your sole responsibility. You don't have to take a trip half way around the world to get your groove back. God is everywhere; therefore, your groove is with you wherever you are. Trust Him greater than ever before. Recognize that your possibilities are endless. If you'll but open your eyes, and for goodness sakes open your heart, you'll see that faith brings to you a new groove every moment of every day.

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