

KEEPING UP with the Jones's?

By Tiffany Knowlton, LMFT

Many of us are so exhausted. We try to “keep up” with the world instead of striving to “keep up” with what God wants for our lives. We hold onto the lies of the world instead of holding onto what has already been secured for us. We are amazing children of God and we can bear what is given to us because the Holy Spirit living within us bears it for us.

I love this beautiful verse because it urges me to not lose hope,

“They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint”. Isaiah. 40:31

Do not be discouraged because God will do all in his time.

Are you guarding against discouragement by spending time in God's Word, being part of a small group or Bible Study, praying, and spending time with brothers and sisters in Christ? If not, what are you waiting for? Get to it! I love what Ignatius of Loyola said, *“Work as though everything depends on you, pray as though everything depends on God.”*

Here Are Some Specific Ways To Be Alive In Your Faith:

1. Start your day out right with a daily devotion. In doing this, you can apply what you learn from the Word to everything you encounter during your day.
2. Memorize Bible verses to replace unhealthy and negative thoughts you might have.
3. Make prayer a quiet time with God as part of your routine. For example, you might light a candle and pray over those in need before you go to bed.
4. Say “yes” to opportunities to serve. Step up. It could involve joining a church service opportunity or ministering to a friend or neighbor in need.
5. Listen to Christian radio and keep an eye out for examples of God working around you. This helps to keep your focus where it needs to be.

May you receive the joy that comes from a deep connection to the Lord and His amazing Word!

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