

## Hint from the Bathroom Scale

Many people dread getting on the bathroom scale. The number that appears on the screen “tells it like it is.” The number displayed results from a combination of factors – diet, exercise, body type, genetics, how we handle stress, etc. Some of the factors are controllable, while others are not. Regardless, the number gives an indication of the condition of my body at that moment in time.

This morning a different number gave me an indication of my condition at this moment in time. One of my goals is to read daily devotions to set my mind on Jesus. I utilize several devotional books that give a short lesson for each day of the year. The page shows the date, a bible passage, and the accompanying message. I leave a piece of paper in the book when I finish reading the devotion to find my place the next time. When I opened the book this morning, to my surprise, the piece of paper showed that I last opened the devotional book three days ago. It is not the first time that I slipped up. There have been times when I was a week or more behind. The condition of my heart – this morning -- reflects the fact that I spent the last three days without the spiritual inspiration of God’s Word. My relationship with God had slipped.

What causes us to abandon God’s spiritual guidance for several days at a time? Perhaps life is in an unsettled state at this time. Stress may be causing havoc with our state of mind. Maybe we are overwhelmed with the issues of the day that we hear through the news media. Perhaps we are just so busy that we don’t have time for God. Whatever the reason, when this happens, we are in a state of living life on our own, without God’s influence and the power of His guidance.

We don’t even realize that it is happening to us. For me, it took a bookmark placed in a spot from many days ago to get my attention. Yet, it is during these troubling or overly busy times that we need God even more. It is when life is coming at us at a feverish pace that we need God’s stabilizing presence. Don’t let life crowd God out. These are the times when we need God the most. God promises never to leave or forsake us. (read the familiar passage from Deuteronomy 31:6). Take Him at His Word. God has answers that will help us through whatever we face. I have found that taking the time to read a devotional puts my mind in a much better state.

The dated pages of the book hinted to me that I was starting to get off track and trying to handle life on my own. The drift away from God was subtle and unintentional but a clear indication of my condition at the time. Every day that I stay separated from God makes it more difficult to realize my error and focus on God, not my problems. When I started or ended my day with a devotional I was more at peace with what I was facing. My prayer is that we would be intentional in growing our faith and our relationship with God.

We need God every day. Especially some days.

**The Bible Says:** *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways, acknowledge him, and he will make straight your paths (Proverbs 3:5-6).*

**Question:** When do you find yourselves unintentionally ignoring God and trying to make it on your own? How can you keep yourself on track?

**Prayer:** Dear Lord. It is easy to get off track. We often don’t even realize it is happening. Help us to stay focused on You. Amen.

