

10. HELP WHEN SPIRITUAL THINKING IS DIFFICULT

Although many Christians will agree that Spiritual mindedness is a most important duty, and does indeed have many benefits, yet they find it most difficult to stop their minds from wandering away from a chosen subject on which they would like to meditate.

It is not because they do not have the desire or ability, but the real culprit is sin – indwelling sin in believers. Although our minds as believers have been renewed, yet sin still remains in us – but it cannot dominate us. As we discover this disability in our lives, let us humble ourselves. **ROM 7:24** “What a wretched man I am. Who will rescue me from this body of death?” In this way wholesome fruit may yet come from the bitter root in our hearts.

One of the universal and essential gifts that we receive as born-again believers is faith. This is a gift that we should exercise more frequently – knowing that without Christ we can do nothing. And so, we are to press after Spiritual matters in faith. Our thoughts are not our own and therefore we cannot do what we want with them. **2 COR 3:5** “Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God.” And we have the Spirit that gives life. Natural resources will not provide Spirituality – it is of the Spirit.

We learn the facts of scripture by studying the word, but we need to be Spiritually minded to benefit from those facts. And this comes from a Godly attitude. Our individual understanding of scripture comes to us by the Spiritual wisdom granted to us by the Spirit of God. Is our Spiritual mindedness also not granted to us by the Spirit of God? We have the great privilege of being able to draw this wisdom from God in great abundance **JAM 1:5** “If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault” How much further along our path of righteousness we could find ourselves if only we would continuously ask God for wisdom!!!

We have to be diligent to properly enjoy this kind of Spiritual mindedness, for it is difficult to cultivate. Spiritual mindedness does not come accidentally upon us, we need to practice self-discipline. Godliness will not grow without hard work.

PROV 4:23 “Above all else, guard your heart (mind, soul) for it is the wellspring of life.” Therefore, avoid conversation with unspiritual people whenever possible. We need to make a determined effort to bring such thoughts as the love of Christ for us, to mind. We need to continually use the tools of our craft (the scriptures), to hone our skills, as the Lord’s craftsmen.

We need to mortify indwelling sin – especially our favourite sins in which we repair to (go back to) for comfort. Mortification of indwelling sin is the subject of Owen’s book on that subject, to which we hopefully might study in the future.

Spiritual mindedness does not mean that we should withdraw from normal life; it means bringing Spirituality into every part of it. If we do not cultivate the habit of Spiritual thinking, we will not enjoy life and peace.

We as Christians ought to work well, whether it is for ourselves or an employer. A Spiritual approach to work is not a hindrance, but wherever we work, are we not serving the Lord as His workmen? We should serve God with the best we can be, reverence for God, and respect for man.

We need to set aside each day a time for prayer, reading the scriptures and meditation.

Meditation is a matter of being aware of God’s presence, not a matter of perfect prayers.

Do not be discouraged that your efforts at meditation and Spiritual mindedness appear to be so poor or so difficult. Has not the Lord said that He will not break the bruised reed or quench the smoking flax? **ISA 42:3.**

Even the increased awareness of our own unworthiness before God, or the vileness of our sin, is progress in our walk with the Lord. Many of us in our early Christian walk, looked on ourselves as pretty nice people, with not too many faults to confess (self-righteousness), but as we make progress through the gracious kindness and compassion of the Lord, of course we are aware of a completely different picture. As this is what is necessary to bring us to reality – and praise and thanks to God for saving us as individuals.

Those who conscientiously practice godliness will increase in Spiritual mindedness.

Our progressive understanding of the Lord’s goodness and kindness to us, brings us to the Spiritual position where we are more able to appreciate our privileged situation in

serving our Master, in whatever trials and tribulations he has allowed into our lives, as our training unto obedience.