

Vital Signs Session 3

I'm reminded this week of a theory I heard about a few years ago called the butterfly effect. The term, coined by Edward Lorenz, is derived from the metaphorical example of the details of a tornado (the exact time of formation, the exact path taken) being influenced by minor perturbations such as the flapping of the wings of a distant butterfly several weeks earlier. Sounds ludicrous to me actually, but the principle of the matter fits perfectly with this week's Vital Signs lesson.

In our lesson this week Erwin McManus asks a critical question that is often overlooked with regard to our spiritual health... "What do you spend your time thinking about?" To think that the flap of a butterfly's wings several weeks earlier could actually set in motion events that would cause a tornado to form is improbable; however, when we allow our minds to flap tiny thoughts over and over, we actually can cause chaos and destruction. The flip side of that coin is true as well, if we flap thoughts that cause joy, thoughts that are centered in God's love, centered in God's preferences, then we are more likely to cause growth for us and those around us.

Getting spiritually healthy is not unlike getting physically healthy. Behavior modification, a change in attitude, even a change of our thoughts all contribute to that first trip to the gym or first healthy meal (in a while ;-P). Dig in and begin letting God have your thoughts; remember Philippians 4:8 "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things." Dwell on them, meaning take into account all the reasons for focusing on these things in order that we might obtain a spiritually healthy mind.

Father thank you for wanting control in every area of my life. Thank you for your provision even when I choose not to give you every part of me. Help me this week to have my thoughts be more like your thoughts making my ways more like your ways. Thank you for others in my life that sharpen and challenge me to be spiritually fit. Have your way with me today. In Jesus name ~AMEN.