

Embrace  
Holy  
Living

# RE- FLECTING GOD

**02/09/15 - Now and Eternity**

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1 Timothy 4:1-8

Every year attendance at gym and exercise classes increase in the month of January. By the end of February, however, attendance has dropped back to a normal level. The reason for the decline isn't because the gym is too stinky; the equipment too old or even the perceived lack of time people find they have for exercise. Rather, the decline is predominately because of a lack of motivation. Trainers say that members tend to lose focus on their goals because they are not seeing results.

The same phenomenon can take place in our attempts to develop spiritually. We experience salvation or a "mountain top" experience and our motivation for developing a Godly life increases. However, when life gets in the way our motivation begins to lessen. The goals we set for a disciplined life in God must be helpful both now and later. We must build our spiritual muscles over time. Being Godly is a way of being, but it takes intentional doing to keep ourselves in shape spiritually.

Keep your focus set on eternity.

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