

Embrace  
Holy  
Living

# RE- FLECTING GOD

**11/17/23 - Alert To The Spirit**

Acts 8:26-40

As an athlete growing up I often heard the saying, "practice makes perfect." I applied this to my soccer skill development where I would practice hard in hopes that my skills would become perfect!

I have recently heard an adjustment to this quote saying, "practice makes permanent." This resonates with me deeply because when I was 16 years old I blew out my right knee. I practiced movements over and over with incorrect bio-mechanics which resulted in a back injury almost 10 years later! I am back in physical therapy again because I blew out my left knee. The contrast to my previous recovery is night and day. I have a physical therapist who is adamant about correct bio-mechanics so that I do not adopt bad habits that could result in further injury in the future.

The same could be said for being in tune with the Spirit. We have to practice to hear the Spirit so that our response to the Spirit is automatic. We have to practice what it means to be alert to hear what the Spirit is saying and faithfully obey.

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