

In the Moment
Hebrews 12:1-3

I came in contact with a book filled with stuff. As always there was good and bad teaching but it had some very interesting elements to it. Based on a true story of a young gymnast who wants the gold medal in the Olympics, it poses the question, "How do I find happiness?" It is a great and existent human inquiry that goes back even to the Garden, talking snakes and fruit.

The answer given in the book is to search of the inside of oneself to find the happiness. "All the answers are inside, not outside you. You only find happiness within so start throwing out the trash in your mind." The trash in the mind is anything that is outside the "moment". Nothing has any value that is not, "right now". So the bottom line is, "right now and me".

A wise man said, "It is ever the Holy Spirit's work to turn our eyes away from self to Jesus; but Satan's work is just the opposite of this, for he is constantly trying to make us regard ourselves instead of Christ". After 25 years of counseling I have come to the conclusion that those individuals that have a strong and continuous focus on the Lord are the happiest, (and yes it is ok to be happy).

So what is "looking unto Jesus" really mean? Well first off it does not mean to live and think "right now and me" as a remedy. This only leads to more pain and discouragement because we are not newly created to consider the self life. We are new in Christ for Christ with Christ and before Christ. We are to stand before Christ and learn. Learn what?

In the verses we have some directives in the moment. First, commit to the race by rejecting sin. Second, remember the Person, (Author and Finisher) and Work of Christ ("endured...despised... sat down"). Third, contemplate His "joy" as your joy (opportunity to accept God's discipline for glory and godliness). It assures your sitting by Christ in heaven. God only disciplines His kids as a trophy of grace to shame the evil one.

So the pain you bear tells the heavens that you are God's and will always be. So, your gold medal does not fade away. You will be an everlasting gymnast, dancing, swinging, and forgetting the past moments because there will not be any. It will all be present and nothing else.

What you look at you will become. So what's in front of you?