

## Resistance is Useless

I want to pose the question. Is there any good thing you are resisting in your life? I started thinking about this after a wise woman who had been called on to exhibit endurance said "I believe that exhaustion is far away." Many people would say after little sleep and a busy few days that they were tired. This woman however refused to resist endurance. She said yes to being alert, vibrant and enthusiastic. I wonder how often during any given week we resist good things coming into our life?

Let's take our body's resistance – and to name a few do we resist energetic exercise, smaller portion sizes, nutritious food and even resist hunger? Yes for Australians it is good to be hungry at times unless you are a lolly pop head model.

Let's now look at the spirit – do we resist being fun loving, happy, passionate, laughing, helpful, prayerful, worshipful or vibrant?

Then lastly the mind. Do we resist being thorough, precise, having a study routine, or communicating? These lists of course are endless and different for each of us.

In a home where there is a strong resistance to order and cleanliness a level of squalor sets in. But I wonder where the squalor, the wretched condition, quality, the poverty and lack of care has entered our lives?

How many good and enriching opportunities have we passed up because of resistance? Can we like the wise woman above take a challenge to be energetic? Not mentally resisting and making lists of all the reasons we should feel half dead. Why do we limit ourselves from the potential that is in us?

Therefore, if anyone is in Christ, he is a **new creation**; the old has gone, the **new** has come! (1 Cor 5:17). Therefore for the Christian there is a new dynamic, a new possibility. The resistance of the old nature can be overcome by the power of Christ working within us to do well.

Jesus is not the God of limitation, and restriction, and want. He is the feeder of the five thousand, the healer of the sick and sets the captives free.

Let's all believe that we are set free in all areas of our lives, going forward determined to live life to the full. Making the most of our opportunities to make a difference to the quality and condition and care of our selves, our families and communities. The **new** has come!