

RESTING IN HOPE

By Brenda Spina, M.S., LMFT, LPC

"Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ: as obedient children, not conforming yourselves to the former lusts, as in your ignorance:.." (I Peter 1:13)

We all have "lusts" we battle with. One area of struggle for many is that of perfectionism. Wanting to be perfect in attitude, behavior, and choices. I meet with people who battle with this every day: conforming themselves to their lust for perfection verses resting upon the grace of God. This and other lusts are traps in that they keep us from giving and receiving in the relationships with those we love most. Life becomes so isolated. One is filled with guilt for failing and shame for not having been able to figure it all out the first time around.

Gird Up, Remain Sober, Rest

I think we need to take a look at this directive. The footnote in my Bible states that girding up the loins of our minds was reminiscent of the Orientals that would gather of their garments with a belt readying them for action. Obedient children of God gather themselves up with the truth of God's Word, failures and all, and prepare for the day ahead. They are sober which means they remember who their Savior is, and they rest. The rest comes from knowing that when Jesus comes the perfectionism that has been strived for doesn't matter as much as the need to stay in relationship with Jesus Christ. They come to trust God's commitment to relationship with them.

Aimless Traditions of our Forefathers

Our redemption did not come from conforming ourselves to our secret affections or lusts. Our redemption came with the precious blood of Jesus Christ. All we have been taught, good or bad, right or wrong, will not save us. The things our families' pass on may be very appropriate but are only know a shadow of the things to come. Knowing that Jesus sees the whole picture and has the answers brings to my heart truth that will keep one going for a very long time.

*Compliments of Practical Family Living, Inc.
P.O. Box 1676, Appleton, WI 54912 (920) 720-8920*

You are permitted and encouraged to reproduce and distribute our articles in any format provided that you credit the author, no modifications are made, you do not charge a fee beyond the cost of reproduction, and you include Practical Family Living's web-site address (<http://www.pfl.org>) on the copied resource. Quotations from any article are also permitted with credit to the author and citing the web-site. Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Practical Family Living, Inc., is strictly prohibited.