

“The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” 1 Corinthians 10:13 NLT

lectio 1 Corinthians 10:6-13

We've ALL got em... no, not bellybuttons! We all have temptations. As common as the cold. We all face them because we're all fallen, broken people. Yes, yes, yes, you eating your own boogers may be more gross than me clipping my toenails in public - but it's not a competition, it's a commonality! The Apostle writes these things after heavy duty warnings of God KILLING Israelites for sin, thinking there were no consequences. One huge sexual orgy yielded 23,000 deaths. You might say, “Oh, God's cruel,” or “What right does he have to take away their sexual freedom?” You're forgetting - he's God, he created us and knows what he's doing when he correctly, justly judges. We've just forgotten what boundaries look like, especially healthy ones. This idea of there being an “escape” has always fascinated me. The exit sign while I'm racing down selfish, sin road all hopped up on desire, greed or revenge, is so SMALL. It's so subtle. I've discovered the more I look for the small but important exit sign to escape the easier it is to see next time and, conversely, the more I ignore the sign and blow past my chance, the HARDER it is to see next time. For me, it's all about the split second decision to SEE and OBEY - taking God up on his “a way out” plan and defeating the temptation. The plan is not foolproof, but I have seen it work - when I actually WANT it to work and not just have my own way.

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Dad,

I know there is ALWAYS a way out and I've seen it hundreds of times. When I CHOOSE not to take it, resulting in sin and disobedience, I then have the shame and the fact that I purposely ignored the signs, the gentle whispers and the reminders of the power I have to say NO. It's always a humiliating cycle of will power, submission and default weakness of my humanity. Sin, as you told Cain is always crouching at my door. I am thankful for the ways out, forgiveness when I choose poorly and the grace to erase my shame.

contemplatio

rest in the presence of God, allowing the words revealed to take root