

THE SPIRIT IS WILLING

Scripture Reference Matthew 26:41 Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.

Okay, let's be honest with ourselves and each other for a second. What are your temptations? For me to list all of mine, we will have to be here for a while. We could start with things like Butterfinger candy bars, ice cream, and any cookies that Debby makes. I have a hard time saying no to soft drinks, bread, and a second or third helping when Debby or her mom cooks. If I didn't run every day, I might weigh around 300 pounds.

Each week I start off with great intentions. I am going to run x miles this week and here is what my schedule will look like on a daily basis. Here is what I am going to eat this week and here is what I am going to avoid eating this week. Guess what? It rarely makes it through the first day of the week. My spirit is willing and the body is definitely weak.

For me, food is an excellent example of the body being weak. But there are different areas for me and other people that are hard to keep our promises to ourselves. I'm constantly saying that I am going to read the Bible on a daily basis. I also vow to read and to write every day. These kinds of activities are not that difficult until we try to get them in our daily schedule in a quality manner that they become hard. Grabbing my Bible and quickly scanning a single verse or two is not the same as reading and diligently studying a complete passage or chapter in the Bible.

The spirit can be willing but the body can be very weak, that is for sure. Real life gets in the way sometimes too. We might say something like when my job situation straightens out I will give more to the church or to some local charity. Or maybe if I had more time and energy I would do some volunteer work for the homeless or the hungry. Or it could be as simple an excuse as I will start next week. The spirit is willing but (just fill in any excuse.)

Imagine all that Jesus went through in facing temptations. He faced every kind of temptation that we face but in his case, he did not give in to them. He had an agenda and he didn't let anything get in the way of him meeting it. He fed the hungry and healed the sick and died on a cross for all of us. Dying for all of us is something that had to tempt him to look for a way out or maybe put off for awhile.

All of the artwork depicting Jesus shows this normal looking guy. There are no pictures showing a guy with super human muscles or tremendous endurance that was able to withstand any kind of temptations. Just remember, he looked like he was just one of us.