



## GOOD MORNING SAINTS

Golden Nugget

### RUTS!

“Don’t let the world squeeze you into its mold, but be transformed by the renewing of your mind ...” Romans 12:2

It’s easy to “get in a rut”? But first, before we talk about ruts, let’s define a few terms.

We all need to do some routine things the same way over and over to save time. This allows us to put our minds on automatic pilot and think of other more important things. This is not a rut—it’s a productive habit. A rut occurs, however, when we do something the same way for no good reason. In fact, our rut is often deepest when we **NEED TO DO SOMETHING DIFFERENTLY** for our own spiritual, physical, or emotional well-being.

Where do these ruts come from? Ruts tend to come from habits we can’t break, destructive relationships we can’t forsake, and sins we can’t seem to eliminate. They come from good things that over time have gone bad. We often notice our ruts when we’ve changed in some significant way and find old ways of doing things just don’t work anymore and don’t “fit” who we are now, or we find ourselves suffocated by sameness and dislike our outcomes.

Here’s the problem; we live in a fallen sinful world, and dealing with that fallen sinful reality takes much of our physical, spiritual, and emotional resources at times. We get drained, tired, we feel beaten, shoved, pushed, wrung out, and “stomped every way but flat.” It just makes it a little tough to focus on the birds, the butterflies and the sunshine in the park. Add this to the compounded struggles of your own personal life and sometimes survival is the best we can

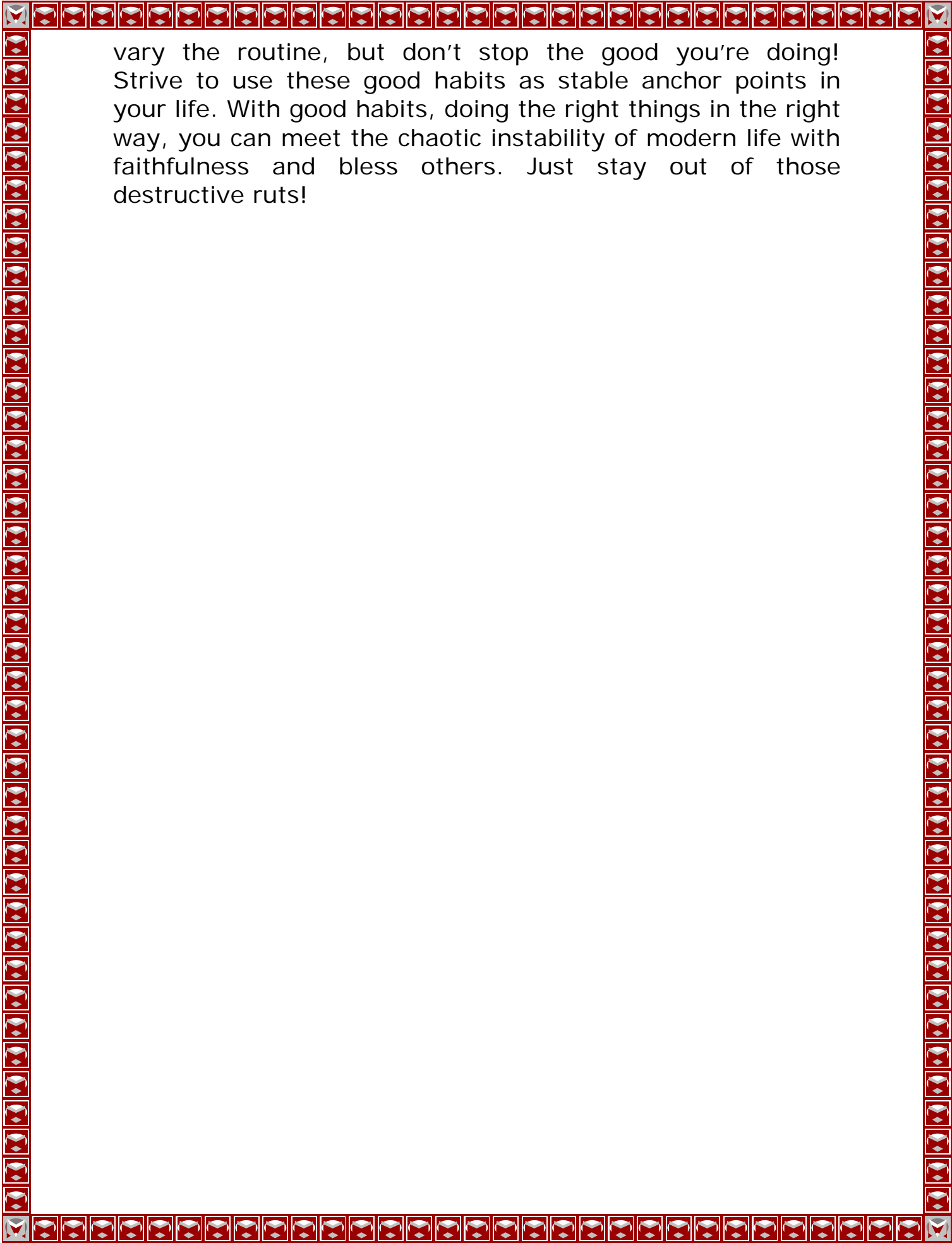
do. The job climate is insecure, we seem to live in a rootless culture, and there are so many temptations for people out there.

Here's the deal; we have incredible beauty around us and at the same time, we seem consumed by incredible problems. What can help us deal with this paradox? I'm glad you asked.

Let me give you a few practical pointers to help get out of your rut:

- Don't let the world squeeze you into its mold. **HAVE A MISSION, PURPOSE, PLAN, DIRECTION**, for your life. That way, you can, with God's help, "just say no" to the world. In other words, be proactive about being who God wants you to be and not just reactive to the same old things in the same old way.
- **REINVENT YOURSELF** from the inside out. God has given us the ability and power to recreate ourselves. We were made in His Image, and we can be more like Him everyday. If the old person you are isn't who you want to be, then begin thinking, portraying, and acting like the person you and God want you to be!
- **CHANGE SOMETHING OUTWARD** as a signal or reminder of your new way of being. You may dress a little differently, try a different "look," rearrange your furniture, listen to a different type of music, but use an outward symbol to remind you of a commitment to inward change. It's perfectly okay for you to do this. This is **YOUR** life; **YOU** are the one living it. So hey, praise God for life, and live it uniquely. You don't have to be like everyone else. In fact, as a believer and a child of God, you were not made to be like anyone else.

Now just a word about good habits. Studying Scripture, going to God in heartfelt prayer, caring for yourself physically, making friends, and doing kind deeds for others are all good things. These do not fall into the category of a rut. If you do these things repeatedly and are bored, then



vary the routine, but don't stop the good you're doing! Strive to use these good habits as stable anchor points in your life. With good habits, doing the right things in the right way, you can meet the chaotic instability of modern life with faithfulness and bless others. Just stay out of those destructive ruts!