

What's In You?

By Christina Dickson

“Is IT in you?” the sports beverage commercial asks us from the television screen. The implication is that, without their product “in” you, you will not be capable of achieving your physical goals.

When I look at my own attempts to make positive changes in my life, I wonder how many diets have I been on? How many fitness centers have I joined? I’m embarrassed to admit those statistics to you. Every time I start a new diet, it is only a matter of days before failure will inevitably come. Exercise feels wonderful while I’m doing it; but it’s getting to the Fitness Center that always manages to put a glitch in my lofty goals.

For years I punished myself for my lack of self-discipline; but now I have learned to turn to Jesus when I struggle with failure and the guilt that follows. Corrie Ten Boom once said, “The purpose of being guilty is to bring us to Jesus.” When I go to Jesus in remorse, utterly spent and broken, He removes my shame, leaving me with a renewed hope for the future.

The Apostle Paul admitted to his own imperfection: “Not that I have already...been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.” (Phil 3:12 NIV) Salvation is not only a goal, but a process. As Christians, we are called to be “transformed into his [Christ’s] likeness with ever-increasing glory, which comes from the Lord...” (2 Cor. 3:18 NIV) Becoming like Christ in our own power is vanity. We must surrender our will to Him and let Him work miracles in us. Surrendering means to approach God with a humble attitude and a contrite (wounded, broken) spirit. If we let God work in us, then we begin to understand what Paul meant when he said, “...and where the Spirit of the Lord is, there is victory.”

Only one perfect man ever lived: Jesus Christ. And He is the only One who can bring victory in your life. Is “HE” in you?