

## **That which I do...**

The Christian walk is certainly not an easy journey, the closer you get to the Lord and the deeper your walk, the more you realise that your own life is just so far away from what it is supposed to be. We have often said that we constantly fight against the world, the flesh and the devil and the hardest fight is certainly against the flesh, which we are in 24/7.

Paul wrote in Romans 7 verses 15, 18-20 – **‘For that which I do I allow not: for what I would, that do I not; but what I hate, that do I ...For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.’**

Oftentimes the things that I know I should do and those want to do, end up being contrary to what actually occurs, and just like Paul I end up doing and saying things I hate. The Lord knows that I have a very willing heart to change the person that I am in order to be more like Him, however the things that I often say and do, do not reflect this desire.

Just as in Romans 7 ‘for to will is present with me’, I have the commitment and longing to do good and yet ‘how to perform that which is good I find not’.

One of the biggest struggles for instance is the tongue; learning not only to say the right things but to say things right. Words are so powerful and can either build someone up or break someone down, and oftentimes it may not be your intention to do so but you do it anyway. The Lord certainly did not waste any words and what He spoke was just and fair all the time – He is the Word of life (I John 1v1). Can the same be said about you and me? What words do we waste? Do we cut people with what we say?

There are some very powerful verses of Scripture regarding the tongue that just need no extra comment as they speak for themselves...

James 3v5-6;8 – **‘Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on fire the course of nature; and it is set on fire of hell... But the tongue can no man tame; it is an unruly evil, full of deadly poison.**

James 3v10 – **‘Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.’**

Matthew 15v11 **‘Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.’**

I Peter 3v10 – **‘For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile’**

Psalms 141v3 – **‘Set a watch, O LORD, before my mouth; keep the door of my lips.’**

May the Lord help us all to be more and more like Him and do and say the things that that we ought to. It is a hard run, particularly on this last straight before the Lord returns, and we are bound to

stumble over some of the hurdles ahead, but **'let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.'** Hebrews 12v1