



My Sinful Behavior

Description

Anyone, then, who knows the good he ought to do and doesn't do it, sins. (James 4:17)

Read more of [James 4](#)

This verse has dealt me quite a blow this week! Yikes! Really, I mean don't you think James could have softened the blow a bit. Couldn't he have made that verse a little easier to swallow? He's truly not messing around and he went straight to my heart with this verse.

God continues to convict me and show me that once I know something is wrong, I can't go back to it. I can't compromise, not even a little. God deserves my best! I know there are areas in my life that I'm sinning towards God. I see in my health that I was doing so good. I had a great momentum going, but somewhere I lost that momentum. I could give you a thousand excuses why, but none of them seem good enough. God deserves my best with my health. He deserves my best in every area of my life.

I have way too much education on my health to compromise even a little. I need to be more disciplined in my exercising. I have two legs. There is no reason I shouldn't use them more often to exercise. God has been way too good to me, for me to be a lazy Christian.

**“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God–this is your spiritual act of worship.”
(Romans 12:1)**

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” (1 Corinthians 6:19-20)

I want to honor God with my body. I want to honor Him with the food I eat. I want to honor Him in every way. I pray that I will be more disciplined and obedient to His Word. May I not take for granted that I've been given two healthy legs and arms. May I use them for God's glory, so that this body is the

best home it can be for the Holy Spirit!

Where are some areas that you are compromising on? Is there sin in your life that needs to be confronted? Let's confront it together and watch God continue His marvelous work in our lives!

Lord, I'm so sorry for the times that I have taken for granted all that You have given me. Please remind me daily to be responsible for the knowledge You have given me. May I follow Your Word and live out the Truths that I have come to know!

Laying down my Sinful Behavior once again,

Category

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