

Worn Out Woman: Small Steps for Spiritual Health: Don't Quit!

This week, before the new small step for spiritual health was announced, Lesa reemphasized last week's small step, "*Be Slow to Speak.*" Do not quit was thoroughly illustrated by the personal testimony of Phyllis, a local elder's wife. Before Phyllis gave her moving testimony, Lesa reiterated that we all want to be trusted. But if the words of our mouths do not line up with our actions, we are like the untrustworthy that brings pain, inconvenience and instability to whom we make promises and the others that the lack of follow through affects most.

Proverbs 25: 19

Confidence in an unfaithful man in time of trouble is like a broken tooth, and a foot out of joint.

In the Old Testament, your word was as good as you were. You were bound to the words of your covenant. God knows that women have a tendency to over extend themselves. In that, He has placed a safety net for young women under the covering of their fathers and married women under the covering of their husbands.

Look up Numbers 30:2-8,10,13-15

Divorced or widowed women do not have that safety net. If you are in this category, be extra mindful of what you promise you will do.

Deuteronomy 30:9

But every vow of a widow, and of her that is divorced, wherewith they have bound their souls, shall stand against her.

Phyllis shared that no matter how you feel, Get Up, Get moving, Jesus is always with you. She referenced a Joyce Meyer teaching she heard that morning and Joyce's book called I Dare You. Feeling sorry for yourself and throwing a pity party because you think you are the only one, that it's *just* you and God, is pointless, even when you feel like you need a warm human being face to face to commiserate with you. It's only you and God! There are worse things than that!

Luke 22: 39 ¶

And he came out, and went, as he was wont, to the mount of Olives; and his disciples also followed him.

40 And when he was at the place, he said unto them, Pray that ye enter not into temptation.

41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,

42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.

43 And there appeared an angel unto him from heaven, strengthening him.

44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

45 And when he rose up from prayer, and was come to his disciples, he found them sleeping for sorrow,

46 And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation.

When Jesus was in the garden of Gethsemane, he asked his disciples to watch and pray with him. The emotional trauma of the times was so severe that all they could do is sleep. They did not watch and pray with him. Jesus was alone with God, facing his upcoming crucifixion without the help from his disciples. He was all by himself. Phyllis asked, “*Why is it always just God and me when all I want is to be with someone else?*” Hmm. Can it be that God wants us to rely fully on Him alone? She wanted to give up. Sleep for sorrow. She wanted it all to be over. Rise up and pray so you don’t enter into the temptation and follow the temptation to quit. Press on, Press Through. God has a love note just for you. (Her love note was written in sand on the beach, “I love you, too.”) Phyllis gave a perfect shell to a beautiful woman on the beach to encourage her that she was perfect in God’s sight already and lacked nothing.

What do you need? Go give that. What you want to harvest is the seeds you need to sow. Need support and encouragement? Go encourage someone else. Need money? Give money. Need more time? Give more time. Plant the seeds in order to harvest the fruit.

Small steps are necessary to make lasting strides toward change. Our small step, spiritual health challenge this week is to Do Not Quit!

**Be trustworthy. Follow through on what you said you would do.
Do Not Quit!**