

Shrink Rap: Second Coming.

What will you be doing when Jesus comes again? What do you want him to find you doing? There is a song that says “like a bride waiting for her groom, we’ll be your church ready for You.” Will you be ready?

We know God looks upon us in our physical body as well as knowing our heart (Luke 16:15) But there are times when we forget and allow the temptations of the flesh take over. We are all sinning human beings. God knows that too. We have so many things in today's culture that lure us into ungodly ways.

What will you be doing when Jesus comes? Will you be talking down to your parents? One of the ten commandments is to honor our mother and father. Some may have families in which honoring a parent is very hard to do; the hurts of the past are just too great. Consider the honor in forgiveness, boundaries, and acceptance of them as who they are, and leaving the judgments up to God.

Will you be gossiping about your fellow Christians when Jesus arrives? The Bible tells us of the damage gossiping does to relationships. But it is all too common to slip into gossiping, whether it is speaking it, listening to it, or engaging in perpetuating it. Notice when you are approached with gossip -- turn a deaf ear, set boundaries, and do not repeat it! If it is troubling information, go to the person whom the gossip is about and ask them to clarify the situation. You will find that there are always two sides to every story, and good explanations for many.

Will Jesus find you focused more on money, or yourself, than you have been on praising and worshiping Him? 1 Timothy 6:10 says “For the love of money is a root of all kinds of evil.” The love of money has led many a good Samaritan down a path of destruction. Greed is one of the seven deadly sins. Notice how much you focus on money as the savior, instead of Jesus our Savior. If you find yourself thinking wealth will solve all, turn away and pray for God to heal your heart. He has a plan for you, to prosper you (Jeremiah 29:11). Allow Him to be focus of your life.

It is easy to be distracted from God by vanity. I see so many diet plans and supplement advertisements, all claiming to make you look like a supermodel. God says to take care of your body as His temple; if you do that in His name, isn't that more honoring of God? Why look in the mirror at His creation with disgust and defile your temple with extreme weight loss tactics? Instead, pray for God to help you make the right nutritional choices, to engage in physical activity in honor of Him. Pray for His intervention and insight to make your body a living sacrifice to Him, with praise for his glory.

What will you be doing when Jesus comes? What if it were right now?

Linda Yearout, Licensed Clinical Marriage & Family Therapist, Hope's Place