

Speaking to the soul

Spiritual rhythm

Blessed are those who trust in the LORD and have made the LORD their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit. Jeremiah 17:7-8

We've all got a choice: we can rely on human beings or on God. Jeremiah says that those who rely on mere humans are cursed. He compares them to stunted shrubs in the desert with no hope for the future (Jeremiah 17:6). They stand in marked contrast to those who put their roots down in God. The latter can look to the future with confidence knowing that they can withstand the hottest summer. They can be sure that whatever happens, they will keep producing fruit.

We all want to think that we are like trees planted along a riverbank, and that we will be able to withstand the biggest pressures of life and keep being fruitful. However, that depends on us living lives that are deliberately and continually open to God. That will only happen if we maintain a constant rhythm of worship, fellowship and Bible

study. The way that rhythm works out will be different for everyone, but we need to keep drawing on the water of God's nourishment.

Keeping up these healthy rhythms is something that almost certainly requires the support of other people. The Methodist Church was founded upon the practice of its members gathering together in weekly class meetings and asking one another "How is it with your soul?" or "How is your life in God?". It was a way of ensuring that they received regular encouragement and support as they lived for God. It is very good for us all to have at least one other person with whom we can be completely honest about our Christian lives. With their support, we can make sure that our roots are always receiving fresh water.

QUESTION

Is there anything you could do to improve your spiritual rhythm?

PRAYER

Lord God, thank you for the strength that you give to me each day as I look to you. Amen

