



SERIES: Pursuing Spiritual Fitness

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Scripture: Psalm 119:100-105 / Matthew 28:19-20

TITLE: Don't Throw Away the Instructions!

Do you read instruction manuals? I hate to admit it, but I am a pretty typical male. I don't read instruction manuals. I may skim them, but I have this belief that I can figure it out. The first big fight my wife and I had was over building some shelves for our apartment. I was stubborn and tried to figure it out on my own. My wife wanted to follow the steps. To no surprise, when I did it my way, I nearly broke the shelving and destroyed our marriage. Well, I'm constantly reminded that instructions are there for my benefit, and I should refer to them often.

God's Word is our instruction manual for a fulfilling and God-honoring life. Listen to what the Psalmist writes in Psalm 119:100-105 (NLT):

I am even wiser than my elders, for I have kept your commandments.
I have refused to walk on any evil path, so that I may remain obedient to your word.
I haven't turned away from your regulations, for you have taught me well.
How sweet your words taste to me; they are sweeter than honey.
Your commandments give me understanding; no wonder I hate every false way of life.
Your word is a lamp to guide my feet and a light for my path.

What a beautiful picture the Psalmist paints. God's Word is sweet, like honey. It's pleasing to the body and provides benefits for living. By reading and following the Bible, we become wise. Its words provide understanding, and freedom from lies and destructive living. It gives direction, like a spiritual GPS that leads to spiritual health. The Bible is the primary diet and tool for spiritual fitness.

Jesus affirmed the essentiality of following the Bible in Matthew 28:19-20:

“Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

We, as Christ-followers, are called to be disciples who make disciples. And the book we turn to for disciple-making is the Bible. We are to educate and equip people to obey all that is taught in the Bible. So though at times, certain passages may be difficult to understand, or challenging to accept, much like those instructions for building a bookshelf or fixing a car, if we want the desired end product, we must stick to the plan God provides.

So here is my challenge for you today: Go back to the Bible and make one step of obedience to what you read. We should be like the Bereans, who daily studied the Scripture to interpret God's world in light of His Word. So take time and read, reflect and respond to the Bible. It is a lamp to our path and a GPS for a life well-lived.

When we follow God's instructions, we will win the day.