



MINDFULNESS

IN TIMES OF DISTRACTION

ROMANS 12

Dedicated Service

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

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The Devil lives in distraction. We have the tools and resources to resist him, but without dedication to being mindful of our circumstances we often fall prey to his sinful thoughts and behavior.

ROMANS 12:2

The Challenge

2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

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We must first overcome the notion that there is such a thing in life as “standing still”. That is a lie. We are either conforming to the world’s standards or renewing our mind daily, hourly, moment-by-moment.

ROMANS 12:3

Our Friend & Enemy

3 For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

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“We have met the enemy and he is us.” - Walt Kelly

Distraction begins when we lose focus. Many times we “trust” our instincts. Hubris is defined as “extreme overconfidence”. It is a flaw that can only be overcome with judgement given to us by God through Faith.

ROMANS 12:4-8

Focus on Gifts

4 For just as we have many members in one body and all the members do not have the same function, 5 so we, who are many, are one body in Christ, and individually members one of another. 6 Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; 7 if service, in his serving; or he who teaches, in his teaching; 8 or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.

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Revise your focus to God's Church and your ability to make the sum better than its parts.

ROMANS 12:9-13

Daily Loving

Service

9 Let love be without hypocrisy. Abhor what is evil; cling to what is good. 10 Be devoted to one another in brotherly love; give preference to one another in honor; 11 not lagging behind in diligence, fervent in spirit, serving the Lord; 12 rejoicing in hope, persevering in tribulation, devoted to prayer, 13 contributing to the needs of the saints, practicing hospitality.

God's Grace is offered to the world in equal measure. How can we, who are so much lower than God, decide NOT to give love as He did? These are instructions, not suggestions. If we are distracted by our differences then the devil has won and we are not loving as we are instructed.

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We must identify evil and stay far away from it. Evil divides. Evil distracts. Evil moves you further away from God and His people. The idea of clinging is to keep a physical contact with God's goodness at all times.

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The proximity that we have to the body of God's Church is paramount. If we are able to be distracted in a moment's notice how can we stay strong? God has given us the gift of like-minded brethren. It takes a high level of devotion to keep the body strong and to keep us strong individually.

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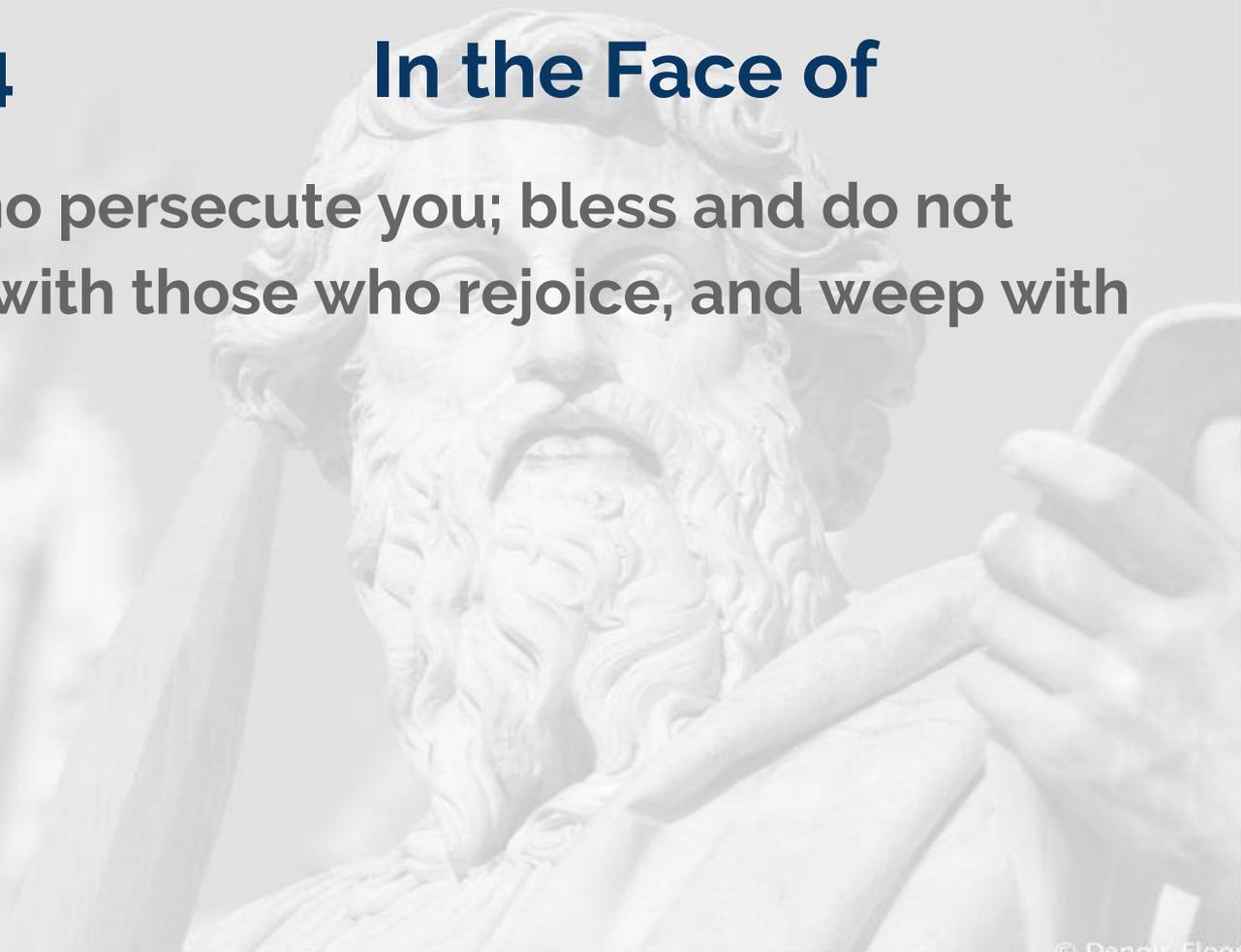
You cannot have success in any of the commandments above if you live a life that is not mindful and attentive to God. The trials of this world are simply too difficult to face without the companionship of others and our hope of a better home in Heaven one day.

ROMANS 12:14

Trouble

14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice, and weep with those who weep.

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Personal bitterness has affected almost all of us at some point in our lives. Simply put, holding anger against someone else is only but another tool of distraction. Not only it is not a good idea, we should forbid it in our lives. The short time that we have here on earth will be much more profitable if we reverse our thinking as Jesus showed us with His enemies.

ROMANS 12:16-17

In Action

16 Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation.**17** Never pay back evil for evil to anyone. Respect what is right in the sight of all men.

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It is impossible to know what is going on in the mind of other people. We pre-judge based on appearance or status. The only thing we do know about another person is that they need God's love as badly as do we. If our actions do not reflect that because we are distracted by things we can't control, then we lose a precious opportunity to help a soul.

ROMANS 12:18-20

Because of Faith

18 If possible, so far as it depends on you, be at peace with all men. **19** Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “Vengeance is Mine, I will repay,” says the Lord. **20** “But if your enemy is hungry, feed him, and if he is thirsty, give him a drink;

ROMANS 12:18-20

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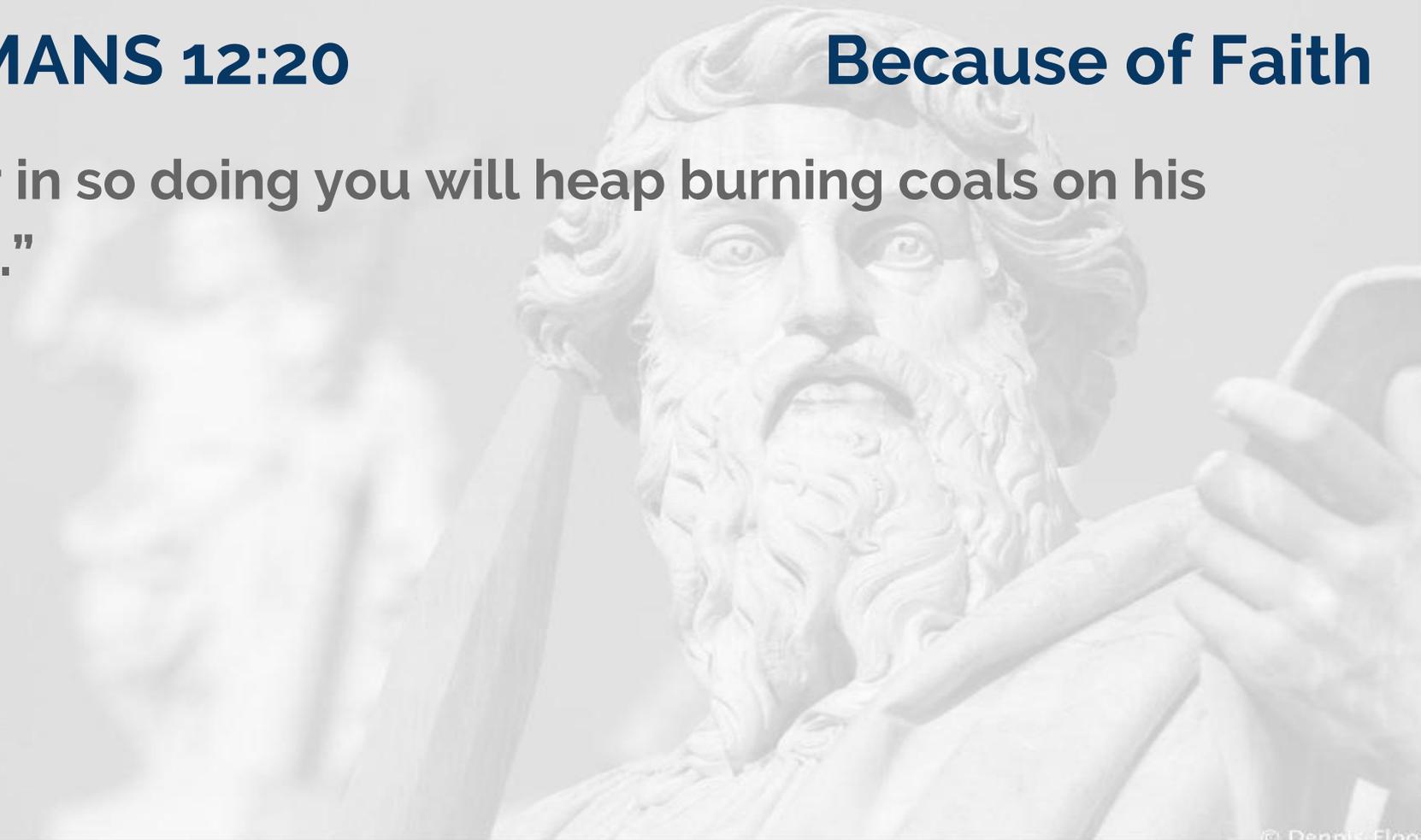
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Our job to judge and condemn; Not only is this statement true about our role, this kind of behavior is reserved for God. We must be mindful in our faith that God will do as He promises. Our obligation from the Lord is to treat them with love informed of our faith.

ROMANS 12:20

Because of Faith

“...for in so doing you will heap burning coals on his head.”



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The distraction of an enemy is such a potent thing. Revenge can distract us to sin, to lose friends, loved ones, and family. God clearly instructs us keep our mindful thoughts on profitable things for His kingdom and not to be bound by temporal things.

ROMANS 12:21

That God will Always Win

21 Do not be overcome by evil, but overcome evil with good.



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“Hate hurts the Hater more than the Hated.” - Madeline L'Engle