

Little shifts and changes in our life can ultimately make a big difference.



Yeshua: "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." John 10:10

Life by Inches

During our Sunday morning prayer time this past week, I had a little thought come to my mind. I recalled former Denver Broncos football coach Vic Fangio describing how a losing football team develops. He described it as a "death by inches": when the players and coaches make little compromises and short cuts in their daily lives and responsibilities. While pondering this I thought to myself that it works the other way too: we can have "life by inches" as well. As we consistently do the small, necessary, life-giving actions then we can have greater life and success.

That Sunday morning, I specifically thought of one negative time-wasting, empty, daily activity and one neglected, positive, daily activity in my life. This week I have consciously rallied behind the "life by inches" banner, and I've been more aware of this. I have been more effective at minimizing the negative while more regularly accomplishing the positive. I've noticed that this has had unexpected positive reverberations in others areas in my life as well.

What about you?

- Is there presently one, small, negative habit in your life that's diminishing you? What about partnering with God and others and making a change?
- Is there presently one positive habit in your life that you would be important to do but you haven't followed through on? What about partnering with God and others and making a change?

Here are a couple of closing thoughts related to this area:

- It is important to regularly spend time in God's presence and capture the thoughts/ideas that come during these times. Many of the positive outcomes in my life have come from small thoughts or impressions that I've obediently followed through on.
- Finally, accountability is an important key. I remember a friend years ago passing on the following quote: "If you never want to get free, just tell God." This is a rather jarring statement, but I believe there is a lot of truth to this. This past week after the Sunday morning prayer time, I shared my thoughts with my friends who were there and asked them to help me by asking me how I was doing in these areas. I know that I've followed through more this week because of sharing with them and asking them to help me.

"Life by inches" has been my rallying cry this week, and thankfully I've noticed that I'm a couple inches father along than last week.