
“STICK TO WHAT WORKS”

During my past career as a personal trainer, I would often times design for my clients a workout and diet program. These specially designed programs would produce the results over a short amount of time that my clients were looking for when they first contacted me. Naturally, they would continue to follow the program because it was a success for them. However, it would not be long before they would divert from what was working. They would turn away from the very habits and disciplines that were producing the confidence, wellness and empowerment that they were experiencing. It is almost as if they would unplug themselves from the power source. They would lose sight of what got them there in the first place. Unfortunately, many trainers, coaches, advisors, and pastors can attest to the fact that people who are doing well often stop doing what is working, lose focus, and even try to fix what is not broken. I have seen this strange phenomenon many times in my professional career, whereas, an individual is doing great, making strides, and excelling in their spiritual life, at home, at work, and in their endeavors. Then, for no apparent reason at all they, stop, divert, or try to change what was effectively working. They begin to lose sight of the program. The result is usually predictable. Disaster! Almost, immediately you see the negative results of your decision to turn away from a good thing. Sadly, for many, they never recover. In effect, it can begin a downward spiral. Has this ever happened to you? Can you relate? I certainly can.

God is quick to remind us to stick to what is working. We all know that there are certain staples in our walk with God that are a necessity to ensure continuous success in our walk with Him and spiritual growth. One of which is trust in Him. By, continuously trusting in GOD and leaning not on our own understanding (Proverbs 3:5), we not only please God, but lay the foundation for a habit that can only bring about success. The problem, however, is not that we don't trust GOD, it's that we don't trust GOD *all* the time. Even though, He has proven Himself trustworthy and a keeper of His promises (Psalm 145:13), we still fall short in this area.

In fact, the Scripture teaches us that King David had the same problem. In 1 Chronicles 21:1-8, we see that David, who had just come off great victories GOD had given him over the Philistines, decided to take a head count of his soldiers, placing more confidence in his troops than in the power of GOD. While he had previously trusted GOD for his victories, even against insurmountable odds in some cases, he turned his trust from God as defender of Israel and placed it on the number of his men. All had been working so well, yet in a moments notice, he chose to change plans. Even at the beckoning of his leaders (vs. 3), David continued with his own plans. As a result, He displeased God and 70,000 Israelites lost their lives (vs. 14).

As we march on this journey to spiritual growth and the development of who GOD wants us to become for Him, there will be many intentional distractions, diversions, and appeals to throw us off course. But, GOD is faithful and promises to deliver us. All He asks of us is to never stop seeking Him and trusting Him in all things. In other words, stick to what works.

By: Jesús Maymi