

**March 21, 2022**

The Lord wants you to experience real and abundant life:

**Phil. 3:13-14** *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (NIV)*

In this passage, Paul uses the illustration of an athlete who is running a race, a sprint. He begins by reminding us all that we should avoid prideful attitudes. This race that we are running, can be full of temptations to believe that we deserve to get good things. This source of pride is not from God. **James 4:6** *God opposes the proud but shows favor to the humble. (NIV)* In fact the word 'opposes' means to fight against. Someone once reminded me that you cannot be on God's side with an attitude of pride. If it's not from Him, it's from our sinful nature.

There is a solution to this snare of pride. It is found in **James 4:7-10** *Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the LORD, and He will lift you up. (NIV)*

We must also avoid past accommodations. Most people spend so much time on the living in the past, they can't live in the present. What is done is done; move on! Part of living the abundant life is learning to forgive and forget. Aren't you glad that the LORD doesn't hold our sins against us? *As far as the east is from the west, so far has He removed our transgressions from us. Ps. 103:12 (NIV)*

**Dear LORD, thank You for complete forgiveness. Help us to remember today, that we can walk and live in Your complete forgiveness paid for by the blood of Jesus. Help us to remember what You have done so that we can live for today and not in the regret of yesterday. In Jesus Name, Amen**