



STOP AND THINK

As we strive to live like Christ in these last days we face many challenges and distractions. This booklet has been designed to help us recognise the things in life that weigh us down and assist us in laying them aside, so we can run the race set before us - looking to Jesus Christ, the author and finisher of our faith.

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Is it evident that disciples under the influence of the Father have a definite thing to do. Having put their faith in the promise they must take resolute action towards cleansing from the unclean thing, whatever it is. No half-measures; no secret reservations; no escape routes; no reserves for rebuilding the old bridges in case we need to retreat. The call is for firm, clear-cut action. Associations, habits, friendships, indulgences which are known to lead to impurity must be renounced and denied. Cut the cord, burn every bridge. Go back to the early days, before you got involved in tainted things. Go back to the beginning when the vision was bright and separation entire.¹

But I say, walk by the spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the spirit, and the desires of the spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

But if you are led by the spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the spirit, let us also keep in step with the spirit.

Galatians 5:16-25 ESV

¹Bro Dennis Gillett, Genius of Discipleship, Purity Pg 33

ADDICTION

Addiction is the state of being enslaved to a habit or practice characterised by tolerance and by well-defined physiological symptoms upon withdrawal; persistent compulsive use of an activity known by the user to be harmful.^{2,3}

The following article is taken from the Addiction Center website and whilst it is focussed on substance abuse, the same psychological effects are seen in any addiction we become enslaved to.

How Addictions Develop

The human brain is a complex organ controlling every voluntary and involuntary action we make. The brain controls basic motor skills, heart and breathing rates, emotions, behaviour and decision-making. There is a part of the brain responsible for addiction. The name for this part of the brain is the limbic system. This system, also known as the “brain reward system,” is responsible for producing feelings of pleasure.

When a person takes an addictive substance, the limbic system releases chemicals that make the user feel good. This encourages habitual substance abuse. The overwhelming, involuntary need to use a substance — regardless of the harm it may cause — is due to actual changes that have occurred in the brain reward system. Feeding the addiction becomes priority number one.

Activating the Brain Reward System

The abuse of addictive substances activates the brain reward system. Frequently activating this system with drugs can lead to addiction.

The brain reward system is naturally activated when we take part in actions that are good for us. It is part of our natural ability to adapt and survive. Whenever something activates this system, the brain assumes something necessary to survival is happening. The brain then rewards that behavior by creating feelings of pleasure. Drinking water when we are thirsty, for example, activates the reward system, so we repeat this behaviour. Addictive substances hijack this system, causing feelings of pleasure for actions that are actually harmful. Unfortunately, addictive substances have a far stronger effect on the brain reward system.³

The good news is that addiction doesn't need to always be seen in a negative way. In 1 Cor 16:15 Paul describes the brethren and sisters of the Corinthian ecclesia as being “addicted to the ministry of the saints”. Biblical addiction could perhaps be better termed “enslaved to righteousness” (Rom 6:16-18), a way of life so totally dedicated to God that to withdraw from such would be to the user, of eternal harm.

The mind is insensibly affected by the stream of thought passing through it, and it is desirable to have the stream as pure as possible. A mind familiarised by pictures of evil is not strongly fortified if sin should assail.⁴

²www.dictionary.com/browse/addiction and www.merriam-webster.com/dictionary/addiction

³www.addictioncenter.com/addiction/addiction-brain/

⁴Bro John Carter, Letter to the Ephesians Pg 133

DEALING WITH ADDICTION & SIN

STEP 1. Admit you have an addiction

Whether you're struggling with an addiction to ungodly online behaviour, gaming, social media, or excessive mobile phone usage, admitting that you have a problem is always the first step to overcoming it, but it is not easy. Examine yourself honestly (2 Cor 13:5, Gal 6:4), accept that you cannot manage life on your own (Jer 10:23) and that you need God's help (Rom 7:24-25).

STEP 2. Write down the harmful effects of your addiction

It won't feel positive to acknowledge all the ways in which your addiction is harming you, but seeing the list on paper will help you resolve to stop (Prov 28:13). Brainstorm a list that includes all the negative effects you've experienced since your addiction started. Think about how God sees our sins (Hab 1:13 cp Psa 145:17 and Deut 32:4) and find Bible examples of people who struggled with the same things as you and how they overcame.

You may think your struggle is unique to the 21st century - be assured it is not! There is nothing new under the sun (Ecc 1:9), God's Word is timeless (1 Pet 1:25, Isa 40: 8) and He has designed us in His image (Gen 1:27) with the intention that we might manifest His characteristics. To do that, He given us the capacity to lift ourselves from our fleshly human nature and seek things above (Ecc 3:11, Col 3:1).

STEP 3. Pray for God's forgiveness and His help moving forward.

Sin is ultimately and intrinsically against God. David sinned in the matter of Bathsheba. He committed adultery with Bathsheba and then arranged for the death of her husband Uriah. Yet David said to Nathan, "I have sinned against Yahweh" (2 Sam 12:13) and to God Himself, "Against thee, thee only have I sinned and done this evil in thy sight." (Psa 51:4)

Acknowledge your sins fully and humbly seek God's forgiveness. Our Heavenly Father is willing and able to forgive those who truly seek to repent (Isa 1:16-18, Isa 55:6-7). God does care for us in our distresses imposed by sin. He understands all the difficulties we have with our nature (Psa 103:13-14). When David prayed after confessing his sin with Bathsheba, he appealed unto God's character from Ex 34:6-7 as the basis for God to forgive his sin. He desperately sought Yahweh's tender mercies, or deep seated compassion (Psa 51:1. See also Psa 86:1-5).

It's not easy to convince human beings that sins can be forgiven by God. David encourages himself in the covenant blessings within Yahweh's name (Psa 103:1-4). But God has shown that He is able, willing and even delights to show covenant mercy and forgive our sins. God knew the hideous effect sin would have on us, and He immediately set about to provide the remedy - forgiveness through association with the death and resurrection of His Son (1 Jhn 4:10, Rom 8:1-4).

There is only one enemy that can stand in the way of God's covenant love in Christ - SELF (Rom 8:37-39). God has supplied the evidence and made it amply clear that He has the means within Himself and is willing to forgive us in His covenant love.⁵

STEP 4. Make a list of the positive changes you want to make in your life

Think about how your life will improve once you've cut out the addiction. How do you want it to look? Remember that God has called you for a purpose (Hab 2:14, Tit 2:11-14) and in His longsuffering and mercy has granted more time in which you can make changes to further develop His character in preparation for the return of Christ (2 Pet 3:9, Rom 13:11-14, Rom 12:1-2).

STEP 5. Write down the reasons why you are quitting

Having a list of solid Bible-based reasons to quit will help you stick to your plan. Your reasons for quitting must be more important to you than continuing your addictive behaviour. No one can make you quit but yourself based on your understanding of what God has done for you and what He wants in His children (1 Jhn 3:1-3, Rom 5:6-8, Psa 37:3-5, Psa 1:1-3).

STEP 6. Find an accountability buddy

Talk to a friend, parent or older brother/sister at your ecclesia and let them know that you are trying to overcome a particular addiction. Seek their support and ask them to check in with you on a regular basis to see how you are going (Jam 5:16, Mal 3:16, 1 Thess 5:11).

STEP 7. Identify your triggers

Everyone has a certain set of triggers that make them automatically want to indulge their habits. For example, if you're addicted to gambling, passing a casino on the way home from work may make you feel compelled to stop. Knowing your triggers will help you face and avoid them. (Rom 13:14, 2 Tim 2:22, 1 Thess 5:22-23). Remember the example of Joseph, who fled from the situation rather than be caught in sin (Gen 39:12).

STEP 8. Fill your time positively

Make a Bible study plan (Psa 119:97), involve friends (Mal 3:16) and try to look out for others' needs instead of being self-absorbed (Phil 2:4, Rom 12:10, Jam 1:27); try exercising or taking up a new hobby. Don't let other negative influences invade and fill the space that's left by purging out evil and most importantly, don't leave space for the old habits to return! (Matt 12:43-45)

STEP 9. Don't give in to rationalisations

The physical and mental pain of addiction withdrawal is real, and you'll likely start telling yourself it's okay to take up the habit again (Jer 10:23, 17:9). Ignore the voice telling you to start back up. Remember, amputation always hurts (Rom 8:13). Make sure you throw the problem so far away that you can't just pick it up again (Matt 18:8-9).

⁵Bro David Bailey, The Wonder of Forgiveness Pg 43, 71, 130, 142. This book is an excellent resource for helping to understand sin and the effects of it, how to deal with it and ultimately come to appreciate more fully the love and forgiveness of our Heavenly Father.

STEP 10. Don't let a relapse be the end of your journey

Everyone slips up from time to time. Abraham the friend of God (Jam 2:23) sinned and allowed his wife to be led into into a perilous situation (Gen 20); Moses, the man who spoke to God face to face as with a friend (Ex 33:11) spoke rashly and was denied entering the promised land (Psa 106:32-33); David, the man after God's own heart (Acts 13:22) committed a great sin in the matter of Bathsheba (2 Sam 11); Simon Peter, one of the chosen twelve, denied Christ three times (Luke 22:54-62). However, all of these people were able to rise up again (Prov 24:16).

Having stumbled doesn't mean you should give in and return to your addictive habits in a full-blown relapse. Continue to pray to God for His help (Psa 91:15, Psa 46:1, Heb 4:16), for it is certain that we can never overcome by our power alone (Psa 121:2, Phil 4:13).

TAKE SOME TIME TO REFLECT

1. How aware am I of the presence of Christ and the angels in my daily life?
2. How comfortable do I feel if Jesus Christ was to read through my internet browsing history? Remember, we cannot hide from God (Psa 139:1-12).
3. Do I struggle to keep my online behaviour clean? What are some practical changes that I can implement moving forward to help me fight the flesh?
4. Think about the brethren and sisters in the Corinthian ecclesia who were described by Paul as being "addicted to the ministry of the saints" (1 Cor 16:15). What are some things that I can do to follow this example?

IDENTITY

Condition or character as to who a person or what a thing is; the qualities, beliefs, etc., that distinguish or identify a person or thing.⁶

Digital Identity vs. Personal Identity: Are we really the person we portray ourselves to be on Social Media?

Social media has become an arena to share our memories, experiences, and thoughts – our lives. We now have a digital record of ourselves due to social media, whether it is what we share on Twitter, pictures we post to Facebook or Instagram, or thoughts we have written on blogs. Social media allows us the opportunity to create a record of ourselves that we want to remember and make visible to others. It allows us the tools to make things seem very important and prominent, but it also allows us to omit things completely – at least digitally. With the rise in sharing our lives on social media, it poses an important question – are we really who we are on social media?

Social media and posting online have made people ask different questions when doing things in their everyday lives. For example, are people dressing up to go out to eat, going on nature walks in a park, or watching the sunset on their porch for themselves or because that's how they want others to see them? We are driven on social media by what others are doing, by competition, achievement and status and so we portray ourselves in an ideal way to present that to others online. When we see what others are doing online, that also drives us to do similar things.

People post things on social media to make themselves look a certain way to others that are looking at them. Although people can be open and use social media in an intimate way to show others their life, it may not be what you would do or say if there was no way to document it online. Social media has affected our identities because it gives us more tools to create our identity rather than just being who we are in face-to-face interaction. We can create and work towards an idealized version of ourselves by using social media, whether that is who we really are or not. We live in a digital age now where every move we make online presents us in a particular way.⁷

We call ourselves “Christadelphians” - brethren in Christ. By definition, there should be a family likeness. We have been created in the image and likeness of God (Gen 1:26-27) for a purpose - to reflect the character of the Father. Our personal identity is not what is important, it's how we measure up to the character of God as manifested in His Son that really counts.

Once baptised, we “put on Christ” and lose our individual identity, becoming part of the family of God (Gal 3:27-28). Our calling is to glory and virtue (2 Pet 1:3-11) and to be transformed into His likeness (Rom 12:1-2). Once wholeheartedly committed in service to God, there is no room left for self image.

⁶www.dictionary.com/browse/identity

⁷www.storify.com/uskokork/digital-identity

ONLINE PROFILE CASE STUDY

DO YOU EVER
TAKE THE TIME
TO UNDERSTAND
WHAT YOU'RE
"LIKING"?



Don't give occasion for the Gentiles to blaspheme.

Rom 2:24

Come out from among them and be ye separate.

2 Cor 6:17

Be in the world but not of the world.

Jhn 17:14-16

Don't cause your brother to stumble for whom Christ died.

Rom 14:15

I will set no wicked thing before my eyes.

Psa 101:3

Put a difference between clean and unclean.

Lev 10:10

The following categories of 'Likes' have been selected from the Facebook profiles of members of Northern Youth Group as having appeared commonly. Although you may not have the same 'Likes' on your online profile, it has been observed when conducting this research that many of us are associated with things that we should not be as followers of Christ (1 Pet 1:16), however not everything listed below may be negative.

Discussion Points: Is there anything about the following:

1. That you would feel uncomfortable promoting to Christ?
2. What are the positive effects these preferences may have on other young people who may look up to you?
3. What are the negative effects these preferences may have on other young people who may look up to you?
4. Are these associations a helpful advertisement of our Hope to those in the world when they view us online?

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- Apps
 - Athletes
 - Books
 - Business/Workplace
 - Celebrities
 - Charities
 - Christadelphian Events
 - Comedy Channels/Shows
 - Community Events (such as Moonlight Cinema, Colour Run, School Fairs)
 - Current Events
 - Fashion and Brands
 - Food
 - Games/Online Gaming
 - Influential/Inspirational People
 - Movies (including those rated as for Mature Audiences, Restricted, Adult Themes, Coarse Language etc)
 - Musicians/Bands (noted for obscene language and/or themes in lyrics and music videos)
 - Music
 - Netflix
 - News Items
 - Pinterest
 - Radio Stations
 - Rappers/Punk Musicians
 - Reality TV Shows
 - Religious Organisations
 - Restaurants/Coffee Shops
 - School/University
 - Sports
 - Sports Teams
 - Top 100 Music/Songs
 - Youtube

TAKE SOME TIME TO REFLECT

Identity

1. If others viewed my online identity, what would they see me as predominately identifying with?
2. What identifying features am I most trying to display in my life? Take a look at Rom 6:13-14; Col 3:1-17; Phil 4:8; 1 Pet 1:15-16.
3. Can I be clearly recognised as a brother/sister of Christ? What are some ways that I could grow to become more like him? (See Rom 13:14).

The ecclesia is not a group of individuals who live alone. The units are part of the unity. The ecclesia is an inter-relationship of believing souls. The genius of discipleship cannot flourish in an isolated life. It is one thing to believe in the principle of love, but to be real it needs a loving relationship with others.

It follows, consequently, that legitimate individuality in the faith must have limitations. We cannot exercise our individuality if in the doing our brother is hindered or harmed. In Romans 14 Paul argues that one of the greatest objectives of discipleship is to edify one another. If Romans 14 is put into practice it means we should judge ourselves in the interests of our brethren. Our choices, our words, our reactions, our tempers, our private deeds - are we through our individuality expressed in these things, helping or hindering our brother for whom Christ died?⁹

⁹Bro Dennis Gillett, Genius of Discipleship, Individuality Pg 68-69

Social Media

1. Have I considered the impact that posting or liking things online might have on others and their subsequent preferences or decisions?
2. Do I believe that everything I am associated with on my online identity profile is edifying for myself and others? See 1 Cor 10:31-33.
3. What do these words mean in my life?
“But whoever causes one of these little ones who believe in me to stumble, it would be better for him to have a heavy millstone hung around his neck, and to be drowned in the depth of the sea.” (Matt 18:6 NASB)

Communication

1. How effective is my online communication compared to speaking to people face-to-face?
2. Do I think my friendships and relationships are being helped by texting/ chatting over a device rather than in person?
3. Can I think of examples where I could have addressed something differently in regard to communicating with a friend?
4. How can I try to build more meaningful God-focussed relationships with others? (Mal 3:16)

TIME

And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light (Rom 13:11-12).

Our lives are not our own. Our time is not our own. Our minds and hearts are not our own. Our relationships are not our own. Our skills and abilities are not our own. They all belong to God. And yet we still must decide how to use our lives, our time, relationships, skills and abilities. The apostle Paul explained it like this: *Know ye not that your body is the temple of the holy spirit which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.* (1 Cor 6:19-20).

We have been blessed with the privilege of managing someone else's property, who will return in time to claim it back and expect to see it in a more profitable state than to begin with (Matt 25:14-30). The biblical term for a person who does this is steward (Luke 12:42-28). Everything we have is given to us to be used in the service of our Master (1 Cor 10:31, see the example of Hezekiah in 2 Chron 31:20-21).

In Psalm 90:12 we are instructed: *So teach us to number our days, that we may apply our hearts unto wisdom.* Numbering our days also means evaluating the quality of our time spent. The amount of time we spend at something is often not as important as the quality of the time spent. Not only must we consider where our time goes, but how we spend it and why. Is it quality time? Do we take time for God's Word and prayer which require solid thinking and alertness at the end of a busy day when we are exhausted, or when we are at our best? When we spend time with family and brethren and sisters in the ecclesia, is our mind and heart somewhere else? Are we distracted? When in a Bible Class, what exactly are we thinking about?

It is very easy in this materialistic age for us to get caught up in the business of daily life; fulfilling our wants, spending our time in enjoyable pursuits and very often neglecting the important things. Remember the words of Christ in Matt 6:33: *But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

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- **Every relationship needs time and communication. How much time do I give to God every day? Am I listening to God - sincere Bible reading and study? Am I talking to God - true, heartfelt prayer? (Eph 6:18)**
 - **How often do I meditate on God and His Word, His promises, His faithfulness and the blessings He bestows on us? (Psa 119:97)**
 - **How involved am I in family and ecclesial life - both at the meeting and during the week? (Matt 25:34-40)**

BEING FUTURE FOCUSED¹⁰

To focus on the past is to regress. To focus on the present is to exist. To focus on the future is to develop. Future focussed is only possible when we have understood our personal values and clarified our personal goals. Our life can get so busy that our time perspective is simply to exist day by day with no sense of direction, growth, development or challenge.

Successful people display three characteristics: a) They are future focussed; b) They are action orientated; c) They are solutions driven.

Setting SMART Goals¹¹

Specific: Goals are no place to waffle. They are no place to be vague. Ambiguous goals produce ambiguous results. Incomplete goals produce incomplete futures.

Measurable: Always set goals that are measurable. I would say “specifically measurable” to take into account our principle of being specific.

Attainable: One of the detrimental things that many people do - with good intentions - is setting goals that are so high that they are unattainable.

Realistic: The root word of realistic is “real.” A goal has to be something that we can reasonably make “real” or a “reality” in our lives. There are some goals that are simply not realistic. You have to be able to say, even if it is a tremendously stretching goal, that yes, indeed, it is entirely realistic - that you could make it. You may even have to say that it will take x, y and z to do it, but if those happen, then it can be done. This is in no way to say it shouldn't be a big goal, but it must be realistic.

Time: Every goal should have a timeframe attached to it. One of the powerful aspects of a great goal is that it has an end - a time in which you are shooting to accomplish it. As time goes by, you work on it because you don't want to get behind, and you work diligently because you want to meet the deadline. You may even have to break down a big goal into different parts of measurement and timeframes—that is ok. Set smaller goals and work them out in their own time. A S.M.A.R.T. goal has a timeline.

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1. What are my top goals in the 7 major areas of my life?

- Ecclesial

- Family and Relationships

- Financial

¹¹www.success.com/article/rohn-4-tips-for-setting-powerful-goals

- Physical
- Personal Development
- Spiritual
- Vocational

2. Which of these are the 3 most important goals in my life right now?

3. What's the one goal that will have the greatest effect on progressing all of the others? What am I doing about advancing that goal?

If you don't know, you're living in the present and therefore you are existing, but not developing.

"If you have no goals of your own, you are doomed to spend the rest of your life fulfilling someone else's."

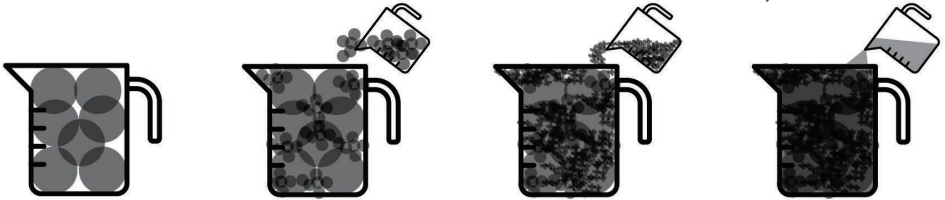
"Vision without action is a daydream, but action without vision is a nightmare."

"The key is not to prioritise what's on the schedule, but to schedule your priorities."

¹⁰For more information, Bro Roger Lewis has done a series called Spiritual Habits of a Sister in Christ (available on Livonia Tapes) and in particular, a study on How To Set Spiritual Goals which you can find at www.sypadelaide.com/northern. Download and listen for yourself!

You may have seen this illustration before.¹²

- 1 We begin with a jar full of 7 large rocks. The jar looks full.
- 2 Even though the jar looks full we are still easily able to fit in a jug of gravel.
- 3 Even though the jar looks full we are still easily able to fit in a jug of sand.
- 4 Even though the jar looks full we are still easily able to fit in a jug of water. Now the jar is full.



What’s the lesson? If we don’t put the goals in place first, we will never be able to fit them in. Life will pour gravel, sand and water into every day until it’s full to the very brim.

Example: If one of your goals concerns spiritual study/meditation, unless you have a moment of time scheduled into your calendar of when you are going to do that - *unless you put it on your calendar first* - it will never be done.

What do I want to fit into my week?

Although your week will differ from this guide, it indicates a reasonable amount of time available to be scheduled aside from the set activities, and also helps to show when prayer and bible readings may be able to be scheduled as a very first priority.¹³

Setting a phone alarm is a great way to ensure things get done and good habits are set in place as young people (Ecc 12:1).

	MON	TUE	WED	THUR	FRI	SAT	SUN
7AM (wake up)	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading
9AM	School/Uni/Work						Sunday School & Meeting
1PM (Lunch)	Pray	Pray	Pray	Pray	Pray	Pray	
Afternoon	School/Uni/Work						
Commute Home	Bible Reading	Bible Reading	Bible Reading	Bible Reading	Bible Reading		Lecture
Evening			Bible Class				
10PM (Bed)	Pray, Bible Reading	Pray, Bible Reading		Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading	Pray, Bible Reading
			Pray				

14 ¹²www.odessa.edu/current-students/_documents/pdfs/a-story-of-priorities-and-a-jar.pdf
¹³This resource is available to download from the NYG website. Visit www.sypadelaide.com/northern

TAKE SOME TIME TO REFLECT

1. Is the kingdom real to you or is it simply a lovely time of generality? Have you created for yourself a real kingdom vision? Does it inspire you every day to live for Christ?
2. Consider choosing a Bible person to look up to as a source of inspiration. Why do they inspire you? What is it about this person that really draws you to them? What role consistent with this example do you wish to fulfil in the kingdom?
3. Imagine writing a job description for a particular job in the kingdom that you would find most inspirational. What skills will you need to accomplish this task to God's honour when the kingdom comes? What steps are you taking now to develop those abilities for future service?
4. Ask yourself this question: What would be the most valuable use of my time right now in terms of advancing that goal, preparatory for a particular thing that I would love to do in the kingdom if God graciously grants me a place?

HOW HAS THOU SPENT THY TIME?

I stood far from the Judgement Seat,
Head bowed in bitter shame;
Within my head words echoed loud,
For I'd myself to blame.

I'd seen the King, and standing there,
Beheld his glorious face,
And just aside in joy supreme,
My friends, saints, saved by grace.

Engulfed in grief, alone, afraid,
My pleading all in vain,
The words reechoed louder now
And burned within my brain -

"Come now," - and so I'd gone before
The One I'd longed to see;
Said angels, serving near the throne,
"The Master calleth thee."

To give account, what had I said?
"One reason," I was asked,
"Why I'd neglected things of God,
And hurrying, by them passed?"

I then recalled how oft I'd said,
"Oh dear, there is no time,
I'll do it - well, another day" -
And that had been my crime.

I answered not; dumb, full of guilt;
But Jesus knew and said,
"No time to do the things of God?
No time to bow thy head?"

No time to kneel in daily prayer,
Or wait til Him you heard?
No time to pause and meditate
The riches of His Word?

No time to visit poor or sick;
No time to smile and give
The stranger in your gates a word
Of hope that he might live?

Yet you had time for menial task,
And time to exercise
Your mental powers on common things,
Your home to supervise.

You'd plenty time to read and talk
Of things which mattered not,
But things which mattered most to God,
You spurned - or just forgot!"

That was enough; I heard no more,
Though words continued long.
My talent lay neglected there;
To Him it did belong.

But I'd forgotten it was His
And thrust it on one side;
And now before the throne it lay,
My face then did I hide.

The saints remained there on his right,
Safe in the Saviour's cleft;
But I was thrust among the ones
Upon the Judge's left.

Those words which burned
within my brain
Verdict on guilty crime:
"No place, no hope, no righteous crown:
For you, I have no time."

"A dream," you say, yet, but how real,
And what relief to wake,
To find I still have unspent time
Ere Judgement morning break!

For me the Saviour, scourged
and scorned,
Up Calv'ry's hill did climb,
What shall I say when he shall ask,
"How has thou spent thy time?"

Sis Claudette Kelly

For this is the love of God, that we keep his commandments: and his commandments are not grievous. For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. (1 John 5:3-4)