

## Stuck on a Plateau

by Christine Wentzel

I am 5 lbs. into my weight loss regimen and I already hit the dreaded plateau. You know, the period when the army of fat cells refuses to surrender the battle. This standoff came quicker than normal. I can think of lots of reasons: age, hormones run amok, my allergic reaction to exercise- whatever. It's discouraging to stand on the No Progress Plateau.



However, while hanging around my discouraging thoughts, it occurred to me that my faith can stand on this same plateau. Again I can think of a lot of reasons: too tired, too distracted, in general allowing everyday life to dictate my priorities.

The great news is that if we find ourselves here, we don't have to stay. Thanks to the Holy Spirit we have an ever-present help, indeed! His work of separating us from our bad habits and sinful tendencies is non-stop. He delights in leading us to green pastures and teaching us new habits. You can recognize His work immediately when you see the fruits of His labor in the virtues of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control [yes!]. Galatians 5:22b,23a

Weight loss experts say when you hit those plateaus it's because your body adapts quickly to routine. They suggest changing your routine from time to time, and getting a buddy to help keep you on track. Kind of like keeping the fat cells on their toes so they can't figure out what your body will do next. It's interesting how well this can apply to moving along a plateaued faith.

*So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. Galatians 5:16*

Look at your spiritual growth routines, note the room for improvement and change things up. Are your eyes glazing over the print of your bible or study materials? Stop reading and try something in audio or video. Does your mind drift when sending up your prayers to the Lord? Check the time of day and the environment around you. Or instead try reading a psalm or sing a worship song with your loved ones in mind. Talk to a buddy and see where you both can help each other get on a diverse track of healthy, active spiritual habits.

The amazing results from increasingly strong, Godly virtues are the effects they have on all the avenues of your life. With the help of our divine Trainer, we can be better fit, spiritually, emotionally and physically, to run through and even avoid all kinds of No Progress plateaus, including the weight ones, yeah!

*Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:24-25*

I'm ready to change things up, how about you?

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**Season:** Pentecost

**Video:** 1. An Attitude of Gratitude

**Devotions:** 67. To Know is to Live!

140. Nobody Knows

**Prayer:** 42. Lord, today would you guard me against distraction...

**Super Girl:** 101. I am sometimes overcome with grief...

**Scripture References:** Genesis 6:3; Romans 6:6; Romans 8:4; Romans 13:14; Ephesians 2:3; 1 Peter 2:11; 1 Corinthians 6:13; Galatians 2:20; Galatians 3:26, 28; Galatians 6:14; Ephesians 3:1, 6, 11

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