



August 18, 2025

REMINDERS MATTER

I need spiritual sticky notes! Without continual daily reminders I easily drift into complacency, anxiousness, busyness and self reliance. I have to be prompted over and over to stop trying and do more trusting because as it says in John 15 without God I can do nothing-at least nothing that has any eternal lasting value. Frustrated parents and teachers often exclaim "How many times do I need to tell you...?!" Thankfully God is more patient. He put into place many rituals and traditions to help his people remember who he is and what he did to rescue them. He gave written instructions and sent Jesus as a living example of how to live as a human being who totally depended on his father, God, for all of his actions and teaching. He didn't start his ministry until he was empowered by the Holy Spirit. Why do you think he prayed about everything and gave thanks to God continually? He clearly declared that he only did and said what God told him to.

So what makes me think that I can depend on my own natural abilities to be the kind of person God wants and only do what is loving and unselfish all of the time? Romans 7 from The Message makes it clear that just knowing the right thing to do and even wanting to do it isn't enough. "It happens so regularly it's predictable. The moment I decide to do good, sin is there to trip me up. I truly delight in God's commands, but it's pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge. I've tried everything and nothing helps I'm at end of my rope. Is there no one who can do anything for me? Isn't that the real question? The answer, thank God, is that Jesus Christ can and does."

Romans 8 goes on to explain that “a new power is in operation: the Spirit of life in Christ. Those who trust in God’s action in them find that God’s Spirit is in them- living and breathing God!...Anyone completely absorbed in self ignores who God is and what he is doing.”

God has not only given us his written word, his Son and his Spirit to live within but we have practices that keep us from ignoring or forgetting him -such as talking to him about everything, gathering for worship, listening to messages that inspire us to live as disciples, singing hymns and reciting creeds and receiving communion. These are the sticky notes, the reminders, I need for my soul. They help me to stay open to God’s action and Spirit within me.

Starting the day with devotions is another reminder of God’s loving presence. The day I was getting ready to submit this message I read a fitting prayer in the devotional Jesus Listens by Sarah Young:

“Magnificent Jesus, Living in dependence on you is a glorious adventure. Most people scurry around busily, trying to accomplish things through their own strength and ability. Some succeed magnificently; others fail miserably. But both groups miss what life is meant to be: living and working in collaboration with you. Please train me (and remind me) to depend on you more and more.”

~Written by Marilyn Whisner

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