

## Heir to His Kingdom: Heirobics

At the beginning of each year many of us make New Year's resolutions to exercise to become more fit and to diet to take off some unwanted pounds. Sometimes I do very well with those resolutions and sometimes I barely make it into January and I have already fallen short of my goal. But this year, as I faced a New Year with my hopes and my fears, I wondered if I shouldn't be giving more time and thought to another area of my life that needed my attention. I call it "Heirobics," discovering what being an Heir to the Kingdom of God really means. A commitment to spending time with God and in His Word...in prayer...growing toward a more intimate relationship with Him. In other words, spiritually exercising my heart and my mind to make God first in my life...not as a duty but as a privilege.

In **Proverbs 3:5-6** we read: *Trust in the Lord with all thine heart and lean not unto thine own understanding. In all your ways acknowledge Him and He will direct your path.* And in **Matthew 6:31-33 (LB)**: *So don't worry about these things, saying, "What will we eat?" or "What will we wear?" or "What will we drink?" Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father knows perfectly well that you need them. Seek the kingdom of God above all else and live righteously and he will give you everything you need.* These verses tell us that to "seek God above all else" means to put God first in our lives; to fill our thoughts with God's desires and to pattern our lives following God's pattern. To serve and obey God in everything. This means we will have to know God and God's Word intimately if we are to trust God and know how God wants us to live. We cannot simply know about God...recognize God's picture...we must emerge ourselves in our friendship with the Lord and seek to know God and God's promises and expectations.

There is a wonderful story of a little girl who stayed for dinner at the home of one of her first grade friends. The vegetable for the dinner meal was buttered broccoli, and the girl's mother asked if she liked it. The little girl replied very politely, "Oh, yes, I love it!" But when the bowl of broccoli was passed she declined to take any. The mother said, "I thought you said you loved broccoli." The little girl replied sweetly, "Oh, yes, ma'am I do, but not enough to eat it!"

Sometimes I treat my relationship with God like the broccoli in this story...I love God but not enough to spend time with God; nor enough to be committed to growing in my faith. God is love and God loves us more than we can imagine. God wants us to come to him with our whole lives, acknowledging him in every area. Planning for tomorrow is wise...worrying about tomorrow is time wasted. When God takes control of our lives...worry becomes planning and trust.

What areas of your life need the touch of Jesus, the forgiveness of a loving Savior, the strength and comfort of the one who gave his life for us? Will you be committed to grow with me in our faith this week, this year, as we commit ourselves to seek to understand what being an "heir" to the kingdom of God means for each of us?

**Prayer:** Gracious God, we give you thanks for your love and for making us "heirs to your kingdom." Your love provides for us, forgives us, and cherishes us as your children. Create in us clean hearts, O God, that seek you with our whole heart and cherishes the time we are together in your Word, in prayer and in loving care of your people. Grant us wisdom from your Word for our lives and the lives of those we love and have contact with. Help us to put you first in our lives and to serve you and obey you in all that we do. For your love and your forgiveness, we give you thanks. In your precious name we pray. Amen.