

The last leg of the journey is in front of me. 2.6 miles behind me. Half a mile to go. Hot. Lots of (good) sweat. One problem: the last half mile is mostly uphill. I need some new encouragement when My Ipod song list ("Jogger's Worship") turned on "Revive Us Lord!":

"Revive us Lord. revive us Lord.
By Your power and your grace.
Revive us Lord, Revive us Lord.
Holy Spirit fill this place.

We need a Holy Ghost revival,
Nothing else will do.
Nothing but your Spirit, Lord,
Can our hearts renew.

As we turn to you
and seek your Holy Face,
pour out your Spirit in this place.
Revive us Lord."

The music gets my brain re-oriented. I can do this! So, focused now on just the goal...on getting to the finish line, I keep on running. But I am not running alone. The Spirit revives me as I go. One last hill to climb, and then, praise God, there it is, the end of the course. Done. No records were set this day. Nothing great or memorable was completed. I just completed what I set out to do.

That is really what our spiritual journey is all about. We don't have to set any records. We don't have to be the first across the line. You don't have to run, or even jog, to find freedom in God. Just find the goal which God has put in place for you. Discover God's goal for you this week, and then trust that you will be able to complete it by the power of the Spirit.

As you prepare for the next leg in your spiritual journey, find a song that will connect you to the working of the Spirit. Music...the beat, the melody, the harmony, the lyrics...the combination of all of these changes attitudes. I don't know why music gives us a sense of renewal and revival. I just know it does. Or if music doesn't do it for you, find a poem, or a picture. Find something that allows the Spirit to speak to your spirit, telling you that you can, by the presence of the Spirit, receive the power to complete the good work that God began in you.

"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:3-7 (New International Version)

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