

## **Deterioration From Lack of Use**

*For we walk by faith, not by sight.—II Corinthians 5:7*

This week I went to the doctor and he told me that my bone around the hip was paper-thin and it would take major surgery to repair. When I got over the shock of the doctor's words, I began to think about the statements the he made and how those statements illustrate the Christian life.

He said that the reason the bone was so weak was that it had not had enough stress. He explained that the way my hip prosthesis was attached, it kept the pressure from touching that part of my hip. Without stress, the bone deteriorates. We don't like trials and stress in our lives, but without those pressures on our life we become weak Christians.

When we don't need to exercise our faith, it becomes weak. The Bible states that we walk by faith. Just like my bone became weak from lack of use and affected my walk, when we do not exercise our faith, it becomes weak and affects our walk.

The doctor showed me the x-rays over three years. The deterioration did not come all at once—it was a gradual decay. In the Christian life, deterioration does not come all at once. It is a gradual neglect of exercising faith, of depending upon God's promises, of spending time in prayer and Bible study, of assembling with God's people and listening to the preaching of the Word. Just like my hip is going to need drastic measures to repair it, so our walk as a Christian may need drastic measures to repair it.