

Olympic-Sized “I Infections”

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As the 2014 Olympics continue to unfold, televised by the NBC sports team, anchorman Bob Costa's very public battle with a nasty eye infection continues to be as hot a topic of conversation as which Americans are winning medals. Now both eyes are red, swollen, and painful-looking. As they say here in Texas, bless his heart!

If the spiritual dimension of life were made visible in the physical realm, most of us would be walking around looking like Bob Costa. His eyeball is inflamed and infected, interfering with his vision and affecting the way people see him. It's a startling picture of our warped and diseased perception through which we experience life. No one is immune, since all of us have sinned and fall short of the glory of God (Romans 3:23), and all of us live in a fallen world. We all have a spiritual eye infection.

It's really an “I infection.”

We're stupidly, pathologically self-centered and self-absorbed. Our life theme song is “It's All About MEEEEEEEEE!” Everything and everyone is evaluated in terms of how it benefits us or costs us. Adding insult to injury, this “I infection” is not only ugly, but it stinks to high heaven. Some people's “I infection” comes from a vaunted sense of entitlement. They were showered with excessive parental adoration, believing that every successful trip to the bathroom deserved a round of applause, that they were owed a celebratory party and gifts for turning another year older, that they should receive a trophy for showing up to games.

Others' “I infection” comes from the desperate fear that at their core, they really don't matter and there's nothing there anyway. They are plagued by a shame that colors all of life in

the kind of emotional gunk that blurs Bob Costa's eyes. Everything feels sticky and painful and gross. It just hurts to live.

Still others experience an "I infection" fueled by unhealed wounds that continue to fester and cause pain. It's like walking around with an arrow stuck in your heart, and it doesn't take much for life experiences to brush up against the arrow and cause a fresh wave of pain to an old wound. So they live life in a defensive mode, trying to protect themselves from the relentless presence of unfinished, undealt-with pain.

No matter what the cause of our "I infection," the cure is the same: we need to come to Jesus, in the humility of abject need and dependence on Him. The "I infection" of selfishness is the symptom of a heart that God calls deceitful above all things and desperately wicked (Jer. 17:9). This kind of heart is incurably diseased—we need a heart transplant. Fortunately, God's really good at that. He promises in Ezekiel 36:26 to give us a new heart and put a new spirit in us, which He does the moment we trust in Jesus to save us from our sins and our sin-diseased hearts.

When the person with a sense of entitlement develops an attitude of gratitude, disciplining herself to give thanks for the abundant showering of blessings and gifts from Jesus, her now-thankful heart clears up the ugly "I infection."

When a person infected with shame comes to Jesus, His loving acceptance and grace heals the "I infection" and allows him to see himself as beloved and valuable.

When the ones with unhealed wounds come to Jesus, giving Him access to the places of the heart that hurt and ooze, He pours His love into the wounds as they are exposed to the light by telling their story and then forgiving the ones who caused the wounds. Jesus heals their "I infection" through grieving and forgiving.

Bob Costa may have an eye infection. What's your "I infection" that you need to take to Jesus?

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Self-Care: Stewardship, Not Selfishness

Remember the safety demonstration on airplanes? "In the unlikely event of a sudden loss of cabin pressure, oxygen masks will drop from the overhead area. Place the mask over your own mouth and nose before assisting children." Every time I fly, I am reminded that taking care of one's own basic needs is not selfish; it enables us to give selflessly to others. Consider what would happen if a mother first put oxygen masks on her children, but lost consciousness before donning her own because she waited too long. Quite traumatic to her children, right?

We can't give to others what we don't possess ourselves. That includes mental and emotional energy, love, grace, and compassion. If we're running on empty, and have nothing to give, that is neither loving nor kind.

God's gift of the Sabbath in the Old Testament (Ex. 16:29), and His invitation to enter His Sabbath rest in the New (Hebrews 4), is His intention for us to be blessed by recharging our batteries, feeding our souls, refilling our tanks. It's a form of self-care. That's going to look different for various people, but it's all God's provision of

what He knows we need.

For my husband, self-care means walking our dog, listening to his music on these walks, working out, and getting off by himself. For me, self-care is enjoying a cup of high-quality coffee first thing in the morning while I meet God in His word, leaving my phone in another room and unplugging from the world for several hours, and getting to a place where I can drink in the beauty of crystal-blue Caribbean water. Both of us have learned that we emerge from a time of self-care ready to focus on other people and the tasks before us. Self-care enables us to be self-forgetful, which is a wonderful place to be!

In the gospels, we see the Lord Jesus' self-care as getting up early to spend time with His Father. He would no longer think of ministering in His own strength than we could successfully complete a road trip without stopping to refuel our gas tank. I think hanging out with His dear friends Martha, Mary and Lazarus may have been a form of self-care as well.

If God has created our bodies, minds and souls and thus they belong to Him, then we are responsible for taking care of them. Caring for His creation honors God and fulfills the duty of a steward: "Now what is sought in stewards is that one be found faithful" (1 Cor. 4:2).

Self-care is not selfishness, it is stewardship. How are you caring for God's treasure that is you?

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