

Wednesday in the Word

Digging Deeper

January 27, 2021

Colossians 3:12-14

The Key to Success

Recent findings: Dr. Armour, in 1991, discovered that the heart has its "little brain" or "intrinsic cardiac nervous system." This "heart brain" is composed of approximately 40,000 neurons that are alike neurons in the brain, meaning that the heart has its own nervous system. In addition, the heart communicates with the brain in many methods: neurologically, biochemically, biophysically, and energetically or electromagnetically. The vagus nerve, which is 80% afferent, carries information from the heart and other internal organs to the brain. Signals from the "heart brain" redirect to the medulla, hypothalamus, thalamus, and amygdala and the cerebral cortex. Thus, the heart sends more signals to the brain than vice versa. This may give us a clue to the many historic references of the heart being the seat of emotions and of love.

Communication is the key. The 'putting on' of the clothing of Christ in today's passage requires first that we "put on" Christ. Romans 13:14, Galatians 3:27. As our clothing is a statement of who we are, the clothing of Christ, similarly, describes the spiritual condition of our hearts. The pivotal event that initiates all this takes place at the moment of salvation. The Holy Spirit gives birth to our eternal spirit and perpetually dwells within us. 2 Corinthians 1:22, 1 John 3:24. As surely as the heart is in constant communication with the brain, the Holy Spirit dwelling in us communicates continuously with our spirits. A simple reading of our text for today may lead us to believe we must "put on" the traits and qualities of Christ by the effort of human intent. We then must 'act' more merciful, kind, humble, meek and patient. We must then 'put up' with and forgive one another as we strive to love them. This can all cause us some frustration as we seem to succeed in one direction as we fail in another. The constant 'putting on' of Godly behavior can be stressful without the key element of success. Communication with and communion with the Holy Spirit of God. As the heart and the brain consistently dialog, so must we with our Creator. This raises a common question among believers. "How can I recognize the voice of God? How do I know His will and what He's telling me?" Let's dig in.

There are a number of ways the Lord communicates with us and they are all based on His indwelling Spirit. If you are saved, He's in you! Let's learn to listen. Psalm 46:10.

The Inner Witness – The Inner Knower. Pastor likes to say you have it "in your knower" and "you know that you know that you know." How? Romans 8:16, Romans 9:1. Our plans and choices are instantly clear through His discerning voice. 1 Corinthians 2:14

The Word of God. Hebrews 4:12, John 14:26, 2 Timothy 3:16. We're not just reading a self help book. This is God's Word and His Spirit reveals His will directly to our spirit.

Familiarity through study. One of the most important ways to recognize the Holy Spirit's guidance is to be familiar with God's Word. By storing His wisdom in our hearts and minds He will cause us to draw from those resources as He chooses to use us. 2 Timothy 3:16, Ephesians 6:17, John 16:12–14, John 14:26

The Leading of the Spirit. Romans 8:14, Matthew 4:1, John 16:13. Whether it's in our 'knower' or through circumstance, God puts us where He wants us. Trust Him. Acts 8:26-30.

The Restraint of the Spirit. Acts 16:6-10. Matthew 10:19-20, 2 Corinthians 2:12-13. Have you ever been turned on your heels by the Lord's hand? He leads us into His work and redirects us when we are headed in the wrong direction.

Quickenings; an old fashioned term for a very common occurrence. You've had them if you're a Christian. You're reading your bible and suddenly a verse you've read 100 times jumps off the page! God is speaking! You're in prayer and a wave of spiritual depth engulfs you or you hear preaching and you are gripped with His power inspiring you to act. God always communicates but do we always listen? He loves to put a personal nugget in our hand. James 1:17, Philippians 4:7, Acts 2:1-4, John 3:8

Visions, dreams and prophecies. While these are not common occurrences for many of us, the Lord will speak to us in supernatural ways. Being careful not to look to interpret every dream or sudden thought we must have discernment and biblical grounding to know when God is directing us. Daniel knew this well and experienced some of the most important messages ever meant for mankind. Read through his book and consider the power of dreams and visions. Joel 2:28-29, Acts 2:17, 1 John 4:1, Amos 3:7, John 14:17, 15:26, 16:13,

Angelic visits. All of us can relate intriguing instances of meeting a helpful stranger under very odd circumstances. Remember though that they are messengers. All our prayers are to God the Father, in the power of the Holy Spirit, through the authority of Jesus or Savior.

The heart and the brain are in constant communication for our health and welfare. We must be in constant prayer with the Lord so we can accurately and effectively hear the voice and leading of God in our spirit. Luke 18:1. Maintaining that communication will result in an automatic response in us of mercy, kindness, humility, meekness, long suffering, forbearance, forgiveness and agape love. It's not that difficult if your paying attention.