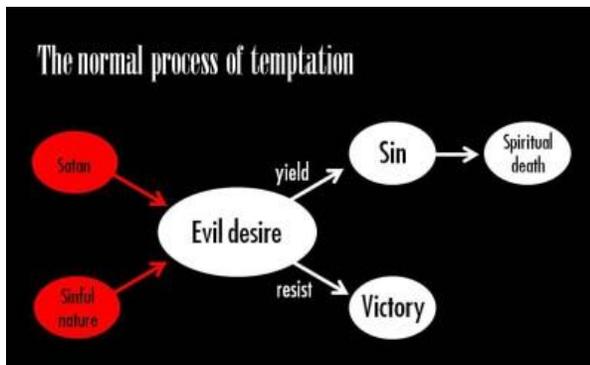


Be Holy

Bible Reading: 1 Peter 1:13-23

1 Peter 1:15-16 But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy"

Great lent provides an opportunity to focus on the aspect of Holiness and to reflect upon our lives in relation to this great aspect. Holiness is the state of the absence of sin. Sin is regarded as the sickness of the soul. How important perfect-health is to body, that's how Holiness is to the soul. What causes sin? Temptation is a vulnerable state which could result in sin. It is an entry point. Temptation as such is not a sin. But it can weaken our faith. Living in this part of the world, we know how temptation plays in various forms and styles. We often tend to associate temptation to a few noticeable behavioral traits like drugs, alcohol, sex, smoking but there are many in our day-to-day affairs, which we tend to conveniently forget, like addiction to texting, internet, T.V, food, gossip, power, position and many more. What is temptation? I heard a definition like this - God given gifts to satisfy God given desires to cross God given boundaries. All temptations can be categorized under three 1) lust of the flesh 2) lust of the eyes and 3) pride of life. 1 John 2:16 says "For everything in the world--the lust of the flesh, the lust of the eyes, and the pride of life--comes not from the Father but from the world". The following illustration



depicts how temptation acts in a normal situation:

James 1:15 says "Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death"

Let's take a decision during this lent I will take a conscious step to resist the temptation.

Prayer: Lord, help us to model our lives around

Christ and let this season of lent gives us the strength to battle sin and set our journey towards attaining Holiness. Amen!

Thought for the day: Only those who try to resist temptation know how strong it is. ... We never find out the strength of the evil impulse inside us until we try to fight it: and Christ, because He was the only man who never yielded to temptation, is also the only man who knows to the full what temptation means—the only complete realist - C.S Lewis

P.S This is one of the best sermons I heard on the topic of Holiness, listen and be blessed <https://www.youtube.com/watch?v=sdiaG1KQO6w>