

Include Him In Your Daily Life (Making the carnal holy)

1 Corinthians 10:31 HCSB Therefore, whether you eat or drink, or whatever you do, do everything for God's glory.

There once was an elderly, righteous and holy man, who was determined to incorporate God into every aspect of his life. As he sat to eat, he would breathe a prayer of gratitude. As he taught his children, he would mentally beg for God's guidance and for His blessing on the children. When he dressed in the morning, he tried to dress in such a way that God would be praised by even his clothes.



Over time the old man had built ritual into every aspect of his days until his entire life was surrounded by a godly aroma. Though everyone loved him, there were some who did not understand his need for all these little rituals. One day one of his friends asked him why he practiced his faith in such a manner. "Don't you believe that as a Christian you have been liberated from ritualism? Why do you pray as you walk? Why do you bow your head and fold your hands at the table? Why do you kneel beside the bed? Why do you do all these things?"

The old saint thought carefully for a moment and then asked his interrogator, "Why do you wear a wedding band?"

"Why, to identify myself as married. To let others know that I am married."

"And why do you wish to do such a thing?" the elderly man asked.

"It helps protect me from temptation. Others see my ring and know that I am unavailable. Hopefully they will not tempt me. I see my ring and I remember that I am unavailable. Hopefully I will not succumb to temptation.

- **Deuteronomy 6:4-9 HCSB** "Listen, Israel: The LORD our God, the LORD is One. (5) Love the LORD your God with all your heart, with all your soul, and with all your

strength. (6) These words that I am giving you today are to be in your heart. (7) Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up. (8) Bind them as a sign on your hand and let them be a symbol on your forehead. (9) Write them on the doorposts of your house and on your gates.

“The mezuzah“ he answered, “is there to remind me to keep God’s words constantly in my mind and in my heart. Every time I pass through the door I kiss my fingers and then touch the mezuzah expressing love and respect for God and his mitzvot (blessed commands).”

The friend was still unsure of the correctness of the practice. He asked, “Surely you can simply remember God and his Word without resorting to this practice?” The tzaddik humbly replied, “I am sure that many of God’s children can. I, however, struggle with a wicked heart. I often forget God and disobey Him. I have done this in part to help myself in that struggle. Think of it as tying a ribbon around my finger.”



We use reminders to help us every day: alarm clocks that ring, watches that beep, calendars to mark, PDAs that vibrate. Why do those of us that are married wear wedding rings? It is not merely to identify our state to others, but to remind ourselves of our vows!

Not all of us need to nail mezuzot to our doorposts. But all of us need to be looking for ways to include our Beloved into our daily lives. It is far more important to incorporate Christ into our day to day activities than it is to set aside time dedicated to Him. If we are faithful at including Him in our lives, we will not struggle at finding “special” time with Him.

- **Colossians 3:17 HCSB** And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.
- **1 Peter 4:11 HCSB** If anyone speaks, *his speech should be* like the oracles of God; if anyone serves, *his service should be* from the strength God provides, so that in everything God may be glorified through Jesus Christ. To Him belong the glory and the power forever and ever. Amen.
- **Ecclesiastes 9:10 HCSB** Whatever your hands find to do, do with *all* your strength, because there is no work, planning, knowledge, or wisdom in Sheol where you are going.
- **Colossians 3:23 HCSB** Whatever you do, do it enthusiastically, as something done for the Lord and not for men,
- **Ephesians 6:7 HCSB** Render service with a good attitude, as to the Lord and not to men,

The great composer Bach said, “All music should have no other end and aim than the glory of God and the soul’s refreshment; where this is not remembered there is no real music but only a devilish hub-bub.”

He always headed his compositions “J.J.” The letters stood for “Jesus Juva” which means “Jesus Help Me.”

He ended them “S.D.G.” the letters stood for “Soli Dei Gratia” which means “to God alone be the praise.”