

Lasting Results Part 16:

Perspective about the Bit and Bridle

Introduction

This section emphasizes the importance of character development and understanding to achieve long-lasting results in our spiritual lives. The theme revolves around balancing reminders and the psychological aspects of our behavior.

Key Concepts

1. Preventing Weariness and Frustration:

- The text discusses how constant reminders can lead to fatigue, both for those reminding and those being reminded. This is compared to being controlled by a "bit and bridle," a metaphor for lack of understanding or autonomy.

2. Understanding the Bit and Bridle:

- Biblical Reference: Psalms 32:9 warns against being stubborn and lacking understanding, much like a horse or mule that requires physical restraint.
- Result of Understanding: Proverbs 2:11 highlights that understanding provides protection and guidance.

3. Character Development:

- The core remedy to the frustrations of constant reminders is character development. Without it, both parties can become weary.
- The kingdom of darkness aims to create distractions among Christians, preventing focus on their spiritual growth.

4. Mental Health Considerations:

- Acknowledgment that some individuals may require reminders due to mental disorders or disabilities. This perspective encourages compassion and understanding rather than judgment.

5. Wisdom in Support:

- Finding help from qualified professionals (e.g., psychologists, Biblical spiritual mentors) is essential for those struggling with mental or emotional challenges. The ideal professional combines Biblical spiritual beliefs with psychological training.

Questions for Reflection

1. What can the remedy be for always being reminded?

- Focus on personal character development and understanding.

2. What should we understand to avoid being reminded?

- The importance of proactive learning and character growth.

3. How can we prevent being worn out and frustrated?

- Engage in character development and seek wisdom from God and others.

Character Qualities for Development

1. Alertness vs. Unawareness

- Recognizing the need for reminders and being aware of personal attitudes.

2. Staying Close to God:

- Engage in prayer, meditation on scripture, and involve God in daily activities to enhance spiritual alertness.

3. Desire for Growth:

- Calculate personal desires for growth and character development.

Conclusion

This teaching encourages reflection on our roles as both reminders and those being reminded. It stresses the importance of character development and understanding in achieving lasting spiritual results. Building a supportive environment, recognizing individual differences, and seeking wisdom are crucial steps in this journey.

Next Steps

- **Reflection:** Consider how the teachings apply to your life.
- **Action:** Identify at least one character quality to focus on developing in the coming weeks.
- **Engagement:** Connect with a Bible supportive community or Biblical mentors to discuss these insights further.

To Be Continued

This exploration of character development, understanding, and spiritual growth will continue in the next section, building on these foundational principles.

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