

## More Than Better 2Peter 3:17-18

Everyone wants to 'feel better'

Self-help aisle at book store

But to 'feel better' is only a temporary situation, not even most needed

What we need, much more than any "inspirational" uplift, is to make actual progress in the quality of our character

Gary Henry's devotional material

Kris Emerson's Excel Still More

The spiritual life is not primarily about feeling better

It's about change for the better

It's about growth

It's about real, objective movement toward God

Regardless of the fluctuation of our feelings, being a Christian means growing

### Reevaluation

Constant consideration of where I am in relation to where I ought to be

The daily question we need to ask ourselves is not "How am I feeling?" but "Where am I in relation to God?" - **2Corinthians 13:5**

Answering that question honestly may not give us a cozy fireside feeling, but it will open the door to something we need more than better moods: genuine growth.

### Repentance

Willingness to make necessary changes to accomplish goals

Honest reevaluation of ourselves won't help us, of course, unless we have the courage and the will to make the changes that our self-inventory has pointed out a need for - **Matthew 3:7-9**

And when changes need to be made, we don't need a speaker or writer who'll make us feel wonderful, just as we are

We need a friend who'll provoke us to repent and move forward in our character.

### Renewal of Commitment

Continual devotion to actions that draw me nearer my goals

The chances are good that many of us already know about areas in which we need to improve, based on past examinations of ourselves and decisions to do better

Falling backwards is a habit that we all have - **Philippians 3:13-14**

So the third thing we need, more than better moods, is to get a fresh grip on our commitments every day

Significant spiritual progress comes from the frequent remembering -- and remaking -- of our promises to God.

### So Do You Feel Better Now?

Maybe you do, and maybe you don't

We really need to get beyond our feelings and emotions

But today, you can decide to seek God faithfully whether your feelings are flowing in that direction or not.

Gary Henry