

# ONWARD

from the desk of Chris Greer



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Hey, . Chris here. ☐☐

Ever been caught talking to yourself? I have. In the grocery store. Numerous times.

It's why I'm thankful for the invention of earbuds. I just pretend I'm on the phone and start talking louder. But...anywho...

One night back in January, I caught my wife talking to herself. For a few weeks she'd been stuck, tangled in a variety of emotions for a variety of reasons.

After an evening out, we sat in our room and talked it over. After lots of conversation, evaluation, and speculation, we got ready for bed in relative silence. And that's when it happened.

In simple, straightforward language, she began articulating what she most needed to know to turn the emotional corner. At first, I thought she was talking to me. But as it turned out, she was talking to herself. Better than that: She was *preaching* to herself.

She said to herself what a wise advisor, good friend, faithful pastor (or HUSBAND!) would say. Important, internalized things she knew but needed to hear. Things that needed to be said—not just thought—in real time about a real issue.

It seems so simple—maybe even a bit ridiculous—but one of the best ways to get unstuck and take the next step forward is to *articulate to ourselves what is true*.

I know folks who write sticky note reminders on their mirrors or steering wheels. Engrave Scripture on rings or journal covers. Tattoo God's Word on forearms or ring fingers. They read the Story over and over. And they speak Spirit-filled, Scripture-true mantras aloud again and again.

It's no gimmick. No power of positive thinking. It's the practice of washing and rewashing oneself in the truth of God. Work to learn his Word, and the Spirit of God will be constantly at the ready to remind us of it. To help us speak it and hear it.

Each time you preach his message to yourself, you'll be in good company.

*"Why am I discouraged? Why is my heart so sad?"* the depressed and discouraged Psalmist asked himself. *"I will put my hope in God!"* the same Psalmist answered. (Psalm 42:5-6a)

"Who will free me from this life that is dominated by sin and death?", Saint Paul asked while in the frustrating throes of his own sinfulness. "Thank God! The answer is in Jesus Christ our Lord," the apostle answered to himself. (Romans 7:24-25)

Feeling stuck? In no man's land? In need of encouragement, a mood change, or motivation to keep moving?

Ask God for the one true thing he wants you to remind yourself of today. Then when he does, find it and remember it, write it where you can see it, and say it out loud until you begin to believe it again.

Onward,

Chris

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## quote of the week

"You have to address yourself, preach to yourself, question yourself. You must say to your soul: *"Why art thou cast down...Hope thou in God"*...And then you must go on to remind yourself of God, who God is, and what God is and what God has done, and what God has pledged himself to do."

— Martin Lloyd-Jones

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## P.S.

Lent is almost here (Ash Wednesday is the 22nd), and Easter is coming soon (Sunday, April 9!)...

So **I want to give you a free digital copy of my devotional, *Easter Is Coming***. It's a simple, thoughtful guide through Jesus' days leading up to Easter, and I hope it will help you prepare to celebrate the greatest weekend of all.

Download your copy by clicking the button below...

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Thanks for being a reader and a friend. I appreciate you, and I pray this Lent and Easter are RICH seasons for you!

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## dad joke of the week

A man walked into a magic forest and tried to cut down a talking tree.

"You can't cut me down," the tree complained, "I'm a talking tree!"

To which the man responded, "You may have talked as a tree...  
but you will dialogue."

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