

## THE BENEFITS OF TRIBULATION

15/2/15

*The hostile environment of space travel, involves numerous survival and coping strategies that earthly life doesn't. Just like astronauts who travel or live in outer space; spirit filled Christians also face day to day survival requirements that are foreign to natural living. The space observations come from the space station.*

*The bible tells us that we are in this world but not of it... the Holy Spirit changes us: we are now in an environment that is hostile to spiritual life, thus lifestyle changes are essential. **JOH 17:14** I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. The benefits of eternal life through the anointing of the Spirit, requires certain adjustments. The natural world is subtly dangerous for God's people.*

*The weightlessness of space sounds relaxing, but in the long term there are many health problems associated with it. Bones and muscles weaken, and other changes also take place within the body. Likewise, we have been set free from the weight of sin and death. **ROM 8:2** For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. However, there are side effects that weaken us if we fail to heed God's advice. **JAM 4:7** Submit yourselves therefore to God. Resist the devil, and he will flee from you. **8** Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded. Compensation needs to be made for the new environment we now live in... the old ways lead to failings... some fatal. We may be free from the weight of sin, but we need to remain spiritually effective.*

*\*Weightlessness causes several key systems of the body to relax, as it is no longer fighting the pull of gravity, even the senses of up and down get confused, Spacemen also experience a disruption in their proprioceptive system, which tells where arms, legs, etc., are oriented relative to each other. **GAL 5:16** This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. Walking in the spirit keeps you in good health. **1COR 12:18** But now hath God set the members every one of them in the body, as it hath pleased him. We must be ware of each other and respect each other. We don't all have the same calling, but we are one body!*

*\*In the longer term bones weaken and astronauts are more susceptible to breaking them if they slip and fall, just like people with osteoporosis. Muscles also lose mass. Astronauts typically exercise two hours a day in space to counteract these effects, but it still takes months of rehabilitation to adjust on Earth after a typical six-month space mission. We need some tribulation (exercise), as it promotes spiritual development that stops us deteriorating, by building fitness. **JAM 1:2** My brethren, count it all joy when ye fall into divers temptations; **3** Knowing this, that the trying (exercising) of your faith worketh patience. **4** But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. Patience and spiritual commitment build strength. There is much joy in knowing that you can handle what is before you... consider the positive mental health benefits that flow from regular physical exercise. Likewise, joy flows from exercising the Spirit.*

*Many astronauts have died in space through misadventure, ignorance and accident... experience and good advice enhances survival. So it is with one of the greatest threats to the Christian traveller. **1TIM 6:9** But they that will be rich (the earthly way) fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. Space, like Christianity requires a different focus for survival and good health. **10** For the love of money is the root of all evil (lack of change to suit the new environment will be fatal for many): which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. Worldly riches are not much good for your walk in the Lord as they lessen the value of tribulation and spiritual hunger. Sharing a fair portion of our material blessings has far more appeal than hoarding them for personal security. **&17** Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy; **18** That they do good, that they be rich in good works, ready to distribute, willing to communicate; In one sense, parting with some material possessions is a tribulation in itself... but it also strengthens the spirit. That is why the Lord spoke on these matters (God is not talking about the mega rich... just those who are comfortable in worldly needs). **19** Laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life. Generosity needs to be exercised for all our own sakes.*

*Survival techniques are based on spiritual actions, not thoughts or theories. **HEB 5:8** Though he were a Son, yet learned he obedience by the things which he suffered; **9** And being made perfect, he became the author of eternal salvation unto all them that obey him; Jesus not only lived in an extremely hostile environment; he also revealed and exercised, life saving strategies. Tribulations are the exercises that keep us strong and give us our victory... rejoice in your source of strength. Assist others to fight the same battles.*