



Thursday Thought

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“Treble Hooks”

Thursday January 4, 2018

Verse for the week: 1 Corinthians 10:13 (NLT) “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.”

Just before middle school my mom met a man that my brothers and I really liked. They ended up getting married, he then adopted us and we gained a sister. On the weekends when she came over, we would frequently go up to Loon lake. We had a lot of fun up there swimming, goofing off, and being kids. It was a nice respite from the tumultuous years that we had experienced prior. One day as we were out swimming, I came to the dock and brushed up against one of the ropes that secured it and was instantly snagged. Evidently some fisherman had gotten his treble hook caught in the rope and just broke the line but left the hook, which was now stuck in my arm. (If you are wondering what a treble hook is, it’s a three barb fishing hook with one eye.) As I tugged I could feel it ripping at my arm and I immediately stopped and started yelling for help. Help arrived, they cut the rope and I was off to the emergency room to have the treble hook removed.

As we have entered a new year, you may feel snagged by some sort of habit. The more you try to break free by yourself, the more ensnared you become. Many of us make resolutions yet, sadly, only 8 percent of people actually keep their resolution. I believe the reason many people fail is because they try to do it on their own. If I would have continued to struggle, I would have caused some severe damage. I was set free because I sought help. If we want to be victorious in our resolutions, we need to seek encouragement from others and from God. **Psalm 25:15 (NLT)** says, **“My eyes are always on the Lord, for he rescues me from the traps of my enemies.”** Get ready for a journey because it takes an average of 66 days to develop new, healthy, habits.

Questions to ponder: What destructive habit has you ensnared ? What will you do today to develop a healthy habit to replace a destructive one? Who will you seek to assist you in gaining victory?