

## **SPIRITUAL TASK —DON'T INDULGE** (2 Sam. 11)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The great King David ended up giving in to the longings of his flesh and committed adultery—getting Bathsheba pregnant. He then had Bathsheba's husband, Uriah the Hittite, killed in battle after he couldn't trick him into going home and sleeping with Bathsheba.

**Meaning** We are all capable of falling into severe disorder. With our hereditary inclinations and the striving of the hells to hurt us it is not surprising. The first thing they do to try and hurt us is to try and create an adulterous marriage in our minds—replacing a union of good and truth with one of evil and falsity. They need us to accept it in order for it to work. We must dwell on the thoughts and indulge in the feelings.

**Task** This week try to not engage in the negative feelings that come to you, and try not to dwell on the negative thoughts. To do this we must turn away the negative thoughts as soon as they enter, and attempt to substitute them with positive thoughts. You may find it very difficult—almost like fighting a war with yourself. You will feel like you ought to indulge in the feelings and thoughts, and even have the right to. But the only way is to just turn away from them from the start.