

Without a Vision for the Future You Will Return to the Past

By Jim Thornton

Proverbs 29:18



NIV - Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.

ASV - Where there is no vision, the people cast off restraint; But he that keeps the law, happy is he.

No vision means no direction. We need a vision (instruction/revelation) from God; otherwise we will throw off all restraints. Vision is a clear mental picture of a preferable future. In the area of eating, if we are unrestrained it leads to gluttony and death. We have to restrain ourselves but to what degree and to what end? We need a clear mental picture of God's plan for our physical body.

Let's look at it another way. Why do we restrain ourselves?

- Because of society's standards?
- Because of our families' wishes?
- Because we want to live longer?
- Because we want to be more comfortable in our pants?
- Because of some need to punish ourselves or beat ourselves into submission?

A better motivation would be to restrain ourselves because we have a vision of what God has for us. We have a clear mental picture of a preferred future for our bodies.

We are not all supposed to be the same size. We are supposed to be who God created us to be, physically as well as in other ways. **What are you supposed to look like?** I know this much we are supposed to reflect the glory of God. I know God doesn't make any junk; you are fearfully and wonderfully made. You are God's handiwork.

Ask God for a vision or understanding of a preferred future for the shell that houses your soul and spirit. Remember, without a vision for the future you will return to the past.