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As we journey in faith, we often encounter moments of profound connection with God – what we may refer to as a 'spiritual high.' These experiences fill our hearts with joy and ignite our passion for His presence. This 'high' is a powerful, transcendent experience of God's love and power that permeates our being, leaving us intoxicated by His presence.

However, it's essential to recognize the challenges that can arise after such powerful encounters. How do we navigate these moments and maintain our spiritual momentum. when the initial thrill begins to fade?

Philippians 3:16 reminds us, *"Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing."* Let us consider some challenges and how we can overcome them.

- Sometimes, many believers end up chasing this 'feeling' without a genuine desire to deepen their relationship with God.

With no real interest in knowing God, no real interest in living by faith, many just chase after the high. Rather



than chase after God, they chase after the feeling of being close to God - there is a difference between these two pursuits.

- Also, this pursuit can lead to pride and complacency, where we begin to feel higher than others due to our 'experience' with the Lord.

The pride of the chase and the pride of the high. This 'greater-than-you' pride is often born out of a feeling that one is somehow better or more knowledgeable than others, due to their 'unique experiences'.

- And then, after connecting deeply with the Lord, we often face the temptation to rest.

Just as hitting the brakes after accelerating in a car can undo one's progress, retreating from spiritual fervor due to these challenges can also hinder our growth. To maintain our momentum, we must remain vigilant and committed to our spiritual practices.

Remember, spiritual highs are not merely fleeting moments; they require ongoing dedication that pushes you to stay hungry and passionate in your pursuit of God. They also require climbing with a purpose and chasing with an understanding—knowing that the goal is to remain in His presence, not to have a nice feeling about it or to brag, but to be edified and transformed into the image of Christ.

Why would one go through the hard work to dig his foundation upon a rock? Is it just so that he can brag about it or feel good about himself? No, it's so that he can build his house upon the rock!

Grace to your heart. Amen.

Dr. Riel Osabuohien

With Joy Emovon

