



WOW: Word Of the Week

Inertia

March 12, 2025

Why do we struggle to get going? Why is it so hard to stop doing something? Inertia!

Physics made simple: inertia explains why we need power to accelerate and why we need brakes to slow down. In physics, inertia is the physical property by which matter continues in its existing state of rest or straight line motion unless influenced by an external force.

For you and me in daily living, inertia explains our inability to alter the ways we process information, also our preference and tendency to stick with default mental models. Inertia prefers the status quo. Inertia explains our resistance to change.

Today's WOW--spiritual inertia. Sometimes underactivity, sometimes overactivity. What a challenge! Some cannot get on board with spiritual activities. Some cannot stop doing unspiritual things. Interesting. Similar problems – inertia. The same solution—we need to apply an external spiritual force!

The solution to spiritual inertia is to understand and use God's spiritual presence within us, the presence of his Spirit. The Spirit is not given to us to do everything for us. The Spirit empowers. The Spirit restrains, influences, guides.

Time does not allow an in-depth Bible study, I share bullet points. Power.

→The Holy Spirit acts in salvation, Acts 2:38, 1 Cor. 6:19, Rom. 8:9-11, Gal. 4:6

→The Holy Spirit acts to sanctify, 1 Cor. 6:11; 1 Pet. 1:2

→The Holy Spirit provides power through the Word, Eph. 6:17, 2 Pet. 1:20-21

→The Holy Spirit provides power in prayer, Rom. 8:26; Eph. 6:18-21

→The Holy Spirit provides power for Christian living and service through spiritual gifts

→The Holy Spirit enables and yields fruit, Gal. 5:22-23

More bullet points. Restraining and guiding.

→The Holy Spirit provides power to overcome sin, Rom. 8:12-17, Gal. 5:16ff

→The Holy Spirit restrains by providing assurance as a seal, marking God's people, Eph. 1:13, Rom. 8:9

→The Holy Spirit restrains as he testifies with our spirit concerning our spiritual status, Gal. 4:4-6

→The Holy Spirit causes God's love to spread into our hearts, Rom. 5:5

More than one can digest in a few minutes. A summary. When we can't get going—spiritual power. When we need help to stop—spiritual power. Spiritual inertia overcome by spiritual influences.

Overcoming inertia requires escaping stagnation and inaction. Inertia speaks to comfort zones, changing habits, and lifestyle changes.

Live by the Spirit, keep in step with the Spirit. Easier said than done! But we have to start somewhere. A goal for this week: when you sense spiritual inertia setting in, seek spiritual sensitivity to the spiritual influences God puts in our lives.