

Verse of the day for Monday October 26, 2026 - Ephesians 4: 2-3

Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

Read Ephesians 4 for meditation and inspiration.



THE SPIRIT WAS WILLING BUT THE FLESH WAS WEAK

Dear Lakesiders and Friends,

I thought that this story would be a good one as we move into Halloween week which we in the Presbyterian Church recognize as REFORMATION DAY.

A new preacher wanted to rent a house in the country but the only one available was rumored to be haunted. That didn't bother the preacher since he didn't believe in such things. He went ahead and rented the place.

Soon the ghost made its appearance. The preacher told his friends about the ghost, but they didn't believe him. They told him the only way they would believe was if he took a picture of the ghost.

The preacher went home and called for the ghost. When it appeared, the preacher explained the situation and asked the ghost if it would mind having its picture taken. The ghost agreed.

When the picture was developed, the ghost wasn't visible. Feeling disappointed, the preacher called again for the ghost. When it appeared, the preacher showed it the picture and wanted to know why the ghost wasn't in it.

The ghost thought a minute and replied, "Well, I guess the spirit was willing, but the flash was weak."

In true self-reflection as we all know that we sin. In fact, we sin on a very regular time schedule. We try to repent, to change which with great "will power" works for a time but falling back into the old habits is so easy and happens without much notice. So there we are in the same place with all that effort seemingly wasted.

Paul had the same problem writing to the Roman Church 7:14-25, he says: "We know that the law is spiritual; but I am carnal, sold under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. So then it is no longer that I do it, but sin which dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin which dwells within me.

So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inmost self, 23 but I see in my members another law at war with the law of my mind and making me captive to the law of sin which dwells in my members. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, I of myself serve the law of God with my mind, but with my flesh I serve the law of sin."

This is not a matter of the weakness of your will power, but it is about the GRACE found in Jesus Christ our Lord.

In Jesus,



Roger