

## **Vertigo**

### **Ready:**

"Trust in the Lord with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths."

-Proverbs 3:5-6

### **Set**

Chris is an awesome long snapper. He never misses a snap. Punt, kick, he's always on the mark. This fall, he started to come down with a condition that made him extremely dizzy and faint. It was an inner ear disorder that causes vertigo. Vertigo is a sensation of dizziness that makes you feel like you are being whirled around in your environment. And it is definitely not a good condition for a long snapper in football.

Vertigo hampers many believers today, as well. Not as much the physical condition as the spiritual one. Spiritual vertigo causes a believer's life to spin uncontrollably when sin issues are not resolved or repented. King David displayed a good example of spiritual vertigo. His sin with Bathsheba led to another sin, and another, and another ... you get the idea. His sins compounded, and his life began to spin in circles. He was caught in spiritual vertigo. There is a cure, though, for both cases of vertigo. But they require a strong medicine.

Chris took his meds, and he learned to snap even when things seemed like they were spinning out of control. He learned to trust his target and to focus solely on it. David did the same thing. He realized his sin, took his medicine (a strong dose of repentance), and turned toward his target--God Almighty. David and Chris learned that when things are spinning out of our control, we need to trust our target and not lean on what others may think is right. If spiritual vertigo has you spinning in circles today, stop. Take a dose of repentance and shift your focus back onto your target. Your condition will clear up in no time!

### **Go**

1. Have you ever had spiritual vertigo?
2. What has your life spinning around?
3. Today, what can you do to stop the spinning and sinning and focus on THE target of your life?

### **Workout**

Matthew 4:17

Acts 2:38

Romans 6:1-14

### **Bible Reference:**

Romans 6



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