

October 30

John 10:10 (NIV) [Jesus said,] ¹⁰ **The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.**

Several years ago, the book *I'm OK-You're OK* by Thomas Harris was one of the most discussed books. It was a self-help book aimed at helping people find the freedom to change and find their happiness. Today, if we look for self-help books on Amazon, we will find close to 400 books that claim to help us find ourselves in any and every area of our lives. They will teach us how to obtain power, gain hope, attain personal freedom, transform ourselves, understand human nature, and love. The list is endless, which tells us that this is a very popular topic. The vast array of books reveals that we acknowledge our weaknesses and our need to improve ourselves.

I smile when I think of Thomas Harris' book. I tell people, "I am not OK, and neither are you," because we are trying to do what only God can do: destroy the old self and resurrect the new. When we look at all the self-help books available, we will discover that every topic has already been addressed by God in His Word. Jesus tells us that He and He alone can give each of us the abundant life, a life so full we will not look for more. Yet, as I did in my early days, many seek to obtain this life without submitting to Jesus. They believe they have the ability to change themselves and to obtain this abundant life through their own power, wisdom, and insight. If that were possible, we would not continually need to write more and more self-help books. This is the way of the flesh: seek the things of God without submitting to God. Now, we may find some of these books insightful and helpful. Yet, true change can only come through the sacrifice of Jesus Christ. Only He can resurrect a new self once the old has died. Instead of turning to countless authors and countless books, let us turn to the Author of life and faith. He is our present help in times of trouble.