

## Take Heed

*“But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap. For it will come upon all who dwell on the face of the whole earth. But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man” Luke 21:34-36 (ESV).*

In this verse, Jesus is alerting us to issues that have the potential to weigh us down with unnecessary things if we don't stay on guard. What is it that you spend your time and energy thinking about? What causes thoughts to become concerns, worries, and fears?

The verse starts off with a strong call or mandate by Jesus Himself! Now this is self-explanatory, but I am going to expound on it anyway. What exactly is this call or mandate?

Jesus starts the passage off by warning us to pay careful attention to what He is about to say. In other words, He is saying to **take heed**, be on guard, be observant, listen carefully, watch out and beware of what is coming because it will spring upon you like a trap! This trap can and will pollute your heart. The traps He warns us about are dissipation, drunkenness and the cares of this life.

Dissipation has several meanings and each one carries significant potential to burden or oppress someone. Dissipation is the process of slowly disappearing or becoming less. This causes one to be completely indifferent to someone/something. It can slowly ruin our faith or spiritual progress by attacking us in different ways.

Drunkenness can take on many forms and it isn't always about alcohol. It's the condition of being intoxicated with some thing (which can include alcohol). People can be intoxicated with power, money, self promotion, shopping, TV, etc. Just think about it for a minute. They thrive on what intoxicates them! It makes people emotionally insensitive or unresponsive regarding godly things.

The cares of this life involve the constant pressures of ordinary life as we try to provide for our needs, education, employment, social duties, etc. All these things are distracting and can cause us to ignore God and our relationship with Him.

Me'-rēm-nä is the Greek word for cares and it refers to cares and anxieties. These "cares of life" choke the word of God from flourishing within us. That means people have allowed cares to overwhelm them.

Discouragement and frustration are slamming into many people these days through dissipation, drunkenness and cares of this world. They are wounding souls and attacking individuals faith. These cares become larger in the mind than the Word of God.

Stop right now and take an inventory of your heart. Where are your thoughts, concerns, and worries? Are you weary from your cares or intoxicated with the pleasures of this life?

Don't allow these things to pressure you to the point where you worry and fret over your life. These things will hinder or stop us from doing the will of God" or from His Kingdom being active in our lives.

Remember to be on guard, so that your hearts will not be weighted down with dissipation and drunkenness and the worries of life, and that day will not come on you suddenly like a trap!

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