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Know Your Handicap

...let us also lay aside every weight and sin which clings so closely...(Hebrews 12:1, ESV)

As I'm sure you are, I am often asked, "What's your handicap?" Mine is a 4.2, but I would jokingly say, "The hooks!" Maybe you'd say "my putting" or something of the sort in jest.

The USGA's Golf Handicap Information Network (GHIN) provides an accurate Handicap Index to golfers as long as they post the correct score they shot, not something higher.

Maybe you know what your handicap is, but you don't know how it comes about. From the USGA: once you have 20 scores in your scoring record, your handicap index is calculated by first averaging the best eight score differentials out of your most recent 20 scores. There's more to your handicap than just averaging your scores.

When I think back to my lighthearted "the hooks" answer to what's my handicap, what I'm saying is that missing the ball left is a weakness in my game. Your response of "my putting" states you're three-putting more and more.

When I identify my handicap, I can address the weakness with intentional practice, and with time, my handicap is no longer a weakness, and my actual Handicap Index will lower.

Spiritually, what's your handicap? What are the areas of your life that need addressing? Even more plainly, what sin has taken root in your heart?

As the author of Hebrews reminds us, we are running a faith race; he also warns every follower of Christ to "lay aside every weight and sin." John tells us in 1 John 5:17 that "All wrongdoing is sin…" Evaluate your heart and identify the wrongdoings, the weaknesses— your spiritual handicap.

We are to actively and constantly be ridding ourselves of sin. Sin burdens us and causes chaos and heartache. It is clear from scripture that we are to identify our hearts' weaknesses and repent from the sin that weighs us down—the sin that grieves the Lord (Ephesians 4:17-24, 30).

If we fail to acknowledge our sinfulness and look to Christ for forgiveness, expect the words of Jeremiah to apply. "Look, O Lord, for I am in distress; my stomach churns; my heart is wrung within me because I have been very rebellious." Lamentations 1:20

Let us run to Jesus through confession and repentance, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9

Turn from the sin that has taken root in your heart. Reject it and look to Jesus. Lay it aside, renounce it, and receive the blessing of God. Remember, "Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit." (Psalm 32:1-2)

Prayer: Jesus, you are faithful to forgive. I confess my sin and repent. Forgive me and restore me. Amen.

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