

REAP WHAT YOU SOW

Scripture:

Psalm 30

¹I will extol you, O LORD, for you have drawn me up, and did not let my foes rejoice over me. ²O LORD my God, I cried to you for help, and you have healed me. ³O LORD, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit.

⁴Sing praises to the LORD, O you his faithful ones, and give thanks to his holy name. ⁵For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning.

⁶As for me, I said in my prosperity, "I shall never be moved." ⁷By your favor, O LORD, you had established me as a strong mountain; you hid your face; I was dismayed.

⁸To you, O LORD, I cried, and to the LORD I made supplication: ⁹"What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness?" ¹⁰Hear, O LORD, and be gracious to me! O LORD, be my helper!"

¹¹You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, ¹²so that my soul may praise you and not be silent. O LORD my God, I will give thanks to you forever.

Galatians 6:1-10

My friends if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. ²Bear one another's burdens, and in this way you will fulfill the law of Christ. ³For if those who are nothing think they are something, they deceive themselves. ⁴All must test their own work; then that work, rather than their neighbor's work, will become a cause for pride. ⁵For all must carry their own loads.

⁶Those who are taught the word must share in all good things with their teacher.

⁷Do not be deceived; God is not mocked, for you reap whatever you sow. ⁸If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. ⁹So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. ¹⁰So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

¹¹See what large letters I make when I am writing in my own hand!

This is the Word of the Lord! Thanks be to God!



Two basic methods child psychiatric therapists use with their "child patients" (and teach to their parents) are natural consequences and positive behavior modification. On the Psych Unit at the

University of Iowa hospitals, when an autistic child looked at the person speaking to them straight in the eyes we would reward them with an M&M or something they loved to eat immediately.

When a child made their bed in the morning, they received a sticker on a sticker chart that added up to a reward at the end of the week.

If a hyperactive child self-controlled an impulsive outburst by “turtling” (which meant putting their head down on their school desk and taking slow deep breaths) the child was rewarded with verbal congratulations and they physically felt better, too.

All of these are examples of positive behavior modification. But natural consequences are also excellent for natural behavior modification that we all deal with every day. We don’t always make a connection between our behavior and the consequence. For example, I feel hunger pains, I eat a sandwich, no more hunger pains. Natural consequence.

Sometimes we try to explain away the consequence of our actions because we hate to take responsibility for our mistakes or try to blame someone else for them. If you had parents that modeled not admitting mistakes or not apologizing, then it is probably harder for you to accept responsibility for mistakes even though we all make them. Being born with cold and unloving parents often leads to cold and unloving children. UNLESS another adult role model comes into their lives to show them a different way. That’s why tutoring and Big Brothers and Big Sisters are good programs.

The world is basically governed by the law of natural consequences. It is connected to the idea that you “reap what you sow” and to the law of attraction that says how you behave and what you think about causes good or bad things to happen in your life.

Natural consequences. We reap what we sow when it comes to, for example, absorbing micro-plastics into our bodies since we have put massive amounts of plastic waste pollution in our oceans and air. Natural consequences is increasing incidents of California. The law of attraction and Reap what you Sow philosophies come from

Biblical prescriptions. The law of attraction for instance is: If you focus on negative doom and gloom you will remain under that cloud. If you focus on positive thoughts and have goals that you aim to achieve, you will likely find a way to achieve them. Phillipians 4:4: Rejoice always and the peace that passes all understanding will guard your hearts and your minds in Christ Jesus.

The Reap what you Sow scriptures can be found beyond Galatians in the Bible. Hosea 10:12 says, “Sow for yourselves righteousness; Reap in mercy; Break up your fallow ground, For it is time to seek the Lord.”

Proverbs 6 says: “A wicked man ... devises evil continually, He sows discord. Therefore his calamity shall come suddenly....”

And Job 4:8 says, “Those who plow iniquity and sow trouble reap the same.”

Why was it so important for Paul to teach these things to the new church forming in the region called Galatia? Galatia was in the Eastern middle of what is modern day Turkey. If the Galatians could get Christianity right, it would provide powerful role modeling for all the surrounding developing Christian communities.

This whole passage teaches us about behavior and the way of being that promotes the best natural consequences such as: peace and harmony with others. First it addresses how to help a church family member who sins or has a transgression. That person is to be restored in a spirit of gentleness. This first lesson reminds us to be humble because we too can be tempted to sin.

Second, Paul encourages the church in Galatia to bear one another burdens. Truth for us today, too. None of us are an island. We are affected by one another’s burdens so we should help lighten our neighbors load which will eventually lessen our burdens as well.

At the end of this short passage, Paul talks about the “reap what you sow” philosophy

and then adds: Do not tire of helping those in need.

There is something called Compassion Fatigue. Even if we have the best of intentions and we try to help everyone who crosses our path, we can become numb to the pain in the world when we are bombarded by it constantly. Jesus showed us the importance of getting away alone to pray. Leaving the needy for a while re-energized him, enabling him to heal them again.

If you have helped people over and over again and you are beginning to think “nothing is going to get better or change,” then it is time for you to make a change. Find a new group to help. Step back and take care of yourself. Pray that God open a new door or help you see those you are helping in a new light.

Reap what you sow is also an adage that applies to our own bodies. You walk around carrying a temple of the Holy Spirit. YOU are a walking temple! So, treat your temple well. Clean it up, dress it up, feed it well and get plenty of sleep. Your temple is a vessel that carries the Holy Spirit’s blessings out into the world.

If you are having trouble being positive reinforcers of God’s love, then you may need to step back and care for your temple for awhile before you step out to help others again. This body is the only one you have. When the liver shuts down trying to process too much alcohol. When the arteries get clogged up with too much fat and cholesterol from a poor diet. When your brain doesn’t function as well because you are not exercising, then you are contributing to the destruction of your one and only holy temple.

Do not grow weary of caring for your self so you can care for others. God wants you to live a long life. We reap what we sow. Sow wisely. Amen.

**Benediction:
May the grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you now and forevermore. Amen**



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