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**Thursday, August 28, 1997**

**Subject:** Personal spiritual warfare

**Dear Dr. Ryrie:** I know that at this time in my life I am where God wants me to be physically, but spiritually, my life is in an uproar. I find myself mentally compromising all the time, and I sometimes don't even care. My values and actions are desperately indifferent. What can I do? --Louise M.

**Dear Louise:** I sympathize with your dilemma and appreciate your openness. You have taken the first step by recognizing your problem and need. Now I wish there were some quick remedy, but the Christian life involves growth, which does not come all at once and is a walk, not a leap after leap. So you need to expose yourself to everything that will nurture that growth and steady your walk. Reading and studying the Bible consistently is of primary importance. Regular exposure to the sermons and Bible studies of a good Bible-believing and Bible-teaching church will help immensely. Pray for strength when temptation comes. Try to realize yourself in your Lord's close company all the time. If you do not feel you have made any progress in, say, the last year, then you need to be very concerned. If you have made progress, however little it may seem, then be encouraged and press on.

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