

The ESCAPE ROOM

A pastime growing in popularity, an escape room is an activity where participants are locked in a room and must solve clues in order to get out of the room before time runs out. Spiritually, we often walk into our own “escape rooms” and hand over the keys to the enemy. As we try to get out, we search for clues in the world instead of looking to God. Then, we wonder why those things aren’t working. Escape rooms can be anything: social media; relationships; actions behind closed doors; in fact, anything we use to escape from the reality of our situations can turn into an escape room. **So why do we put ourselves in these escape rooms?**

Fantasy

The allure of fantasy often causes us to lock ourselves in escape rooms. When we don’t know who we are, we will create a fantasy world, living our lives vicariously through others.

Pleasure

We sometimes try to satisfy ourselves with temporary pleasures, but those won’t get us out of the escape room. The dopamine rush of going to those sources of temporary pleasure may feel good in the moment, but they will leave us empty long-term.

Each one of us is susceptible to locking ourselves in an escape room. Even King David, with all his wisdom and fiery passion for God, still tried to satisfy himself with temporary pleasures, leading him to pursue Bathsheba instead of the assignment God gave him. As believers, we must be careful what we allow to engage our attention and activities. What would happen if the body of Christ stopped engaging in what everyone else does? Say this: “I don’t have to do that just because everyone else is doing it.”

Jonah 1

Jonah was trying to escape from the Lord. His actions even brought negative consequences to those around him. We can’t just think about ourselves. Our actions have an effect on someone else. Relationship with Christ can’t just be a convenience—it must be a daily walk.

We will never escape the escape room without Jesus. He is the only one deserving of your life.

So how do we get out of the escape room?

1. Take back our minds! (2 Corinthians 10:5-6)

The devil has gotten in our minds, making us do crazy, evil things. Take back your mind, which belongs to God. Tell those evil thoughts, “no, I won’t think that!” Take drastic measures to take back your mind. Your life is worth too much.

2. Practice self control (1 Peter 1:13-25; Galatians 5:22-23; Luke 21:36)

Self control is one of the fruits of the Spirit. It is critical to getting out and staying out of the escape rooms we create for ourselves. The Lord will provide the way of escape. Don’t walk into your own escape room. The answer to getting out is in searching and knowing who God is!