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BEING STRETCHED

If you find yourself out of shape physically, then you must start doing something to change that or you may end up with serious illnesses. You might go to a gym or just start walking in your home. I can guarantee that your muscles will hurt, and you will want to quit. Quitting will not change a thing. The more you exercise, the stronger you will get. The end results will be a healthier body and a longer life.

We must do the same with the other parts of who we are. There is the soul, which is made up of the mind, will, and emotions. Then we are also a spirit. When we become a Christian, our spirit is alive unto the things of God, but we will have to overcome our “out of shape” soul. In order to do this, our soul must come under the subjection of our born-again spirit.

When our spirit controls us via the Holy Spirit, then we become stronger in faith. But how is this done? Well, the simplest way to put it is that our faith is exercised. How? We are put into situations that may hurt, just as we are with bodily exercise. The situations will cause our faith to be stretched to the point we might want to yell, “No more!” Yet, if we do not go through these spiritual stretching exercises our faith will not grow. We will stay carnal, fleshly Christians that never get the victory.

Yes, it hurts to go through trials and tribulations, but God uses these circumstances to make us trust him and grow in faith. When God allows us to be put in situations that we cannot control in the natural, we must choose to not lean upon our own strength and reasoning. We must exercise the word of God in our lives for that situation. As we grow spiritually, and our faith gets stronger, then our flesh and soul do not dominate us.

You can tell where someone is spiritually by how disciplined they have become. A mature Christian [faith built up] will not be controlled by their circumstances. They have chose not be controlled by food, pleasures, lust, or any other ungodly desires. Their only desire is to serve God in every area of their lives. They have learned the value of the exercises and submit themselves to God even when things may not make sense. They know God has the answer.

In our journey of faith, we grow slowly. We cannot do hours of natural exercise without first doing minutes. Likewise, we cannot become stronger in faith immediately. We must learn to grow into “shape” spiritually one exercise at a time just as we do with physical exercise.

Some have just given up on their spiritual journey and that is exactly what our adversary, the devil, wants us to do. Yes, becoming strong is not easy, but the end results are worth it when we meet Jesus and he tells us “Well done, thou good and faithful servant.”