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EXERCISING YOUR FAITH MUSCLES

When we had a thrift shop many of the things that were donated were exercise equipment. Some machines cost hundreds of dollars and were donated to us in the original boxes. Every kind of exercise equipment would come in.

Why? I believe that the people that bought these items had good intentions to use them to “get in shape” but never got past the intentions. They wanted to get into shape. They knew they needed to get into shape for their health’s sake, but they did not discipline themselves to do it. Their muscles became weak.

We also got in a lot of books on diet. The Adkins diet, the Keto diet. The High Blood Pressure Diet. The Hallelujah Diet. These books had tons of great information on how to lose weight and keep it off. Unfortunately, most of the people only lost the weight of the book because they never put what was in the book into practice.

Faith is much like these books and equipment. We have good intentions to have more faith, but we don’t exercise it. Faith comes by hearing the word of God. We can’t develop it any other way. We exercise faith by spending time in the word of God “daily.” Many neglect this and are “spiritually out of shape” because of it. Their faith muscle becomes weak. It takes discipline daily to keep in shape spiritually just as it does physically.

Easy to change? No. We can invest money in physical and spiritual equipment, but we have to use it. It requires discipline. Most of us don’t like the word discipline, but Jesus has called us to be his disciples, which means disciplined ones. A disciplined spiritual life will bring victory, but often the discipline comes too late, and we miss what could have been a very different and healthy life.

Ask anyone that didn’t eat right and has had a heart attack. Ask someone that lost a loved one because they were out of shape and feel the loss and anguish.

Life is full of “I wish I had.” Let today be the day that you decide to exercise your spiritual faith muscles, so we live a strong life, with no regrets.