

YUK!

I Need to Exercise



Recent medical studies indicate that regular physical exercise is beneficial in the prevention of all kinds of ailments from acne to hemorrhoids. They (whoever “they” are) tell us if we’re prone to hang nails, all we need to do is exercise! A slight exaggeration, of course, but that “e” word comes up several times a day. Personally, I find some comfort in the scripture that says, “Bodily exercise profits little.” (1 Timothy 4:8)

Seriously, we are all aware of the importance of exercise to our physical well-being. Muscles must be used if they are to remain strong and useful. So it is in spiritual matters – our faith must be exercised if it is to grow and strengthen. If the key to physical fitness is to “get up and get going,” the key to our spiritual fitness is to exercise our faith in a way that enables us to take on new challenges.

How do we exercise faith muscles? It’s not by chanting a mantra of “I believe, I believe, I believe.” Faith involves making a choice to believe and apply God’s Word to every situation in our lives. Faith may not include an emotional “feeling”, but real confidence follows as we make a choice to say “yes” in agreement with God.

During a very difficult time in my life and marriage, I was tempted to doubt many of God’s promises. It seemed that every opportunity for effective ministry had been destroyed. One day a dear friend gave me a verse from Psalm 57: “I cry out to God Most High, to God, who fulfills his purpose for me.” By faith, I seized that promise and held on for dear life. Most days I felt nothing and saw little or no evidence that God’s purpose in my life would be fulfilled, but I kept on believing. Through many challenging months and several years, I waited. And one day, almost unaware of what was happening, I was able to see God’s purposes coming to pass. Those months of spiritual exercise strengthened my faith and trust to a level I had never before experienced.

Attached to every challenge in your life is a promise from God – a promise of His love and faithfulness. You can get up and get going by choosing to believe that He will do what He has said, even though you may not be able to see the evidence or even “feel” His presence. Just as physical exercise takes time before you see the results of renewed energy and increased stamina, faith exercise will require some endurance. But we have this promise: “...at the proper time we will reap a harvest if we do not give up.” (Galatians 6:9)

- Is there a promise which seems to be delayed in your life? How can you exercise your faith during the waiting time?
- What situation are you facing at this time for which you need God’s promise? Will you take time today to wait in His presence for His Word to you?