

STAY IN THE GYM

Judges 16:4-21

In the account of Samson and Delilah, after Samson's hair was cut off, he realized that the Lord was no longer with him, resulting in the loss of his great strength. He wanted the Lord's blessing without doing the Lord's bidding. Simply put, he stopped pressing in his walk with God and got complacent. People of God, the example is clear before us: we must stay in "the gym" in our relationship with God if we want to see results.

In the natural gym, you can't simply *attain* a certain level of fitness and expect them to last forever—you have to *maintain* those results by going consistently. Similarly, in our walk with Christ, we have to keep pressing, or we will lose strength. Sometimes, the reason our prayers do not get answered—the reason we don't seem to have as much spiritual strength—is because we haven't been consistently spending time with the Lord.

So what must we do to be successful in our spiritual gym?

- ⚔️ *Philippians 3:12-14*
We forget the things that are behind us. This may require forgiveness. Unforgiveness is like a rope that holds us back, preventing us from pressing forward in the gym. Forgiveness releases us from the rope!
- ⚔️ *Joshua 1:6-9*
Be strong! Resistance is not always from the devil. It is often an opportunity from the Lord to build muscle. Strength comes by overcoming resistance!
- ⚔️ *Psalms 119:1-8, MSG*
We must stay on course and be consistent to see results. We can't half-do our spiritual workout—this walk with Christ—but expect full results!
- ⚔️ *Psalms 27:14*
Wait patiently. Depending on your goal, you may not see results for a long time, which can be discouraging. But know that your strength is building day by day, whether you see the results or not!

G

GO - We must go to the gym to see results. We go that we may...

GAIN - Gains come from consistently pushing against resistance!

Scripture reference: Philippians 3:7-8

Y

YIELD - To grow, we must yield our bodies, surrendering to the resistance.

YEARN - We must yearn to see those results—to grow with God.

Scripture reference: Romans 12:1

M

MOTIVATE - We need to be motivated so we don't give up!

MESSAGE - Our motivation becomes a message, to help someone else.

People often feel that they're missing something, but they don't know what it is. Let the fruit of the Spirit shown in our lives—the "gains"—show them they need Jesus! And let those same results motivate us to stay in the gym!