

Run the Rep You're In

Ready:

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." - 2 Corinthians 12:9

Set

As I began my first workout of the season, I felt mentally fresh and ready to dive back into training. My relatively out of shape self soon felt the burden of each lap around the track. I started to get overwhelmed by the reps that I had yet to run, thinking about each interval and minute that would soon suck my strength.

With no accountability but my own integrity and the Lord as a witness, my weak mind started to bend. The little voice in the back of my head said, "You can cut it short..." I kept running each lap, giving myself a pep talk during each interval of repetition. Then, I heard the Lord speak to my heart: "Run the rep you're in." I don't need to be overwhelmed by what is ahead of me when I simply need to focus on what is front of me at the moment, step by step.

How often I need to hear something similar each morning when I wake up: "Focus on today. I will give you the strength to move in and through it." It is easy to get caught up in what is ahead of me whether it be tomorrow, next week, next month or five years from now. Don't get me wrong... It is important to prepare your heart and mind, but feeling anxious about the unknown is not a God-fearing response. Just like in the workout, I can look back and know that God has brought me to this point and he will continue to make a way for all that I have yet to encounter. I can trust him to give me what I need for the season and situation that I am currently in.

So today, "run the rep you are in." Don't be overwhelmed by what is ahead, but remember God's past provision and thank him for each moment of grace he will give you.

Go

1. How much time do you spend anxiously anticipating what is ahead?
2. What promises do you need to remember when this happens?
3. What past provision encourages you that God will provide what you need in your future?

Workout

Proverbs 16:9; Psalm 37:23-24; Hebrews 12:1-3

Overtime

"Lord, thank you for being the same yesterday, today and forever. I can trust you with my whole heart and mind. Help me in my unbelief, God. Help me to believe in you as my Source, Sustainer and Provider. Keep my heart and mind present in the moment, casting my anxiety on you when I feel overwhelmed about what is ahead."

Bible Reference:

Proverbs 16:9

Psalms 37:23

Hebrews 12:1-3



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