

## **Challenges**

### **Ready:**

Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day.—2 Corinthians 4:16

### **Set**

Staleness is the first sign of decay. Avoiding getting stuck in a rut is key to any training schedule. All training regimes get old unless changes are made. The body plateaus and needs a new stimulus or it won't improve. All exercise routines need variety. No matter how hard we work, we need change.

Spiritually we also need to be challenged, or we go stale. There is nothing spiritual about sitting in the same pew for 30 years. Recently I asked a man who ran a retreat center if he had seen any other retreat centers lately? He replied with an air of conceit that he had been too busy ministering and had not seen any other center in 10 years. His center had that sad stale smell.

Occasionally, we encounter an old saint whose faith is vibrant and who is still being spiritually pushed. They are a great encouragement and their desire to grow spiritually is infectious. Recently, I was sent an encouraging note by my wife's grandpa. He is 96 and sent me the note on e-mail! It made me want to encourage others. When is the last time you drank up God's presence with delight? Change your routine for a couple of days, pray standing up or use a different Bible version.

### **Go**

1. Did I really pray (listen to God) today or was I just going through the motions?
2. Have I been in the Old Testament lately?
3. When is the last time I memorized Scripture?

### **Workout**

Deuteronomy 11:18; Psalm 51:10; John 15:7

### **Overtime**

Lord Jesus, thank You for putting new challenges in my life that help me to focus my reliance on You. Amen.

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