

Strong in the Battle

Ready:

"Be strong and courageous; don't be terrified or afraid of them. For it is the Lord your God who goes with you; he will not leave you or abandon you." - Deuteronomy 31:6

Set

Every day, we face challenges that test our strength, resilience, and faith. As athletes, we prepare for competition, and we need to equip ourselves for the battles that lie ahead. These battles aren't always on a field; they're often waged in our minds, hearts, and spirits. We face struggles with doubt, fear, temptation and adversity. It's easy to feel overwhelmed and to want to give up when the pressure mounts. But just as we rely on our training and coaches, we can rely on God's strength and guidance.

As athletes, we understand the importance of physical and mental toughness. We train our bodies, hone our skills, and develop strategies to overcome opponents. But true strength goes beyond physical prowess. It's about having the inner fortitude to face life's battles head-on, with courage and determination, knowing that God is our ultimate source of power.

I faced this firsthand when I was diagnosed with multiple sclerosis in 2006. It felt like a giant had entered my life, threatening to defeat me. But like David facing Goliath in 1 Samuel 17, I knew I couldn't rely on my own strength. David, a young shepherd boy, was no match for the giant warrior, but he trusted in God's power. He knew God had protected him in past battles, and he had faith that God would be with him in this battle. David's strength came from his unwavering faith in the Lord. My journey taught me that even in the face of a daunting diagnosis, God's strength is sufficient.

Our battles might look different than David's, but the principle remains the same. We may face challenges in our relationships, careers, finances or health. We may struggle with anxiety, depression or addiction. But no matter what we face, we can find strength in knowing that God is with us. He is our refuge and our strength, a very present help in trouble.

Go

1. What battles are you currently facing in your life?
2. How can you rely on God's strength to help you overcome these challenges?
3. What steps can you take to build your spiritual strength, just as you build your physical strength?

Workout

Joshua 1:9; Psalm 27:1; Isaiah 40:31; Philippians 4:13

Overtime

"Heavenly Father, thank You for being my strength and my shield. Help me to remember that I am not alone, that You are always with me. Give me the courage to face my challenges with faith and determination, knowing that You will equip me for every battle. Help me to rely on Your strength, not my own, and to trust in Your unfailing love. In Jesus' name, amen."



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