

## **Superman**

### **Ready:**

"A wise warrior is better than a strong one,  
and a man of knowledge than one of strength." –Proverbs 24:5

### **Set**

Stronger than a locomotive, able to leap tall buildings in a single bound, faster than a speeding bullet . . . Who is this? You know it's Superman. Or is it referring to what is expected of athletes today? The push to get bigger, faster, and stronger is quite evident around teams and weight rooms across the country. We see athletes who weigh 300 pounds running and jumping like guys nearly half their weight. How impressive is that? Yet if it isn't used properly, all that talent and strength can go to waste.

As the sports world continues to create "super" men and women, Christ challenges us to be stronger in Him. How? Spiritual strength increases as we become more like Christ through studying His Word and applying it to our lives. Pumping iron is great and makes our outer bodies look impressive; but if our inner shells are spiritually flabby what good are they? Be pumped up in God's Word and in the power of His might.

Do you want to be a super man or woman? No pill, medicine, or "get-strong-fast" plan will get you there. Only reading God's Word, daily application, and fervent prayer will make you truly strong. Real strength is shown when we are tempted by Satan and emphatically say, "No! I'm not going there!" By using spiritual wisdom and knowledge we find the absolute strength and power needed to resist temptation. As we grow in Christ, He will make us super in every way!

### **Go**

1. Do you think your physical strength can save you?
2. How do you need to be stronger in Christ?
3. How can you start finding true strength in His Word and apply it to your life?

### **Workout**

Matthew 6:33; 1 Corinthians 9:25-27; 1 Timothy 4:7b-8

### **Overtime**

Lord, I know that I cannot be a super man or woman without You! Help me create the spiritual disciplines I need to grow stronger in You. Amen.

**Bible Reference:**

1 Timothy 4



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