The Ultimate Max

n/a
Ready:

"God—He clothes me with strength and makes my way perfect." –Psalm 18:32

Set

When an athlete works out in the weight room, there is a very basic concept. They generally want to lift the maximum weight they can lift. Athletes want to make their muscles as strong as they can. By doing this, they can train their muscles to grow. The stronger their muscles grow, the stronger the athlete grows. If they are stronger, it stands to reason that they will have an advantage on the playing field. Athletes push their bodies to go the distance.

We always want to go farther, run harder, and compete at a higher level than we did last time. We want to be the strongest on the field and know that we have a better chance of winning than our opponent.

Some people, however, want to take the easy way out and get the results without putting forth the effort. They go to great lengths, cheating to get the "ultimate max." The ultimate max is a simple concept: when we work, we grow—period. God's ultimate max gives wisdom and strength to those who call on Him and seek His will.

Go

1. Are you giving your all—all the time?
2. In whom are you trusting to get the "ultimate max"?
3. What is one area of your spiritual training that you could improve?

Workout

2 Chronicles 14:11; Isaiah 40:29-31; Jeremiah 31:25

Overtime

Father, please give me the strength to do Your work. Take my weak, earthly body and renew my spirit with Your power. I know that apart from You I can do nothing. I also know that when I cry out to You, You hear me. You will give me what I need. I want to complete Your mission for this life You have given me. Hear me today and arm me with Your strength, making my ways Your ways. Amen.

Bible Reference:
Jeremiah 31

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