

## **Weakness, Weight Rooms, and the Word**

### **Ready:**

“When Jesus heard this, he told them, “Healthy people don’t need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners.” -- Mark 2:17

### **Set**

As a freshman, I wanted to be a physically strong college football player. Sixty seconds into the weight room on the first day of practice, and I quickly realized that I was not. I stood amazed as my teammates sported muscles that I didn’t know existed while they racked up numbers I thought were make-believe. Instantly, I felt out of place.

As a competitor, I chased my convictions and kept returning to the weight room, no matter how strong (or weak) I was at that moment. After a while, I realized a profound truth. A weight room is not meant for the strong—it’s meant for the weak who want to become strong. Like me! The weight room need not be a place of rejection; instead, it could serve as a place of growth, change, and transformation.

The same is true with God. Many struggle coming to God, figuring they need to be “perfect” or “better” before they can receive His acceptance. Yet, His heartbeat is for the weak, the broken, and the hurting—those who want to become strong through Him. Usually, things we attempt to hide from God are the very areas that He wants to heal, restore, and redeem.

God is invitational—He extends an opportunity to you to enter in relationship with Him. One of the ways He reveals Himself is through His Word. Story after story, you’ll discover how God uses broken and ordinary people for unfathomable impact. The more you pursue God through His Word, the more you will realize that God pursues you. Today is the day to enter into the spiritual weight room. Weakness isn’t a hindrance. Let God’s invitation be your motivation. He’s ready. Are you?

### **Go**

- How is God inviting you to Himself today?
- Is something hindering you in your relationship with Him?
- How is God challenging you to pursue Him this year?

### **Workout**

Hebrews 4:12-16

### **Overtime**

“Father, I approach You right now asking for the mercy and grace I need for today. Help me to come more honestly before You this year, knowing that You can handle whatever I face. As I pursue You by reading the Bible, open the eyes of my heart to see all the ways that You pursue me. In Jesus’ Name. Amen.”

**Bible Reference:**

Mark 2:17

Hebrews 4:12-16



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