

## Strength for Two

### Ready:

“This is my command - Be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” -- Joshua 1:9

### Set

In Greek mythology, a hero is believed to have “strength for two.” In other words, to be heroic, you not only had to thrive on your own, but you also had to help someone else thrive too.

Over the last several years, Spartan Racing has inspired me when I see those who are strong helping those who are struggling. Shouting words of encouragement is common in many non-Spartan races, but I’ve seen racers literally carrying other competitors, bearing their burdens and paying someone’s “burpee penalty.”

The challenge for each one of us is this—will you have the “strength for two?” And, what are we willing to do to get ready? What am I personally willing to go through so that I’m strong enough in mind, body and spirit to actually help others when the time comes?

Here are three keys to developing “strength for two”:

1. ***Push Beyond Your Normal Limits:*** To increase capacity, you have to be stretched and tested. If it doesn’t challenge you, it will never change you.
2. ***See Pain as Your Friend:*** We all have to stop seeing pain as something to be avoided, and instead start using it to our advantage. Let God turn your pain into progress.
3. ***Face Your Fears:*** We have two choices when dealing with fear. We can “Forget Everything and Run” or “Face Everything and Rise.”

Heroes have the “strength for two.” We need people who are morally strong, unwilling to cut corners or compromise, physically strong enough to help others in need and emotionally strong enough to refresh and encourage those who are down and out.

So, be strong and courageous! It’s time to develop the “strength for two.”

### Go

- What’s one thing you will do right now to push beyond your limits? (Mind. Body. Spirit.)
- What pain are you going through that you can let God turn into progress?
- What’s one fear you can face right now to build confidence in God?

### Workout

Romans 8:31; 1 Corinthians 9:24-27

## Overtime

“Father help me to develop the strength for two so I can help others when they need it most.  
In Jesus’s name, Amen.”

### Bible Reference:

Joshua 1:9

Romans 8:31

1 Corinthians 9:24-27



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