

What You Need to be Strong

Ready:

Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love. – [1 Corinthians 16:13-14](#)

Set

Doing the work to engage and build your muscle has so many benefits in life, and it feels so rewarding. You begin to experience the results of all your hard work as you find you can do things you couldn't do before. It could mean you don't get tired from daily life so you have energy for active recreation at the end of the day, or it could be entering a race or making a team. You could have the ability to try new things like rock climbing or skiing or kayaking. Newfound strength is fun.

These same principles apply to our spiritual life. We are not to sit idly by and wait for God to zap us into spiritual strength. We are to work at it.

Other translations begin with other action phrases including do your best, make every effort and be diligent. It is clear we are to work hard so we can present ourselves to God, being a worker ready to do good for Him. We have so much strength potential already available, we just need to get to work and connect our hearts and minds with His Word and realize we have what we need to be strong. That might mean reading your Bible regularly and praying, trusting Him with your days. You will feel spiritually stronger by spending time with Him, and you will see the results each day. You may want to join a Bible study group, take a course, go on a retreat or find a mentor.

You can continue to grow your spiritual "muscles" so you can present yourself ready to do whatever He asks you to do. That may mean having the strength to face your challenges with hope or encouraging a friend and giving them hope when they are in need.

Both physically and spiritually, you must continue to work hard to keep your strength. Continuing to be diligent and making every effort to stay strong means you cannot rely on past efforts to carry you. Each day is a chance for you to build your spiritual muscles and see where God is at work. Being strong opens doors you never imagined and it is worth every effort.

Go

- What strength plan are you going to make to get physically stronger?
- What strength plan are you going to make to get spiritually stronger?
- Choose an area of the spiritual life you'd like to grow in—prayer, Bible reading,

discipleship, etc.—and make a game plan for how you will seek God’s direction in it.

Workout

[1 Timothy 2:15](#)

[Ephesians 6:10-11](#)

[Philippians 4:13](#)

Overtime

“Father, what a gift my body is! Help me to care for it well, and keep it strong and healthy. Help me to do the same with my spiritual training, so I may stand strong in You. Please strengthen me where I am weak and grow my spiritual stamina. In Jesus’ name, amen.”



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