

God's Gym 06-10-18 AM

Why is it HARD to be faithful? Is it because it is hard to do the right thing all the time? Is it because it is hard to give up what I ought not do? Maybe it is hard to constantly meet with Christians.

One way we are told to consider our walk of faith is to compare it to pursuing physical fitness.

2 Timothy 2:5 Also if anyone competes as an athlete, he does not win the prize unless he competes according to the rules.

1 Corinthians 9:25 Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable.

1 Timothy 4:8 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

How is Christianity like Physical Fitness?

1. It hurts at first
2. It takes time to see changes
3. It takes diligence to succeed
4. Stopping ends the results

At First is Worst - Our first trials may be hardest

Acts 14:22 Strengthening the souls of the disciples, encouraging them to continue in the faith, and saying, "Through many tribulations we must enter the kingdom of God.

Mark 4:16-17 Some "when they hear the word, immediately receive it with joy; and they have no firm root in themselves, but are only temporary; then, when affliction or persecution arises because of the word, immediately they fall away"

Real Change Takes Time - Spiritual changes do not happen overnight

Philippians 3:12 Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus.

The Need for Endurance - We need to learn to keep at our works

Hebrews 10:35-36 Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, you may receive what was promised.

Galatians 6:9 Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

1 Corinthians 15:58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord.

Quitters Lose Everything - Stopping loses all of our progress

2 Peter 2:20 For if, after they have escaped the defilements of the world by the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and are overcome, the last state has become worse for them than the first.

CALL TO ACTION

To succeed as a Christian requires 100%

- Every chance you get
- Every time you can

Be patient and it will pay off

Don't quit and lose everything