



Spiritual Muscles

By Terry Kountz on October 27, 2021

READING: Revelation 3

"And to the angel of the church in Sardis write: 'The words of him who has the seven spirits of God and the seven stars. I know your works. You have the reputation of being alive, but you are dead. Wake up, and strengthen what remains and is about to die, for I have not found your works complete in the sight of my God. Remember, then, what you received and heard. Keep it, and repent. If you will not wake up, I will come like a thief, and you will not know at what hour I will come against you.'" Revelation 3:1-3

Have you ever had a tool that you have never used? Maybe a gym membership? We all know that just having a gym membership does not make a person stronger or healthier. To see change, we must consistently go to the gym and use the equipment provided. The same is true for our spiritual lives.

Revelation 3:2 says, *"Wake up, and strengthen what remains and is about to die, for I have not found your works complete in the sight of my God."* Much like our physical bodies would deteriorate if we did not take care of them, our faith will wither if we do not take steps to strengthen it.

The gym for our faith is anywhere we can meet with the Lord. The more time we spend with Jesus, the better we can hear His voice and understand His purpose for our lives.

This happens in the church and in small groups as we learn more about Jesus and worship with prayer, song and thanksgiving. This happens when we serve others as Jesus served us and connect with Him one-on-one through reading the Bible and prayer.

We already have everything we need to grow stronger in our faith. The question is whether we are using all the tools God has given us.

The same way we can have a gym membership and never experience its benefits, if we are not working out our spiritual muscles, we will miss out on the spiritual benefits that come from working out our faith (Philippians 2:12).

Prayer: Lord, help me spend time with You so I can become more like You.

TOMORROW'S READING: Revelation 4

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