

Coach House Church BEACONS

EXERCISE

5TH SEPTEMBER 2020

I don't know about you but for me September is a time for a new start . As I start back at work - yes, you guessed, I work in a school - I set myself new targets when it comes to diet and exercise. I plan to be good, to eat better and exercise more and to start with I am sticking to the plan. I'm determined to get back into the routine of work and of being active. New beginnings are exciting times, however, when you start a new or a more difficult routine at the gym, arms and legs and sometimes parts that you never knew you had, begin to hurt.

We have amazing bodies that can do incredible things. Have you ever heard about muscle memory ? If you haven't this is what it means: muscle memory is when you repeat a movement with your body or a process until you do it very well even without thinking; like when you ride a bike or play tennis or type on the keypad. Just as we work on our appearance and fitness and we try our best so we should also consider our spiritual maturity. The more we work our physical muscles the stronger we get, and the more we concentrate on developing and growing our soul the the more spiritually mature we grow. Conversely if we don't exercise, physically or spiritually, then this process goes into reverse and leads to physical sluggishness, slowness and spiritual lack of discernment and understanding.

The writer of the letter to Hebrew in the Bible in chapter 5 from verse 11 says this. Let's read it :

"We have much to say about this, but it is hard to make it clear to you because you no longer try to understand. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil."

Hebrews 5:11-14 NIV

Before this passage the writer was talking about the divine appointment of Jesus and his duties as high priest .

However, the bit I would like to point out in this beacon is where it says .." you no longer try to understand "

The Hebrew people, to whom the letter was written were scattered among the nations and although they were waiting for the Messiah they were too busy living to pay attention to what was happening around them .

The bible is not a book like all the other books; you can't read it and expect to understand it as if you were reading a novel. It's layered and was written to a people who were living in a completely different culture.

I guess that what I'm trying to say is that when we are reading the bible and we are pressing on in our daily walk with Jesus, and then we hit an obstacle or even a wall, do we just stop and give up or do we persevere? Do we keep on praying, keep on studying and looking for answers until we get to where we need to be; until we have a solution to our problem?

What is your plan, how do you deal with your obstacles ? Are you determined? Or have you stopped completely ?

I would like to encourage you today .

The prophet Isaiah 41:10 says this " So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. " And Exodus 15:2 "The Lord is my strength and my song; he has given me victory"

Let's not live our life for Christ by "muscle memory", just going through the motions; doing what we are doing out of habit but purposefully, with intent to grow. Our soul is not like our physical muscles, it's not the movement and the motion that is important but the intent and the heart behind it that's what counts. That's what brings growth and God's blessing.

Just as I was saying at the start, that new routine at the gym hurts, but after a while you get used to the exercise and the pain goes away then you start getting stronger, if you keep persevering in seeking the Lord - it's not going to be a smooth ride - you will see spiritual growth; you will see fruit

Please don't be like me and my good intentions about exercise and diet every September which crumble after a few weeks as tiredness, monotony and gloomy weather sets in.

Press on dear brother and sister, the storm will pass; keep praying and trust in God's timing. He will answer if you keep reading The word and ask for

understanding. The Lord is always faithful. Stay close to your fellow believers for support; and help those you can help
Stand firm and hold fast.
Let's pray

Lord help us when the road gets tough and we run out of strength. Help us to look up to you for that strength and not into our own reserves and resources .
Thank you for you have promised to always be with us.

Amen



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