

Week 10 Day 4 | *The Lord Is: Trustworthy*

It's always exciting to see people make a public declaration of faith and then follow in obedience by being baptized. At our church, when Christians are baptized, they recite something called "The Good Confession." It goes something like this: "I believe that Jesus is the Christ, the Son of the Living God, and I trust Him as my Lord and Savior." The person making that confession is then immersed in water, representing the death, burial, and resurrection we have in Christ.

What a humbling and powerful admission to make. However, have you stopped to consider what "trust as" means? It signifies that we are turning over everything to Him. Jesus is Lord of all, and as such, He can take care of us, the entire us.

Sometimes, though, we unknowingly differentiate between "trusting God as" and "trusting God with." This is a distinction without a difference, yet that's not how we treat it.

Have you ever tried teaching a child how to jump into a swimming pool? With both of my girls, the process was pretty much the same. They had plenty of experience playing in a pool. However, standing on the edge—with the prospect of throwing themselves in the air—presented a new challenge. With my hands outstretched, willing and waiting, I would say, "Do you trust me to catch you?" They would always say yes.

They knew I was more than capable, as they had certainly seen me carry things much heavier than they were. They'd also seen me navigate the waters without issue. Furthermore, I've always been sure to keep my promises in the past. They said that they trusted me "as" their daddy to catch them, yet they still couldn't quite bring themselves to jump. It was safe to assume that some part of them somewhere didn't trust me "with" their complete safety.

If we're not careful, the Christian life looks a lot like the child on the edge of the pool. We know in our heads that God is God. He's the maker of heaven and earth, conqueror of death, and giver of eternal life. Yet, when push comes to shove, our hearts are reluctant to completely relinquish some parts of our lives. Maybe it's unintentional. It just never occurs to us to turn over every part of our life to the Lord. Or perhaps we question as to whether He even cares about the "little stuff."

However, the Lord doesn't want us only to trust Him "as" the Lord of our lives, our Savior from death. He wants us to trust Him "with" our lives, for He is the Giver of life, both on earth and for eternity. There should be nothing in our lives that is off-limits to the Lord, including our fitness.

Just look at the encouragement we have in the Book of Psalms:

"The Lord is trustworthy in all he promises and faithful in all he does."—145:13 (NIV)

This means in everything He does, God is trustworthy. If we involve Him in our fitness, we have the assurance of His faithfulness.

How do we involve God? Every day we turn our fitness over to Him. We "give" the Lord both our struggles and our victories. We praise Him no matter what. We look for ways to grow deeper in our relationship with our Father. We ac-

knowledge that lasting good will only come out of our fitness if we trust Him "with" it.

Please don't confuse His trustworthiness and faithfulness to mean that He will always answer your prayer the way you want. You might shed fat; you might not. You might run faster; you might not. You might become stronger; you might not.

What we can be assured of is that when we trust in Him, we will not be shaken (Psalm 125:1). We know that He has a plan and is working that plan for our good (Romans 8:28). He has compassion for us (Psalm 145:9). He will sustain us amid our defeat (Psalm 145:14). He has it all under control (Psalm 145:15). Most importantly, if He's involved, He will be glorified in it (Psalm 145:10).

If you aren't as close to reaching the results as you had hoped, this might be the hardest phase of the fitness journey. You may have worked hard and sacrificed a lot for what seems like little in return. This disappointment is only compounded when you realize that you might not be fully trusting Him.

Persevere. Trust God not only "as" your Savior but "with" every part of your life. God is strong and able. He is deserving of being trusted as our Lord. He is worthy of being trusted with our fitness efforts.

When you don't think you can stick to your exercise program, trust your Father to sustain you. When Satan tempts you to turn to food for comfort, trust the Lord to deliver you. When your fitness ambitions are motivated by what people think rather than by what the Lord says, trust that God can change you. When you're paralyzed by a lifetime of a poor body image and emotional wounds, trust the Great Physician to heal you. Turn over your fitness completely to the Lord and see what He will do with it.

No more standing on the edge of the pool. No more debating whether you can do it. No more waffling as to whether or not God will catch you.

He is standing with His hands outstretched, willing, and waiting. Jump!

Prayer

Father, thank You for being trustworthy with all areas of our lives. Will You forgive me when I hold back part of my heart? Help me to recognize when I'm operating out of my trust in myself. Help me then turn it over to Your very capable hands. Amen.

Meditation

I trust You as my Savior and with my life.

Daily Spiritual Exercise

Continue to spend 10 to 15 minutes writing your own "The Lord is ____" devotional. Remember, you don't need to be eloquent to honor God by this exercise. The goal is to acknowledge who He has been, is, and will continue to be in your life. Don't get caught up in making it perfect. It's the pouring out of your heart that brings Him glory.