

## Week 10 Day 5 | *The Lord is: Faithful*

While I'd certainly like to, I doubt I'll ever forget that Christmas Eve. Not old enough to be in school, I was still in my "Christmas is magic" prime. We weren't taught about Santa. Yet the way my parents made Christmas so special, we didn't need that dude. We had Christmas enchantment all season long.

Mom had slaved over the decorations, festivities, and traditions all December long. She and Dad were talking about something in the kitchen. However, the unwrapped presents—the last remaining task on their to-do list—were lurking in the basement. With my brothers upstairs and parents distracted, the temptation to steal a peek at the bounty was just too much.

So, down the stairs I crept to take a gander at the spread, and what a beautiful spread it was! Surely it would be the best Christmas ever, if it had not wound up being the worst. I stealthily exited the premises undetected. In my enthusiasm of the successful mission, I somehow disclosed too much "intel" to one of my brothers. My supposed comrade-in-arms turned on me and promptly rattled on me to the authorities. A hearing quickly convened and disciplinary action ensued.

Temptation is everywhere, all the time, no matter what. It's the primary instrument of marketers, bombarding us with sights and sounds that sow seeds of discontent. It's the magnetic tug of our sinful nature. Temptation pulls us into harm's way, pushing us against the direction we're trying to travel, like running into the wind. It's Satan's native language. He whispers lies, half-truths, distortions, and doubts in our ears, often times without us knowing, every time in an effort to kill, steal, and destroy.

Temptation in the conventional sense overcame some popular figures in Scripture: Adam and Eve, Samson, and David. Temptation is at the root of every sin. Sin stains everyone in the Bible—everyone except our Jesus.

That said, we have some great examples of people who overcame temptation: Job, Joseph, David, Peter, John, Paul, and Silas.

At the core of all of their victories in the face of temptation was their reliance on the Lord's faithfulness. The Lord had previously been faithful to these men. In their moments of crisis, these men expected the Lord to remain so. Jesus Himself held fast to His Father's faithfulness. The Father's faithfulness supplied what Jesus needed, while Jesus supplied what the world needed.

We have many wonderful verses to remind us of the Lord's faithfulness. One of the most helpful is found in the New Testament:

*"The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."—1*

*Corinthians 10:13 (NLT)*

What we face is ultimately no different than what others have faced; it's just wrapped in a different package. That fateful Christmas at the age of four . . . the temptation I succumbed to . . . is really no different than the trials I face at the age of 41. It's just that now the presents are different.

What's exciting is that God's faithfulness is no different. It's the same now as it was 37 years ago . . . as it was 2,000 years ago. Out of the Lord's faithfulness to us, He will both empathize with us (Hebrews 4:15) and empower us to escape from looming disaster (Hebrews 4:16).

The temptation to question, compromise, give up, not start, blow off, or put off your fitness convictions will likely never stop. Why would it subside, if Satan came to kill, steal, and destroy?

Yet out of God's great love, He sent Christ to save us. He sent Christ to heal us. He sent Christ to give us life and life to the full. The saving, healing, giving life of God's faithfulness will be more than enough provision. It will deliver us in our greatest times of need. This is true for a preschooler on the verge of ruining Christmas for himself. This is true for adults on the verge of giving up on their health.

The Lord has only ever been faithful. It would then make sense that He will continue to be so. Surrendering your fitness to Him and trusting Him with the results will strengthen your faith and glorify Him in the process.

So, never, ever forget . . . God is faithful. There is no temptation that will be more than you can stand, when you're standing with Him.

### Prayer

*Father, thank You for being faithful to me. Will You forgive me when I fail to recognize Your sustaining grace and mercy? Please help me to hold onto the truth of who You are. You've displayed that throughout not just my life, but throughout the ages. Amen.*

### Meditation

The Lord is faithful and willing.

### 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.