

Week 10 Day 6 | *The Lord Is: A Warrior*

When I think about the Lord, I think of Him in several lights: provider, gracious, father, loving, patient, creator, compassionate, and giver, to name a few. Rarely, if ever, do I think of Him as a warrior. However, when I stop to think about what a warrior does and stands for, it's a perfect description.

First of all, a warrior is someone who fights in battles. We certainly know this is the case with the Lord. He has been involved in battles since He first cast Satan out of heaven. We see throughout the Old Testament where He intervened to give victory to His people.

Moses was certainly no stranger to God's hand in war. Moses witnessed it over the Amalekites, Canaanites, Amorites, and Midianites. Perhaps the most dramatic display of the Lord's warrior nature was at the parting of the Red Sea. God held back walls of water for the Israelites so they could pass, only to let the water crash on the Egyptian army of Pharaoh, Egyptians drowning en masse as their bodies washed up on the shore. After the crossing, Moses first gave the Lord this descriptive title in "The Song of Deliverance":

"The Lord is a warrior; Yahweh is his name!"—Exodus 15:3 (NLT)

Gideon, Joshua, Jephthah, Samuel, Saul, David, and many others were also led by the Lord into battles. In each of them, He—the Warrior—gave them victory.

Secondly, a warrior is someone who is courageous. Now, "courageous" might seem like a strange adjective to ascribe to the God of creation. After all, whom does He have to fear? However, God was courageous to create man, knowing man would turn away. It took courage to keep showing grace and compassion when man kept rejecting Him. It took courage to offer His Son as a sacrifice, knowing His perfect Jesus would take on the weight of the world's sin. It took courage to offer a humanity that rejected God an opportunity to have an eternal life with Him. God has the moral strength to persevere in the face of difficulty. That's courage. That's a warrior.

Warriors secure victory. By their efforts and contributions, their hand in the outcome is undeniable. Without them, success would not be possible. This is something Jeremiah understood fully. The victories he had were only because of his God. He knew the source for his success:

*"But the Lord stands beside me like a great warrior. Before him my persecutors will stumble. They cannot defeat me."
—Jeremiah 20:11 (NLT)*

By sacrifice, determination, will, and drive, warriors give everything they have so that victory can be won. Whether they live or die, they will do what must be done so that the objective can be achieved. This too exemplifies our Lord. His very Son died to conquer sin and death, that we would not be eternally defeated, that we could experience true and lasting victory.

We can experience victory with our fitness, too, when we approach it like a warrior prepares for combat. First, we adopt a battle stance, a mindset that this won't be easy. Yet we are willing to fight, to do whatever it takes, no matter what.

Our fitness requires courage . . . a lot of courage. It's hard engaging in a war we've lost so many times before. Getting healthy is difficult knowing the sacrifices we are preparing to make. You have to be brave to battle what might be lifelong demons that attack your self-worth and value. By now, perhaps your nerves are frayed and insecurities are solidified. Yet taking action in spite of this, in spite of all these fears, that is what our courage is all about!

Lastly, fitness requires thinking in terms of victory. True warriors enter battle thinking they will do whatever it takes to win. There is one and only one objective and that's to attain victory at all costs. Our focus is not on "what if" but on the "I will." I will win. I will succeed. I will conquer.

The reason "I will" conquer is because "He does" the conquering. We have the ultimate Victor already on our side. He is commanding the army and empowering it. He is in us, He is at work, and He is leading the charge.

Describing the Lord as a warrior is perfectly fitting. He pursues our hearts with wild abandon. He wins the wars at all costs. Without hesitation, He courageously orchestrates victories on our behalf.

You should be emboldened whenever you're facing your fitness fiends. Food, lethargy, anxieties, previous defeat, or future dread may be at your heels. If so, take a note from Jeremiah and remind yourself of this simple truth: the Warrior of the world stands beside you. The schemes and attacks from the enemy will fail before Him. They cannot defeat you!

While your fitness is a fight, the Lord is the ultimate fighter. He has an undefeated record. Put Him at the head of the attack, follow Him in battle, and see what He has planned. I can't guarantee you'll reach your physical goals, but I can promise He will work your fitness for your good . . . and for the Warrior's glory.

Prayer

Father, thank You for being, among so many other things, a warrior. Will You forgive me when I take for granted how You have battled for my heart? Please help me to live a life characterized by courage rooted in who You are and what You've done. Amen.

Meditation

The Lord is my Warrior.

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.