

Week 13 Day 1 | *Names for You: Conqueror*

Is your memory good enough to remember the test-taking days when you were in school? Depending on how well you prepared, you had one of three perceptions of your performance.

If you barely studied or had a hard time with the material? You’d turn in the test with a sinking feeling, knowing it would not go well for you. You bombed it.

If you spent a good amount of time reviewing your notes and had a decent grasp on most of it? You might turn in the test thinking, “Not awful, but I’m glad it’s over.” You survived it.

Or maybe you took great notes, understood the material frontwards and backwards, and had little trouble on test day? What a great feeling . . . you aced it!

The feeling of acing tests was infinitely better than bombing them. Doing well was also more empowering than merely surviving the test. You felt strengthened and liberated because you had mastered the test topic and it held no power over you. Because of your diligence and hard work, you conquered that test!

As we near the end of our 90-day fitness journey, you’re likely feeling one of those same three ways: you bombed it, survived it, or aced it.

Romans 8 is an amazing chapter filled with encouragement, hope, and power that can speak truth into our lives regardless of how the fitness journey is going.

We are encouraged by verses 1–17 as they remind us of the freedom we have living through the Spirit. How encouraging that we’re not slaves to sin. We belong to Christ. By His Spirit working in us, we are free to live lives that glorify Him. We have victory!

As verses 18–30 tells us, we also have hope. Whatever pain and suffering we are going through now (including the suffering, frustration, and disappointment if we “bombed” another attempt to get fit), all of it will pale in comparison to the glory that awaits us. There’s also hope in the meantime because the Spirit is here to help us amid our weakness. We have hope for our lives, both now and for the day when God’s glory is fully revealed. That hope leaves us victorious again.

Verses 31–39 encourage us about God’s great power and what Jesus did for us on the cross. Through Him, we can have a relationship with God that is insurmountable, unbeatable, and inseparable. That’s powerful and it’s another victory!

When we partake in victory after victory after victory, we are, by definition, conquerors. No matter how you think your fitness journey is going, you are a conqueror. Whether you’re getting faster, stronger, lighter, heavier, healthier, fitter, or not, you are a conqueror.

Actually, we aren’t mere conquerors . . . we are *more* than that:

“No, in all these things we are more than conquerors through him who loved us.”—Romans 8:37

More than conquerors—that’s how God sees us. That’s what we are.

There’s even more good news! Unlike taking a test where it all depends on your efforts, being more than a conqueror is independent of you! It’s all “through him who loved us.” God loves us with a love that “neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from.”

Through our relationship with Christ, there is no obstacle or trial or situation that He cannot triumph over. The resulting victories are for our good and His glory.

If we can’t be separated from a love that can’t be overcome, victory is not only possible; it’s assured. Assured victories are the hallmark of those who are more than a conqueror.

That someone is you.

Prayer

Father, thank You for the encouragement, hope, and power we find in Romans 8. Will You forgive me when I’m looking inward and focused on my own efforts? Please help me to see myself as more than a conqueror through Your eyes, not because of anything I’ve done, but only from the victory we have in Your Son. Amen.

Meditation

Because of You, I am more than a conqueror.

Daily Spiritual Exercise

Romans 8:37 calls you “more than a conqueror.” Get out a sheet of paper and write down, “Because of Christ, I am more than a conqueror.” Next to it, write down the implications this has in your life—what it will enable you to accomplish, how it affects your struggles, how it equips you for victory.

Post it someplace where you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does. Give Him praise when He does.