

WEEK 13 PREVIEW

Names for You

Here we are . . . the final week of our 13-week fitness journey. Day 85, to be exact. You've likely learned a lot about yourself over the course of these weeks.

You've learned what kind of exercises you like, what kind you don't, those you're good at, and those you aren't.

You've probably tried some new foods, implemented new nutritional goals, increased your water intake, or decreased your junk food intake. If so, you've seen what a profound effect nutrition can have on your fitness level.

I also hope you've discovered the valuable role sleep plays in your overall fitness. Not only does sleep help your body repair and prepare physiologically, you'll be better equipped psychologically for your day. You'll be better able to make the right decisions concerning your exercise and nutrition.

Aside from the physical lessons you've learned, my prayer is that you've discovered even more about yourself spiritually. I hope you've developed a great appreciation for what our God has done for us. Then, out of that gratitude, you feel compelled to bring Him glory and honor . . . mind, body, and spirit.

We've looked at Old and New Testament heroes who've modeled extraordinary faith and who saw victory in the face of defeat. We've seen how to be equipped with the full armor of God, which gives us great freedom to run a race that He's already won.

We focused on the unbreakable promises God has for us throughout Scripture. If we cling to and rely on God and His promises, He will produce life-changing fruit in our lives. We've examined the persons of Jesus, God the Father, and the Holy Spirit.

The God of all creation has sent his King Son to save us. The Lord then imparted the perfect Holy Spirit to work in our lives as we live by His strength. We should be encouraged!

Unfortunately, we don't always live a Spirit-filled, Spirit-focused life. Oftentimes, the temptation is to look at Scripture through a lens of generality rather than specificity. It's kind of like knowing you play for the best sports team in the country. Your team is rich in history and success. Your coach has all the credentials and has proven himself trustworthy time and time again. You're surrounded by teammates with astounding skills and a proven track record. You know the plays by heart and watched film on the opposing team, and your team has a winning record. No other team comes close. So you know that ultimately, you can't lose.

Yet, in spite of all these things, you still feel like an outsider. You still feel like all these advantages apply to everyone on the team—and maybe on our fitness journey—*except* you. In your mind, it seems these things are *generally* right . . . for everyone else. Somehow, though, they don't or can't *specifically* apply to you. After all, you know yourself pretty well and you just don't see yourself that way . . . as victorious.

Does this sound like you, even after 12 weeks of examining the kind of encouragement and assurances we've been given? If so, this week should help. This week we're going to look at what the God of the Bible has to say specifically about you—at who you are because of Him. At what you are because of Him. At what you can do because of Him.

Life changes when we see ourselves the way our loving Father sees us. Then we can better align our minds with His mind. Then we can better align our spirit with His Spirit. Then we can experience true triumph. When our minds and spirits are experiencing victory, it makes it far easier for our bodies to follow suit.

It's a lot easier to see how magnificent our God is than it is seeing any good in us. That is, until we start looking at ourselves through His eyes. When we see us the way He sees us, when we start listening to what He says about us, we start feeling empowered to live the magnificent life He created us to live.

Daily Spiritual Exercise: Because of Who You Are in Him

For each of the next six days, we'll look at a name or description that God has given you. Write it down. Next to it, write down the implications it will have in your life—what it will enable you to accomplish, how it affects your struggles, and/or how it equips you for victory. Post it somewhere 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.