

When You're Feeling Discouraged, Remember These Spirit-Filled Truths

Have you been feeling overwhelmed, a bit down on yourself or tempted to quit on your fitness goals?

Even though we know better and do our best to follow God's Word, we can get caught up in a bad moment and want to quit.

There isn't a single Jesus-loving, fit person who hasn't thought about quitting or got caught in the joy-stealing comparison trap.

In this episode, you will hear from women just like you, who:

–Struggle with controlling their emotions and finding peace in the pandemic.

–Feel paralyzed by the ugly lie of perfectionism.

–Compare themselves to others and are tempted to give up.

We're all going to get to places that challenge us to the point of wanting to quit, but God within us is bigger than these moments.

"God is our refuge and strength, an ever-present help in trouble" (Ps. 46:1, NIV).

In this episode of the *The Strong. Confident. His Podcast* on the Charisma Podcast Network, you'll learn that time and time again success goes to those who turn to prayer and push past the points when others decide to quit.

"Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me" (Phil. 3:12).

Kim shares biblical inspiration and faith-filled fitness truths that will help you know you don't have to be perfect to get it right—just get it going.

You just need to give yourself permission to do your best today; knowing that's good enough. Thinking we could ever be or have to be perfect will hold us back from freedom in Christ and it's a trap the enemy uses to paralyze us.

Get free from quitting on your fitness goals and get back on track today in Christ. Listen now! {eoa}