

Back to Basics

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it.

1 Timothy 4:8-9

Each year, people from around the globe compete for the title of world’s strongest man. Held in exotic locales, these competitions feature events involving the placing of heavy stone spheres atop pillars, lifting large numbers of children on one’s back, and pulling double-decker buses down a street. The strength and determination of the contestants are second to none. But for them to get to the world championships, they have to be disciplined in the way they train, the foods they eat, and the way they recover from injuries. If any one of these three aspects is neglected, the results could be disastrous.

Christians are not typically known for carrying 300-pound weights long distances, but *their* feats of strength are equally remarkable. People are healed of sickness and disease, families are reunited, and individuals surrender their lives to the Lord God for eternity. For the leader, there has to be a constant regimen of spiritual training. The apostle Paul understood this and made sure Timothy got the message.

The routine is pretty straightforward: Talk to God, the Lord of heaven and earth, daily. Tell him your needs and the needs of others, thank him for his answers, and let him know how wonderful he is. Get to know him and his son Jesus better by reading about them in the Bible. Learn what your spiritual talents are and begin to use them. Spend time with other followers, encouraging and challenging them to become more like Christ. As opportunities arise, tell those who don’t know

Jesus as Forgiver and Leader about him and his love for them.
Repeat daily.

If properly followed, this regimen will provide a lifetime's worth of challenge and excitement. It's time to get serious about the faith. It's time to become truly strong.

It's time to get disciplined.