*Monday, March 17, 2014*

**Spiritual Fitness**

John 16:13-14 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. 14 He shall glorify me: for he shall receive of mine, and shall shew it unto you. (KJV)

Did you ever stop and really consider all that has been done already on your behalf? I know that when I was stuck in the realm of the flesh I could never find true peace and contentment, but I was always looking for more, you know like a child, if I could only have one more piece of candy. God sent a Savior to the world; and for those of you that choose to give ear to His message of deliverance, look at it like having your own personal trainer, one who will show you how to get in the shape you need to be in to run the race of salvation, an endurance race to the end.

Williams New Testament translation John 16:13-14

13. But when the Spirit of truth comes, He will guide you into the whole truth, for He will not speak on His own authority but will tell what is told Him, and will announce to you the things that are to come. 14. He will glorify me, because He will take the things that belong to me and tell them to you.

This same message of faith that Jesus of Nazareth relied on to get Him through this life and home with His Father in heaven is the same one He was dying to give His people. In fact, once you allowed the Lord into your life it was like having a personal fitness trainer come to your house to show you what it will take to make it to the same destination our Lord did. God speaks His message through His Son; words that are Spirit and life so that you can be a partaker of His divine nature. You know, as you look at the life of a personal fitness trainer you will find that they are in good shape and healthy, having practiced and lived what they preach. No one has left this life in better shape Spiritually than Jesus Christ, now it’s time for you to follow suit.

Psalms 31:2-4 Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me. 3 For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me. 4 Pull me out of the net that they have laid privily for me: for thou art my strength. (KJV)

All through the Word we see it is our Lord’s desire to lead and guide His people to victory, if only they would trust in Him. Despite the fact that many were led out of Egypt, it was never the Lord’s desire to see them overthrown in the wilderness. It is not our Lord’s desire to see you overthrown and blown off course on the path of life either, but rather He would like to see you get built up and stronger on a daily basis.

Proverbs 2:13-17 Who leave the paths of uprightness, to walk in the ways of darkness; 14 Who rejoice to do evil, and delight in the frowardness of the wicked; 15 Whose ways are crooked, and they froward in their paths: 16 To deliver thee from the strange woman, even from the stranger which flattereth with her words; 17 Which forsaketh the guide of her youth, and forgetteth the covenant of her God. (KJV)

The enemy will manifest himself in many disguises to get you distracted and not following your Spiritual exercise regimen. Given the fact that the Lord said He would never leave us nor forsake us it would do you well to make sure you haven’t left or forsaken Him, your only personal Spiritual trainer that can get you in the shape you need to be in this day.

Dearly loved, exercise yourself unto godliness which is profitable unto all things, having promise of the life that now is, and of that which is to come. God bless.