*Tuesday, March 18, 2014*

**Spiritual Fitness**

Matthew 14:28-31 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. 29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. 30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. 31 And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt? (KJV)

When we see the word ‘doubt’ it refers to staggering, wavering, as well as hesitation being mentioned in the definition. We see that Peter did walk on water for a while, but then the carnal mind or reasoning took over again and flooded his mind. You know, our Lord wasn’t angry with Peter so much as He was hurt when asking ‘why did you doubt?’ How many times have we walked with the Lord only to let just a little bit of doubt enter in until we ended up sinking because we gave ear to the winds of doctrines that were blowing all around us?

1 Peter 5:6-7 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care upon him; for he careth for you. (KJV)

Today when you step out in faith having allowed the Lord to lift you up above the stormy seas of life, keep a close watch on your heart and don’t allow any form of doubt or unbelief get past your shield of faith and take you down under. When casting your care the Lord’s way leave it there at the altar, move on and don’t keep looking back to see how He is handling things.

Mark 11:21-24 And Peter calling to remembrance saith unto him, Master, behold, the fig tree which thou cursedst is withered away. 22 And Jesus answering saith unto them, Have faith in God. 23 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. 24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (KJV)

No doubt you have desires in your life concerning your walk with the Lord and how you can grow more confident in your prayers, that they are not only being heard but that you will get the results from above. Keeping the doubt and unbelief outside of your temple will keep you afloat, above the cares and concerns of this temporal life so that you won’t end up drowning again in destruction and perdition.

Mark 5:35-36 While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? 36 As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. (KJV)

If you go back and read this chapter in its entirety you see that our Lord was just finished with healing the woman who had an issue of blood, only to then encounter a situation that seemed dead. Please do take note of verse 36, and how quickly our Lord responded to a word that was contrary to what our Lord knew was truth.

Dearly loved, in conclusion, rather than give ear to the doubt which would then lead to fear, our Lord responded in a way that brought life back to the situation. So today, will you keep a close watch on your heart and what you allow in so that you too can continue to walk in the place where the Lord would have you to be with results you never thought were possible? God bless Church, and no doubts today concerning your walk with the Lord.