

Week 14: Keep Fighting the Good Fight

“Fight the good fight of faith and the Lord will grant you spiritual mercies”

I believe that there is this misconception in the spiritual fight that is extremely loud and action-packed. We imagine the battles of the ancient Romans and Greeks, where massive armies parade, enemies are laid to rest on the ground, and battles are won. However, more often than not, the ‘good fight’ is won on a silent basis. It happens all the time in ordinary moments, unseen by others, when endurance matters more than strength. It does not look like conquest, but more like refusal. This is a refusal by us to not give up or become numb to the problems around us.

Imagine a watchman patrolling the city at night. His task is not to attack or advance on anyone; it is simply to stay awake. I would venture to say that most of the city is unaware of his nighttime vigilance. In fact, nobody thanks him in the morning because nothing usually happens overnight. That is exactly the point I am trying to make. His fight is not measured by visible outcomes, but by faithful presence. In the same way, many of us fight many battles mentally that leave no external footprints. Internal anxiety is faced daily. Depression tends to stick with someone for a while before it truly spills out.

For those trying to ‘fight the good fight,’ it can feel like an unfair expectation. We can feel extremely exhausted by all the curveballs that life is throwing at us. Yet, scripture never defines the good fight as constant intensity. It defines it as perseverance anchored in hope. Sometimes the fight can be something as simple as getting out of bed. Sometimes that victory could be making a call to a close friend when you feel isolated. Or maybe it is choosing honesty in a

situation when it feels natural to tell a lie. In any of these scenarios – that might seem mundane on the outside – something so small could be the beginning of our comeback.

The enemy of the good fight is not weakness; it is surrendering to despair. When fear tells you that nothing is changing, when shame whispers that you should be further along by now, the fight becomes internal. It is the decision to stay present instead of escaping, to breathe instead of panicking, to trust God even when emotions argue otherwise. Like the watchman, you may not see immediate threats or rewards, but your faithfulness matters more than visibility.

Fighting the good fight is just as important as knowing when not to fight. Not every thought deserves engagement. Not every emotion requires action. Sometimes, the most faithful action is lying down and being submissive to the Lord. Our God does not tell us that we need to win every battle – he just tells us that we need to remain in every battle. To stand. To fight. To stay.

The good fight is not fought with perfection but with persistence. You are not disqualified because you struggle. You are not losing because you feel tired. If you are still choosing life and perseverance when you are in those ‘off seasons’, then you are fighting the good fight. And do not worry if the world notices if you are fighting the good fight, because God will notice it and accept you into his almighty kingdom when you keep pushing forward fighting his fight.

GOD BLESS AND STAY HEALTHY – TY