

## Week 20: Working Out

***"It takes but one person, one moment, one conviction, to start a ripple of change." — Donna Brazile***

So the other day was my first time lifting in a couple of weeks. I had been extremely busy between work, basketball, and some other obligations. As I was beginning to do my arm exercises, I really began to feel the burn. It truly felt like my arms were going to fall off. This was not because I was doing some crazy new workout routine – it was simply because I was getting back into the groove of working out. By the end of a quick 45-minute workout, I thought that my arms were going to fall off. I felt like this workout was truly kicking my butt. Some would say that my muscles were having a conviction. They were telling me, “This is what happens when you take time off and try to jump back in.” It was my brain reminding my body that you should not take that long off from lifting. Is our spiritual life not similar to this story?

I have had so many instances where I felt like I had practically ‘taken a break’ from my faith and came back to some of the strongest convictions imaginable. That is God telling us that we need to come back to him, so that he can smooth our ride.

But the beautiful thing about working out is that the pain is usually a sign of growth, not destruction. The soreness means your muscles are being rebuilt stronger than before. Spiritually, conviction works the same way. Conviction is not God trying to shame us — it is Him trying to strengthen us. It is His way of saying, “Come back. Stay close to Me. You were never meant to carry life without Me.”

The longer we spend away from prayer, scripture, worship, or simply sitting in God's presence, the harder it can feel to return. Just like lifting weights after weeks away, our spiritual endurance weakens when we stop exercising it. But the amazing part is that God never tells us we are too far gone to come back. He simply asks us to begin again.

Sometimes we expect instant spiritual strength after a long absence, but faith is something that must continually be worked out. Not earned — but exercised. Daily obedience, daily prayer, daily surrender. Over time, what once felt difficult becomes natural again.

Philippians 2:12 tells us to “work out your own salvation with fear and trembling.” Faith was never meant to be passive. It is active. It stretches us, convicts us, challenges us, and transforms us.

Maybe lately you have felt spiritually distant, exhausted, or disconnected from God. Maybe conviction has been weighing on your heart. Do not run from it. Lean into it. Because conviction is often evidence that God is still pursuing you.

Just like the body grows through resistance, the spirit grows through surrender.

**GOD BLESS - TY**