

## DAY 2 RHEMI NATION 30 DAY FAITH & FITNESS CHALLENGE

### **SCRIPTURE**

2 CORINTHINS:14 Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the savour of his knowledge by us in every place

### **DEVOTIONAL: 5 MIN**

#### **VICTORY IN MY THINKING ~HE CAUSES ME TO TRIUMPH**

We all go through things that are unfair--people do us wrong, the company let us go, we came down with an illness. It's easy to live with a victim mentality, thinking we're at a disadvantage, we were shortchanged, we can't do anything great. We can't love again, because the last person hurt us. We can't live happy, because we've lost too much. As long as you accept that you are a victim, you're going to get stuck. Don't use what you've been through as an excuse to feel sorry for yourself, to limit yourself and not pursue your dreams.

Nothing that has happened to you has stopped your destiny. They don't have that much power. If they could stop God's plan, they would be bigger than God. Don't let a bad break, an injustice, a setback or a difficult season cause you to become stuck and stagnated in your last season. Remember, it has all been a setup for your comeback.

When we experience loss, things we don't understand, the victim mentality will always come knocking at the door. We have to make a choice. Are we going to live bitter, discouraged, thinking we're a victim of our circumstances? **No!** We choose to believe that God is in control, that He's ordering our steps, that His plans for us are for our good? As a matter of fact, his plans are the assurance that your comeback is guaranteed!

God says, "He will pay you back double for the unfair things that have happened." If you're going to see the double, you have to know that God is going to make it up to you. He knows who hurt you, what you lost, and what

you're struggling with. He's not going to just bring you out, He's going to bring you out better. How you were treated at work wasn't fair, but what you can't see is that it set you up for promotion, increase, and favor. You're not a victim. God always causes you to triumph.

Here's the key: Despite what people do and say, nobody can force you to have a victim mentality. You have to make a decision to become a victim. Don't allow that victim mentality to enter your thinking. You have to dig down deep and say, "No, thanks. I refuse to be a victim. I know God is still on the throne. What was meant for my harm He's turning for my good.  
MY COMEBACK SEASON IS HERE!!!

## **PRAY 10 MIN**

### **FITNESS : 15 MIN.**

5 Minutes, Walk

5 Minutes Leg Lifts (In Chair or Standing)

5 Minutes Upper Body Twist - Reaching to the side as you twist