

## **DAY 18 ~ 30 DAY FAITH & FITNESS CHALLENGE**

### **SCRIPTURE**

#### **Romans 8:28**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. – **Romans 8:28 (NIV)**  
The Living Bible translation words it this way: “And we know that all that happens to us is working for our good if we love God and are fitting into his plans

### **DEVOTIONAL**

#### **IT’S WORKING FOR YOUR GOOD**

God is a good God, and he has good plans for your life. Other people have bad plans for your life, and you may make some bad plans yourself, but God only has good plans for your life.

Not everything in your life may be good—God didn’t promise that. He didn’t say everything that happens in your life would be good. Listen, we live in a broken world. Nothing works perfectly. Your mind is broken. It doesn’t always think the right way. The economy’s broken, relationships are broken. Even in the Church we see patterns of brokenness. Nothing is perfect.

God did not promise us perfection. That’s called heaven! In heaven, there is no sorrow, sadness, sickness, or suffering. We should not expect heaven to be on earth, because the earth is filled with brokenness. But even in the middle of all this brokenness, God has a good plan for your life. He is greater than your bad choices, and he can fit even foolish decisions into a good plan. *What a God! I heard a preacher say: God can turn crucifixions into resurrections. GLORY!*

The Bible says in Romans 8:28, “We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” (NLT).

This is not a promise for everybody in the world. Not everything is working together for good for everybody. But everything is working together for good for those who say, “**God, I give you my life. I want to fulfill the purpose you made me for.**” And even then, it doesn’t say all things are good. **It says they all work together for your good**—even the bad and even the bitter.

**~Have you noticed that when you make a cake, the individual ingredients don’t taste good? Flour by itself does not taste good. Raw eggs do not taste good. Vanilla by itself does not taste good. But mix it all together, and you can create a tasty masterpiece.**

*When you let God work all the “ingredients” together, God can take the bitter, put it in the batter, and make you better. Why? Because he’s a good God.*

The more you pray, the better you’re going to know your purpose. And the better you know your purpose, the more God can use everything in your life for your good—even the bitter /broken things.

### **SNIPET of the Prophetic Prayer released on the RHEMI Prayer Line By: Min. Tiffany Mays**

- Change your perspective and look at your situation spiritually and not with the carnal eye
- God said, What looks like it was gonna over take you in the Natural is actually building you up Spiritually
- What looked like it would be your demise was actually your comeback !
- What seemed like the end was **not the finish line!**
- Romans 8:28 And we know all things work together
- Don’t rely on the natural eye.
- It is deceitful.
- Look spiritually and see what is really going on.
- The enemy wanted it to look like you lost but God already has your victory secure
- Don’t fret when something happens because the enemy can’t do anything without God’s permission.
- **So rest easy and know it’s all working for your good!!!**

### **PRAY 10 MINUTES**

### **FITNESS 15 MINUTES**

~Walk 5 Minutes

~Rest 1 Minute

~Toe Touches 3 Minutes (Standing or Seated)

~Rest 1 Minute

**REPEAT**