

DAY 10: 30 DAY FAITH & FITNESS CHALLENGE

SCRIPTURE Hebrews 13:8 Jesus Christ the same yesterday, and today, and forever.

DEVOTIONAL

HE'LL DO IT AGAIN Exodus Chapter 14; Joshua Chapters 3-4

The children of Israel were literally between a rock and a hard place. God had freed them from the bondage of slavery in Egypt. They were free and were walking out with a high hand. Suddenly, it appeared that their new-found freedom was short-lived because Pharaoh and his Army were hot on their trail, determined to either destroy them or return them to slavery.

It appeared that there was no way of escape because the Red Sea stood before them, blocking their way to safety on the other side. Then, God magnified His servant Moses before the people, destroyed the enemies of the Israelites, all while making a way of escape for His people through the Red Sea.

When Moses lifted his hands and stretched his rod towards the raging waters and parted the Red Sea in obedience to God's directions, approximately two million people were able to walk to freedom on dry ground. That's our God.! That's our strong Deliverer!

Upon the death of Moses, just before the children of Israel were ready to cross the Mighty Jordan River into the Promised Land, they found themselves **AGAIN** facing a major watery barrier to freedom. Joshua, the man of God chosen to replace Moses, had to be exalted before the eyes of the people so that they would know that the same God that lead Moses was still with them. They needed to know that if God did it for Moses, He would do it **AGAIN** for Joshua. The people needed the reassurance that God spoke to Joshua just as He did to Moses. When God gave Joshua specific instructions concerning the priests and what they were to do while carrying the Ark of the Covenant, Joshua obeyed and God delivered the children of Israel through the Jordan River on dry ground. God magnified His servant Joshua before the eyes of the people just as He did Moses. The children of Israel walked through what had been a watery barrier on dry ground just as they did in Moses's day. God's miracle that day let everyone know that if **He did it once, He will do it again!** And, if He did it for one He will do it for another.

The day will come in the life of every Believer when they will need to know that God can meet their needs, no matter how hard the situation may appear to be. These two miracles of the Old Testament teach us the truth of Hebrews 13:8 which states: **8 Jesus Christ the same yesterday, and today, and forever.**

When you are facing your "Jordan" or the Red Sea of your life, when you find yourself between a rock and a hard place, remember what God has already done and know that **GOD CAN and WILL DO IT AGAIN!**

In can hear Shirley Caesar singing ...

(Oh He'll do it again)

He'll do it again (Yes He will do it again)

Just take a look

At where you are now And where you've been

Hasn't He always come through for you

He's the same now as then (Don't you know God has not changed)

You may not know how! You may not know when!

But He'll do it again

*He's still God and **He will not fail you** He's still God, **He has not changed***

*I know He's still God and **He's fighting for you** Just like Daniel, just like Moses*

Just like Shadrach and Meshach, Abednego

*He'll do it again, **Yes He will do it again!***

PRAY 10 MINUTES

Dear Heavenly Father, I thank You for Your loving-kindness and your tender mercies. We thank You that You are no respecter of persons. Father I thank you not only for the NEW THING but I believe and know that what you did before you CAN do again. I thank You that You are God Almighty and that there is nothing too hard for You. So Father I lay before you (??????? FILL IN YOUR PRAYER REQUEST HERE) I praise and magnify Your mighty name for all of the things that You have already done and will do AGAIN in my NEW Season. In the mighty name of Jesus Amen.

FITNESS: 15 MINUTES

~Stretch Arms/Legs 2 Minutes

~March in Place 1 Minute

~Rest Standing Up 1 Minute

~Run in Place 3 minutes

REPEAT