

## **DAY 4 30 DAY FAITH & FITNESS CHALLENGE**

### **SCRIPTURE**

1 Corinthians 16:13, NIV

Be on your guard; stand firm in the faith; be courageous; be strong.

### **DEVOTIONAL:**

#### **STAND FIRM**

In the Scripture, an angel appeared to a teenager named Mary and told her that she was going to be the mother of the Messiah, the Christ. She would have honor and be admired for generations to come. I'm sure Mary was excited. But I can hear Mary years later, saying, "God, You didn't tell me I would have to watch my son go through so much.

When God gives you a promise, He'll show you the end but not the middle. What you're going through today may be difficult and it may seem like the COMEBACK is IMPOSSIBLE. This is where your faith has to kick in. Are you going to give up and talk yourself out of it? Or, are you going to do as Mary did and say, "God, You didn't tell me about these dark valleys. But I know You're still on the throne, and none of this is a surprise to You. I'm not going to live in discouragement, give up on my dreams, or quit believing. I'm going to have faith in the middle of it." Im going to **STAND FIRM** on your word knowing that my **COMEBACK GUARANTEED**

### **PRAY: 10 MINUTES**

Father, thank You for Your promise that You will work out Your plans for my life. I thank you that my Comeback is in full effect.

Help me to **STAND FIRM** in my faith at **ALL** times. You have never failed me in the past, and I know You're not going to fail me in the future. You are the same God yesterday, today and forever.....Continue praying.....

## **FITNESS : 15 MINUTES**

~Walk 5 Minutes

~Rest 1 Minute

~Toe Touches 3 Minutes (Standing or Seated)

~Rest 1 Minute

**REPEAT one more time**