

DAY 13~ RHEMI 30 DAY FAITH & FITNESS CHALLENGE

SCRIPTURE: Hebrews 4:12 For the word of God is quick, and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Ephesians 12:17~ 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

DEVOTIONAL

SWING YOUR SWORD

Lets face it~

It's easy to let life happen to us after we've been through enough disappointments, hurts, pain, closed doors and people coming against us. After a while, these things can wear us down to the point where we lose our strength to fight and passion to continue.

However, we cant just sit around and take whatever comes our way. We must remember that we're fighting a REAL ENEMY that is always trying to keep us from our purpose.

The Scripture says, "**God's Word** is the sword of the Spirit" (**Ephesians 6:17**). *For the word of God is quick, and powerful, and sharper than any two edged sword (Heb. 4:12)*

When you have His promises coming out of your mouth, you are **swinging your sword**.

When you swing, God will fight for you. When you swing demons flee, when you swing relationships are restored, when you swing, all things will work together for your good.

When you SWING YOUR SWORD /declare His promises, angels go to work, forces of darkness are pushed back, negative situations will supernaturally turned around in your favor.

STOP saying things like; I hope I feel better. I hope my child gets back on track. Hoping is important, but that's not enough.

Remember, you're in a battle with an unseen realm where forces are always trying to keep you from your purpose.

So, you can't fight an unseen enemy with physical weapons.

God has given you a sword that can break powers that are holding you back. Get your sword out. Start believing again, start expecting His favor, start declaring what He says about you. The Scripture says,

"Let the weak say, 'I am strong.'" You have a sword that can unleash your dreams, unlock your potential, and thrust you to a new level.

Now, what's holding you back from using your sword? Are you complacent? Are you just accepting it? Are you waiting on God to do something, when God is waiting on you? I pledge with you not to sit around talking negative about your situation and being passive. Remember, talking defeat brings more defeat. Instead, take your Sword out of its sheath and **start swinging** it by saying and praying.....

PRAY 10 MINUTES

Father, thank You that no weapon formed against me will prosper. "I am blessed. I am prosperous.... Thank You that Your being for me is more than the world being against me." I am healthy, redeemed, forgiven, and favored. I am more than a conqueror."
(CONTINUE PRAYING HERE... Make it Personal).... In Jesus name Amen. **Now, do you know what you just did? You swung your sword!**

FITNESS: 15 MINUTES

| | |
|------------------------------|-----------|
| WALK OUTSIDE OR ON TREADMILL | 5 MINUTES |
| REST | 1 MINUTE |
| JOG IN PLACE OR ON TREADMILL | 1 MINUTE |
| REST | 1 MINUTE |

REPEAT 2 MORE TIMES