

Day 8 Faith & Fitness Devotionals

SCRIPTURE

Romans 10:17 So then faith cometh by hearing, and hearing by the word of God.

DEVOTIONAL

ARE YOU LISTENING?

Just as we have physical ears, we have spiritual ears. God doesn't speak to us out loud like you see in some movies. He speaks to us in our spirit. Many times God will speak things that contradict what we see with our eyes. You're struggling in your finances, but you hear that voice saying, "You're blessed. You have more than enough." It might look as though you'll never get well, but you hear a voice saying, "You're healthy. You're whole." It's just the opposite of what it looks like, but God calls you what you are before it happens. Abraham didn't have any children when God called him "a father of many nations." Gideon was afraid and felt unqualified to lead the Israelites, yet God called him "a mighty hero."

You will hear things in your spirit that don't make sense to your mind. Like, "I'm not free. I still have this addiction." Gideon said, "I'm not a mighty hero. I'm the least one in my father's house." Abraham said, in effect, "I'm not a father of many nations. I don't have a child." If you're going to see it come to pass, you have to believe what you hear in your spirit and not what you see with your eyes. You have to walk by faith and not by sight. People may tell you that you'll never get well, but if you listen, you'll hear a voice saying, "Healing is coming. You will be made whole." When you feel insignificant, He'll talk to you about greatness. Don't let what you see talk you out of what you've heard.

God is saying to you what He said to Gideon, "You are a mighty hero. You're going to accomplish big things." He's saying to you what He said to Abraham, "You're going to have those children. Your baby is on the way." He's saying to you what He said to David, "You're going to defeat that giant. That obstacle is big, but you have greatness in you."

You are anointed, equipped, empowered." Quit being discouraged by what you see, and start being encouraged by what you hear.

The Scripture says in Romans 10:17- So then faith cometh by hearing, and hearing by the word of God.

(2 Corinthians 4:18) that "the things which are seen are temporary, but the things which are not seen are eternal".

The sickness or situation may look permanent, but one touch of God's favor and you'll be well. You may feel like you're stuck, you're not seeing any good breaks--stay in faith, it's going to change. God has the final say. If you listen down in your spirit, you'll hear that voice saying, "The path of the righteous gets brighter and brighter. New levels are coming, new opportunities, new relationships. Favor is in your future."

PRAY 10 MINUTES

FITNESS : 15 MINUTES

~Walk 5 Minutes

~Rest 1 Minute

~Toe Touches 3 Minutes (Standing or Seated)

~Rest 1 Minute

REPEAT one more time