
2 SETS OF 20

Several years ago I received a full hip implant and the operation was pretty smooth and easy. It's amazing what modern medicine can do. I was up and putting all my weight on my right leg on the first day. On day two I was up and walking with the use of a walker. Early the following day I was released and started getting calls setting up appointments for physical and occupational therapy, piece of cake, right?

We started right away with a series of exercises that were designed to strengthen my leg so the therapist had me do 2 sets of 20 of each exercise daily. By the first session I was out of the walker and was able to walk with the use of a cane and by the next day I was able to walk on my own. It just stands to reason, if 2 sets of 20 works on my body, then 2 sets of 20 would work on my spiritual health and mental well-being.

So I started counting 20 things I was thankful for and was amazed at how much it transformed my life. This all required **faith**. When my hip was replaced; it was faith that said I would play golf again, but I also knew the more effort I put into getting stronger, the stronger I would become. It's the same with faith, the more effort we put into exercising it, the stronger it becomes.

What is faith? Faith is the act of believing more in the unseen than the seen—more in the supernatural than the natural. It is a quiet confidence that, despite what's going on around me, everything will work out. Faith is hearing and reading God's Word and believing that what it says is true. It is something we test all the time, but it tests us as well.

Faith is a marvelous gift we have all been individually given; therefore, only we can exercise it. No one else can exercise faith for you! You may want to lose weight and build up your body, but what good would it possibly do if someone did the exercise for you?

There are far too many of you who miss out on God's very best by being lazy and refusing to exercise your mind, soul, and spirit. You may dress nice and look good, but you feel dirty. You have a lot of things, but you never have enough. You make lots of money, but never seem to make ends meet. You try real hard, but often wonder why nothing good ever happens. You eat right, but you feel physically bad most of the time, and those infrequent times of happiness become the exception rather than the rule.

Joy comes through faith. In believing what God says is true; you must personally make the effort to find out what He says. Read God's Word and pray for His strength and wisdom. Plant seeds by giving, helping others, and exercising your faith. You will never find true love, abundant joy, everlasting peace, or supernatural strength without faith.

Yes, sometimes God will ask you to press harder, do more, give more, and forgive more. He may even ask you to apologize when you are right and require you to love always, but He is always there to give you strength, encouragement, and all the power you will ever need to strengthen your faith.

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. (Heb. 11:6)