



she loves

Devotional  
June 9, 2010

Dear Friends,

Have you ever been convinced of something only to find out that what you thought to be true was really a misconception, a deception, a lie?

Please laugh with me as I tell you how I was lately deceived. Remember a few weeks ago I mentioned that I'm jogging now and hoping to get up to 45 minutes without a walking break. Well, my treadmill broke one day. I had already jogged for 25 minutes, so I quickly grabbed a hat and watch and started down the road – praying the whole time, of course, that no one would see me. After only 1 minute I was panting like ... let's just say, it was a good thing no one was around because I was grapping all the air possible. I ended up walking for a minute and then jogging for a minute or two and then walking again. By now I'm really upset – why was this so tiring when on the treadmill I was easily increasing my time? It didn't make sense!!! (It also didn't help that my border collie was trying to corral me as I ran.)

So the next day I Googled “treadmill jogging versus road jogging” and discovered my misconception. Apparently, road jogging exercises muscles differently than treadmill jogging. Who knew!!! Here I was getting quite proud of my jogging ability; even dreaming about running in a half-marathon and thinking I was getting prepared. I was deceived!!!!

How strong are your faith muscles? Do you find yourself easily trusting God when circumstances are calm and there isn't much resisting you? Or can you lean into troubles with a determined persistence that clings to God in complete faith?

Someone asked me the other day how I remained so strong when I'm living in a “Job” year. I couldn't answer at the time but upon reflection, I came up with a couple of reasons:

- I have seen God carry me through other times, so I am convinced that he will carry me through this as well.
- I know God. I know God because I talk with him continually and he talks to me continually. We are in this together.
- I know God's Word. Since last October, God has given me the ability and passion to memorize Scripture, whole chapters of Scripture. And as I have been feasting on God's Word, I've grown stronger.
- I'm involved in a couple of mentoring, accountability groups. Doing life with these wonderful people who I can support and who support me, gives my faith muscles a workout.

I'm wondering if you have been deceived into thinking that your faith muscles are stronger than they really are. Hearing the faith stories of others, reading devotional books, and listening to sermons, will only strengthen your faith to a point. **READING THE BIBLE FOR YOURSELF AND LIVING IT OUT, IS THE MOST EFFECTIVE MEANS OF INCREASING YOUR FAITH.** Truth plus experiencing truth is what God uses to change our lives.

Romans 4:19-20 And Abraham's faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead—and so was Sarah's womb. Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God.

Colossians 2:6-7 And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

Dear Father, we are weak people. We need you to build our faith and make us strong. I think of the many moments just this week that I have been very weak in trusting you. Father, how foolish!! What a waste of time!! I will trust you. I do trust you. You are completely trustworthy in everything that I am experiencing. Thank you.

What do you do to strengthen your faith? How is God showing himself faithful to you? Tell someone. It might just be the encouragement they need to build up their own faith muscles.

Blessings from Bev



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