

RESET!

Spirit·Mind·Body



I Am Strengthened

By Mike Smith, Director of Operations, Lancaster Family YMCA

Philippians 4:13

"I can do all things through Christ who strengthens me."

I don't know about you, but I've tried just about every weight loss and fitness program that has come to market in recent years: the Atkins diet, P90X, intermittent fasting. I have not tried Keto yet because I love pasta and ice cream too much! Nevertheless, you get what I am saying because you may have tried these, too. My most often used excuse is, "I'll start Monday!!!" Only to watch Monday come and go time and time again with little to no effort of starting the new diet or routine.

These past attempts and failures cloud our brain and anxiety starts to impede our ability to succeed. Many times in these moments, we are trying to do it on our own, allowing fear and doubt to cripple us. However, for those willing to proclaim our inability to do it alone, we open the door to what God wants to do in our lives.

The popular bible verse, Philippians 4:13, is a reminder that God's strength is enough to overcome all obstacles, even weight loss. So instead of fad diets and perfect workout plans, allow God to lead you to a healthier lifestyle. When is the last time that God was part of your weight loss program? He might just be the missing piece!

As we RESET our lives in 2021, invite God to be part of the journey with you. His strength will help you in unimaginable ways. The next time you don't feel like putting in the 30 minutes of exercise, do it anyway while repeating this verse. God will show up, and show out, as you breeze through the remainder of your workout.

"I can do all things through Christ who strengthens me."