

## Keep Getting Stronger

We purchased this Max Trainer exercise machine about a month ago and I could do 2 full minutes when I started out!!!

I joined a Facebook Group for this machine and posted an introduction post, and heard some great testimonies from people who started out just like me, but have made great progress on the machine. People are very encouraging on the group, but one person offered me some advice that has really stuck with me:

- “It never gets easier, you just get stronger.”

There is so much wisdom in that statement...I have progressed daily with my workouts:

- Went from level 1 to level 6
- Average RMPs have increased
- Burning more calories almost each workout

So, does that mean it gets easier?

- No way!!!
- I’m soaking wet and gasping for air when I finish
- Some days I really feel like quitting half way through
- But I can tell I’m getting stronger every week

I hope that encourages someone today, not just about working out, but in life:

- “It never gets easier, you just get stronger.”

And I really want you to hear this in your Spiritual life...

- What you face each day is making you stronger!!!

I want to share a very well-known and very encouraging Bible Passage:

### Isaiah 40:28-31

28 Have you not known?

Have you not heard?

The everlasting God, the Lord,

The Creator of the ends of the earth,

Neither faints nor is weary.

His understanding is unsearchable.

29 He gives power to the weak,

And to those who have no might He increases strength.

30 Even the youths shall faint and be weary,

And the young men shall utterly fall,

**31 But those who wait on the Lord  
Shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint.**

**Did you know that the name Isaiah means “Yahweh Is Salvation”?**

- **Basically saying “Jesus Saves”**
- **You have to know that for the rest of this to apply to you**

**And beginning in Chapter 40, Isaiah moves into his prophetic ministry, possibly looking at the time of Babylonian captivity (Daniel’s time)...**

**But notice a couple of things here that are just as valid in our lives today:**

**Verse 28:**

- **God never grows tired...**
- **God never runs out of answers**

**Verse 29-30:**

- **Us on the other hand...**
- **We get tired**
- **We want to quit**
- **Young or old**
- **Mature Christian or a babe in Christ**
- **It’s not easy...Life can be hard....**
- **But we don’t quit...**
- **We turn to God!!**

**Look at this...**

**Psalm 69:1-3**

69 Save me, O God!

For the waters have come up to my neck.

2 I sink in deep mire,

Where there is no standing;

I have come into deep waters,

Where the floods overflow me.

3 I am weary with my crying;

My throat is dry;

My eyes fail while **I wait for my God.**

Can you see King David here, ready to quit?

- Had it up to his neck and can't take it any more...
- Wore out from fighting...

But did he quit?

- No! He waited on God
- He knew would give him strength!!

**31 But those who wait on the Lord  
Shall renew their strength**

This was a lesson David learned and relied on his whole life..

**Psalm 121**

121 I will lift up my eyes to the hills—

From whence comes my help?

2 My help comes from the Lord,

Who made heaven and earth.

Did you ever stop to think that The Lord chose to talk about “renewing our strength” because He knew that we would grow tired and weary...

**Remember what I said:**

- “It never gets easier, you just get stronger.”

What does The Bible say? Does it say things are going to get easier?

**Matthew 24:9-14**

9 “Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name’s sake. 10 And then many will be offended, will betray one another, and will hate one another. 11 Then many false prophets will rise up and deceive many. 12 And because lawlessness will abound, the love of many will grow cold. **13 But he who endures to the end shall be saved.** 14 And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.

**Galatians 6:9**

9 **And let us not grow weary while doing good,** for in due season **we shall reap if we do not lose heart.**

- “It never gets easier, you just get stronger.”

**Anybody here ever taught their child to swim by throwing them in the lake?**

- I’m glad God wouldn’t do that!!
- He would give us a life jacket!!

**God equips us for everything we face:**

**Ephesians 6:10-13**

**The Whole Armor of God**

10 Finally, my brethren, **be strong in the Lord and in the power of His might.** 11 Put on the whole armor of God, **that you may be able to stand against the wiles of the devil.** 12 **For we do not wrestle** against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, **and having done all, to stand.**

**The truth is, we are in a fight every day...**

- **You shouldn't be surprised to find yourself under attack...**
- **You should expect it!!**
- **And you should be equipped for it**
- **Girded your waist with truth,**
- **Put on the breastplate of righteousness**
- **Shod your feet with the preparation of the gospel**
- **Taking the shield of faith**
- **The helmet of salvation**
- **The sword of the Spirit, which is the word of God**
- **Praying always with all prayer and supplication in the Spirit**

**And all of that just so you can still be standing at the end of the day, knowing you have to get back in the fight tomorrow...**

- **But we're never alone....**

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**Altar:**

**Closing prayer:**