



SERIES: November – December – Walking with Jesus

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Saturday 01/01/2022

Scripture: John 14:15-17

TITLE: Pursing Spiritual Fitness

We made it! 2022! Many of us never thought we'd actually make it. But we did. But a new year for some means nursing a hangover. For others, it's committing to overcoming hang-ups. And then there are others who are working through handoffs of responsibilities. Regardless of what today means, it should be a day we all pursue spiritual fitness in the power of Jesus.

What does that mean? This is what Jesus said in John 14:15-17 (CSB).

“If you love me, you will keep my commands. And I will ask the Father, and he will give you another Counselor to be with you forever. He is the Spirit of truth. The world is unable to receive him because it doesn't see him or know him. But you do know him, because he remains with you and will be in you.”

We've spent two months walking with Jesus to develop a deep, intimate relationship with Jesus. I hope this has become a reality for you. I know it has for me.

And here in John 14, Jesus summarizes the key to pursuing spiritual fitness. He begins by saying, “If you love me.” We talk a lot about love. We love sushi. We love golf. We love that new oven. But you can't really love a thing. We love people, and there is no one easier to love than Jesus. God in the flesh was the one person we spat in His face day after day until the one day we stopped to call out to Him for help. And He loved us unconditionally from that day on. We are called to love Him. Everything else flows from this truth.

When we love God, we will keep His commands. What are His commands? The Bible from cover to cover. Not just the parts we like. Not just the parts we understand. Not just the parts that work for us. When we love someone, we seek to honor them in everything we say, think, and do.

But this love and keeping aren't natural. It's supernatural in the power of the Counselor – the Holy Spirit. We've tried life in the flesh. We mess it up. Instead, we can do it in the power of the Spirit. When we love Jesus, we'll engage with and follow His Word by the power of the Spirit. And this God who saves is the God who stays. No matter what you do moving forward, once you are His, you are always His.

This is our Jesus. This is our Savior, Lord, Friend, and King.

So here's my challenge for you today and in 2022. Commit and invite. Commit to pursuing spiritual fitness out of love for Jesus and in the power of the Spirit. So today, commit. Commit to being part of our spiritual fitness community. Daily, commit to engaging in God's Word, praying

for and with each other, being encouraged, and being coached one day at a time. And would you do me a favor, invite three people to join you in the journey? I'd love to meet them on Monday. So commit and invite.

Let's make 2022 the year of spiritual fitness. I'll be training each and every day. Will you join me? If so, let's go.