



## *“Here We Stand”*

### DEVOTIONAL

February 19<sup>th</sup>, 2020

## Pumping Scripture to Gain Spiritual Muscle

by Stu Fuhlendorf

**1 Peter 2:2, Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— if indeed you have tasted that the Lord is good.**

My Grampy Ireland was my hero. When I was a boy I remember his strong muscular physique, and how I wanted to grow up to be exactly like him in every way. I was puny—the classic ninety-seven-pound weakling. So, as a young 11-year-old boy, I fell hook, line, and sinker for how Arnold Schwarzenegger had built up his muscles and how by pumping iron all we little boys could become titans of toughness, gain those precious pounds, and never again have loudmouthed bullies kick sand on us.

Those muscles could help make me strong, just like Gramps! If someone wants to gain five pounds of muscle, he doesn't eat five pounds of food and instantly register five pounds at the scales. Instead, he eats five pounds of protein, pumps iron hard and incrementally gains an ounce or two. Then he eats another five pounds of protein, lifts weights, and gains another few ounces, and so on.

Obviously, the determination and energy needed for the daily weight workouts burns up most of our daily food intake. When someone wants to gain spiritual weight, they don't read five pounds of Bible and gain five pounds of spiritual weight. Rather, you study the Scriptures for an hour or so and gain one or two spiritual insights to add to your spiritual weight.

Most of the five pounds of Bible we might devour during our personal devotions gets burned up by that day's challenges or they are quickly forgotten. If we're honest we add only an ounce or two of new spiritual bulk.

The Scriptures are similar to the most delicious, well-balanced, protein-laden meal you have ever eaten, one you will often remember and hope to repeat— **“if indeed you have**

**tasted that the Lord is good.”** What brings us back to the Lord’s table for that wonderful meal? We want to add to our spiritual weight. We want food that lasts, that adds precious ounces of spiritual wisdom and truth. Let’s be honest, we must consume much to retain little, so we come again and again each day. It’s why reading the Bible – pumping Scripture – is a lifetime regiment.

Do not fast from the Scriptures, or your spiritual muscles will atrophy. Nourish your soul daily with rich and delicious spiritual protein. Eat and drink of the Word of God. Eat of it, and add weight to your faith and understanding. We live in an age of easy Christian believe-ism, but sadly, an age of spiritual malnutrition.

We are heavyweight champions when it comes to spiritual talk, but desperate bantamweights in our Biblical understanding and Christian walk. Have you unwittingly and unwisely been on a spiritual fast? Are your spiritual muscles weakening by abstaining from “pure spiritual protein”? Have you made the error of thinking five pounds of Bible will add five pounds of spiritual muscle?

***If anything is true, it is that for our spiritual muscles to grow we must drink daily from His cup and eat daily of His body.*** We must regularly partake of spiritual food to build up our spiritual muscles.

Do you want to be spiritually healthy? Do you want to “work out” your salvation? Then crave pure spiritual food; eat of it. Desire the Word of God to nourish your soul more than food and drink for your body. **Matthew 6:25, “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”**

To gain an ounce of spiritual weight, you must take on five pounds of spiritual food. Most of what you consume will be burned up as spiritual energy for that day. This is the necessary process to grow in holiness. Insufficient intake means our spiritual muscles atrophy. Do you want to grow up to be like your heavenly Father as I desired to grow up as my earthly Grampy? Then partake daily at His table of nutritious Scripture, you will grow up to be like Him.

***Dear Father, I yearn to add spiritual muscle to life. I have been living out of the reserves lacking in a nutritious spiritual diet. I have tasted and know that the Lord is good. Amen.***

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