

**January 20 | Sunday**

Habits for Spiritual Fitness: Maintain Motivation

Read [Isaiah 59:9-21](#)



**21 | Mon – Inevitable** | Read [Isaiah 59:1](#)

No matter how faithfully consistent you might be, there always comes a time when motivation seems to evaporate. The Lord doesn't seem as close to you as he was in the past. Your prayers don't seem to be paying off. It is tempting to give up. That is the time to fight, to question, to figure out what is really going on so you can move forward. When God *seems* far away, what reminds you that he is not?

**22 | Tue – Who me?** | Read [Isaiah 59:2-4](#)

The prayers of God's people were not being answered. In this case, the reason was their sin. *What?! God's people sin?* At first glance, these descriptions of sin seem too harsh to apply to us. But look at the principle. What motivates someone to murder, or be angry enough to do so? To lie or even tell half-truths? To participate in God-dishonoring activity because, well, who will know? The *why* of an action is as important as the *what*. Restoring your spiritual motivation might start with self-examination. Can you be honest with yourself?

**23 | Wed – Simple, measurable, attainable, relevant, timely goals** | Read [Matthew 17:20](#)

Physical fitness goals have to be challenging but achievable. Spiritual goals are the same. Do you admire people who can pray for hours? Try a one-minute focused prayer at the beginning of each day and notice what God does. Is consistent Bible reading a challenge for you? Read one Psalm a day for a week and note what insights you discover. Do you find it difficult to tithe 10% as God asks us to? Start with giving a smaller percentage of your paycheck for three months and see what happens. What goal will you set for yourself today?

**24 | Thu – Sustainability** | Read [1 Kings 19:1-8](#)

Does discouragement drag you down? That is what happened to one of the Old Testament prophets. In the power of God, Elijah had challenged the false prophets of Baal to a spiritual duel and the result was astounding (1 Kings 18:15-46). But in the aftermath, depression set in. What three things did God provide for Elijah to restore him? See what Elijah was able to do as a result (verse 8). What do you need physically to help you stay strong spiritually?

**25 | Fri – What are you aiming at?** | Read [Hebrews 12:1-3](#) / [Philippians 3:7-9](#)

Jesus was the most spiritually fit person to ever walk the earth. When he was discouraged or tired or faced opposition, what motivated him to keep going? The clue is found in Hebrews 12. Most of the things that negatively affect your motivation will not last, if you do not give up. Does it help when you shift your focus to the big picture, the end goal? Paul described his goal in Philippians 3. What is it that you are pressing toward?

**26 | Sat – A booster shot** | Read [Nehemiah 8:10](#)

Where does your strength come from? The last sentence of this verse holds a clue. What do you think 'the joy of the Lord' is? Could it be his joy which he transplants into your heart? Or is it the joy you get knowing that your persistence makes God smile? Do you know that God understands the obstacles you face? Do you believe He will help when your strength begins to fade? The Lord God is your biggest cheerleader and you will make it!