

# Combat Christian: Day Seven

## Mission Training: Unit One

### Fitness Training 102

#### Spiritual Fitness

There once was a revelation from nature that slapped me up beside the head one Autumn day while looking at the trees in my back yard. The leaves that were once on the trees were now on the ground! Perhaps that is why the other name for Autumn is Fall (Duh!). This was my first experience at watching the seasons come and go. I had spent my life on the West Coast where the seasons are but two. I noticed that in the span of a few days the Apple tree in my back yard had gone from robust and full of greenery to something stark and bare. The leaves, that were once a blessing of shade to me, were now withered and lie motionless on the lawn. Where once they soared to and fro in the cool mountain breeze they were now strewn about in heaps as if huddled in helplessness.

#### Key Verse

***"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers." (Psalms 1:1-3 NIV)***

If there is anything from this key verse that has gripped me, it would be the phrase "whose leaf does not wither." You guessed it! Another bellwether of the Christian faith! Can I characterize my life as being full of health and vigor? As those who are charged by our duty to be constantly in a state of combat readiness, we already know the value of regular physical training. However, as believers, do we engage in the same kind of tenacious activity that will allow us to be spiritually combat ready?

#### ***So What!***

It would appear to me that I should be "delighting in the law of the Lord." Why, because I love to meditate there day and night. As a result I look like a tree that has been planted by a river yielding fruit. If not, then I should be on my knees asking to be pruned by the master arborist confessing that my leaves are withered. Share this struggle with another believer so that they can pray for you!

***"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (James 5:16 NIV)***