



Weekly Devotion

“Discipline makes a man strong”

Men, God has not called us to be two-bit weaklings.

A godly man is a man of tremendous mental and physical strength. A man honors God when he's strong in both body and mind. And if a man wants to build up his physical and spiritual muscles, he must submit himself to proper physical and psychological discipline on a regular basis.

Solomon knew this to be true. So he instructed his son to recognize the benefits of a disciplined lifestyle: “My son, do not reject the discipline of the LORD or loathe His reproof, for whom the LORD loves He reproves, even as a father corrects the son in whom he delights” (Proverbs. 3:11-12).

Now, don't misunderstand the concept of discipline. Solomon's message is clear: Regarding the discipline of his children, God's primary motivation is always love. And his primary goal is always instruction.

No man can avoid discipline. Such an expectation is unrealistic. And unhealthy.

Every man will certainly experience various trials and tribulations in his life. Some we bring about through our own faults, and some arise through no fault of our own. Whatever the cause, we always need to be aware of this fact: God will use the stress

and hardships of this life to bring about good in our lives. I know that sounds counterintuitive, but it's the truth.

God is always in control. He always has a plan. He allows resistance to come into your life with the goal of making you mentally and physically stronger. Remember: God is a good Father. His aim is never to discourage you. Rather, He's always working to toughen up your fortitude because He wants you to be strong enough to overcome the chaos and the hardships of this world—just as He did (John 16:33; 1 John 5:4).

Think of it this way: A man lifts weights to strengthen his muscles and build up his body. But the act of lifting weights initially tears the muscles down. Each pump, pull, and press of a weight causes little tears in the muscles to occur.

This slight damage—this microtrauma—results in muscle soreness because the muscle has been torn apart to an extent. This damage, however, is a controlled damage. It's an essential part of the strength-training process because tearing the muscle down is necessary to build the muscle up.

After the muscle has been broken down, the weightlifter must then rebuild it with proper diet and further training. This disciplined lifestyle facili-

tates muscle growth and over time leads to an increase in muscle size and might.

That post-workout soreness is uncomfortable, for sure. But with this discomfort comes a sense of satisfaction—because the pain testifies to the development of an increased strength.

Sometimes you may feel like the trials and tribulations of this world are tearing you to pieces. In a way, they are. But understand this fact: God will use the microtraumas of this world to strengthen your spiritual muscles. That's why Solomon encourages his son to never run from the discomfort of God's discipline: “do not reject the discipline of the LORD or loathe His reproof.” Instead, embrace it.

Yes, the spiritual strength training God puts us through is an uncomfortable process. But the resulting soreness is proof that God is tearing down the old man and raising up a new and stronger man in his place.

Discipline is essential for growth. God uses the hardships of this life to strengthen your mettle and establish your resolve—because godly masculinity is found not only in the frame of a man's body, but also in the strength of his heart and mind.

Bro. Colin Trisler
Pleasant Grove Baptist Church, Pastor

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