
Where is that stuff now? Some of those things become clothes hangers, closet stuffers collecting dust, or thrown into the yard sale pile. However, we will continue to purchase more and more workout equipment, DVDs, and “cutting edge” dieting guides. Why? Because we get sold on the sizzle. Think about it. You are much more apt to buy something that you believe will help you the most with the least amount of dedication. We buy things because we believe they are revolutionary to the physical training industry. They offer a money back guarantee that you will be ripped like Rocky before he fights Ivan Drago.

**To boil it down, we want maximum results without all the effort. In other words we want the end result without the process.**

From the beginning of time there has never been a magic solution to physical training. Two things I know about this topic. You will never build muscle without resistance. You will never burn fat unless you burn more calories than you take in. There are many things that help you burn calories improve resistance, or even increase energy or reduce appetite so you can burn more calories than you take in. But, without the process of resistance you will never build muscle. And without the process of burning more calories than you take in…..you will not lose weight.

**You have to put in the time in order to get the final results.**

The same goes for our pursuit of godliness.

**1 Tim. 4:7-8**

Having nothing to do with irreverent, silly myths. **Rather train yourself for godliness**; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.
1 Timothy 6:11-12
But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.

If you believe that you can obtain godliness without going through the process, or skipping steps, you should look at the verbiage that is used by Paul to describe the pursuit of godliness.

TRAIN - PURSUE - FIGHT - TAKE HOLD

Those words don’t seem like a walk in the park to me. They seem difficult! But, training for godliness is something worth pursuing. It’s not easy! There will be resistance! But it is worth pursuing. Here are a few reasons why the pursuit of godliness is an essential part of growing as a Christian.

#1 The consistent pursuit of godliness will give you opportunities to reach people.

When you find yourself going through something you will eventually reach out to someone who you feel is a good resource. You will become the resource that others reach out to in their moment of need when you consistently pursue godliness. Who was the last person that came to you for advice? Was that from your pursuit of Godliness?
#2 You faith will be strengthened.

In the middle of your pursuit, like Joseph, you will find yourself in very frustrating situations that you didn’t bring upon yourself, don’t deserve, and didn’t expect. Each one of these events that register as a negative experience in your life are opportunities to increase your faith. What you will find on your timeline is that God will use your moments of frustration to build your faith if you focus on him instead of the frustration.

#3 There is value in the struggle.

We can’t control what happens in our life but we can control our response. The value of what you are faced against is found in your response to it.

Daniel 3:16-18

Announcements:

This week look up “Value in the Struggle - Greg Rohlinger” and watch the clip from Vimeo...you will be encouraged.

Be in prayer for marriages to be strengthened this weekend.

Easter is right around the corner. Who are you inviting?