

## Building Strong 'Faith' Muscles!



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I am a girl who likes (no, make that *needs*) order in her life. I enjoy lists, schedules, boxes, lines, and order. In other words, I like to know what to expect and not have chaos or the unexpected just pop up. God has been addressing this trait in my personality and has shown me that by living in that space, *I* am controlling my life and not allowing *Him* to control it, limiting the Holy Spirit's freedom to do the things I have asked Him to do in my life and the lives of those whom I love. I can't have it both ways, and in His grace, God divinely orchestrates things in my world and in my schedule to cause me to grow and change. As I was speaking to Him regarding the upheaval in my schedule for the last 2 weeks and how frustrated it has made me, I heard Him tell me, "Dana, it's like muscle confusion." Now, that is a concept I have heard and talked about quite a bit in the last couple of months since I started weight lifting, so I immediately understood the comparison. Muscle confusion is a training concept that is focused on intentionally varying your workouts in order to prevent plateaus. Our muscles do not actually become "confused", but rather need to be consistently challenged in order to avoid a decrease in performance and/or strength *gains*. Dr. Dana Ryan puts it this way: "If you do the same exercise the same way every day, your body will adapt to that level of stress and you're less likely to see progression."

I don't know about you, but I can clearly see the connection that God was trying to make with me. Our faith is like a muscle and if it isn't challenged, it will become used to the status quo, the day-to-day routine. The problem is that life isn't "status quo" and it will continually throw you curve balls, generally when you least expect it. How are you going to *lift* that problem to the Lord if you haven't exercised and challenged that muscle in the smaller things of life? How will you *press* into Him when the pressure becomes too great to withstand on your own?

Friends, I know it can be hard to allow the Lord to change, mold, and prune you into His plan, but I also know that He truly has our best interest in mind. He actually takes extreme care in the grace He extends to allow us to learn and build our "faith muscle"; it's purposeful. My hope is that the next time your world feels chaotic, it will be a reminder for you to look to the One who calls all things into order and allow Him to teach you more about what leaning on Him looks like and what getting your strength from Him feels like. Then, instead of being frustrated, you can just smile and flex those big, strong muscles!