



FEELING THE PUMP AGAIN

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When I was younger I used to work out at the gym quite often. Getting books by Arnold Shwarzaneger (or how ever you spell it), and studying his techniques, and putting them into practice, gave me a headstart on my way to becoming a body builder. Back then the movie, "Pumping Iron", had become quite famous, as well as inspirational. Very quickly I became huge with muscles. I was always "pumped." "Pumped" is a term used when the blood moves through your veins and your muscles become very tight. A strange but nice feeling for the bodybuilder. I even painted myself green once and went to a Halloween party as the Hulk. I became very absorbed with lifting weights. However



one day I joined a co-ed health spa and began to lift with a mixed crowd. Within the environment of the health spa I began to see certain aspects of people that were false, or maybe just irritating. Many men would grunt and scream to attract attention to themselves, especially the attention of women. Even women would be trying to impress men constantly. It became more of a place to show off one's flesh than for getting in shape. In the beginning my mind was focused, but soon I couldn't focus with such showing off and such screaming around me. It's not that one doesn't grunt or groan with pain during a workout, one does, especially if you are pushing yourself. It's just that it was getting way out of hand. One day I was going down to the weight room and heard such screaming, I thought, "someone

dropped a barbell on his neck while on the bench press!" I ran down the stairs to help the person and it was a man doing arm curls with a measly thirty five or so pounds on the bar. Here he was, standing up with a helper, and a small amount of weight, screaming as if he was dying. Things like this were common occurrences and soon I fell away from body building. For 20 years I wouldn't go near a gym because of the "hypocrisy" I saw in the people there. Last year, my heart began to beat irregularly. Too much coffee with too much Pepsi, combined with stress, began to take a toll on me and I needed to get back in shape. I was determined to get back in shape. Soon after I got started on a weight lifting program, I began to feel the "pump" again. A feeling I hadn't felt in a long time. Truthfully, I missed it. Very quickly I felt my muscles getting back to what they used to be. I had forgotten a lot of the excersises



used to know, however, slowly but surely it all began to come back to me. My muscles were quickly regaining the shape that they were 20 years ago, (see clipart on first page, well almost ha ha) even though it had been so long since a work out. When I was a young Christian I was very zealous. Sometimes in my zeal I offended people. I didn't mean to, or want to, I just had a desire to see the true kingdom of God established without any compromise. I wanted to see the revivals of old, and it didn't seem to me that many others did, or at least were not willing to pay the price.

that I've returned to working out physically, my motive is different.

that his heart was moved by the presence of God, he used the actions of another as an excuse to stop following God. I know that all our actions affect more than just ourselves. People will always seem to use someone as an excuse or a reason for what they do. Many can be affected by our actions and our attitudes. True, people shouldn't follow people, but they always seem to, and end up making decisions based on

“IT’s easier to maintain your relationship with God than to stop and start up again”

I worked constantly for the gospel. Many times though, my works were for God’s acceptance, trying to win God’s approval.



As well as in the spiritual, my motive is now different as well. Though I might have used others as an excuse for not keeping in physical shape, I can’t anymore.

It seemed that when I came to understand God’s love my zeal diminished. I lost my spiritual "pump." Now that I understand God’s unconditional love, I want the zeal back. My spiritual heart is beating irregular and I need to workout again and feel the spiritual "pump" again, because in all honesty, I miss it. Now

Can you imagine me going to a doctor and saying that the reason I don’t keep in shape is because there are too many hypocrites in the weight room? He’d think I had a bigger problem, in my head. I know for many, they make the same mistake with God that I made in weight lifting. They set their eyes on other people and draw a conclusion about the whole church. I constantly hear that this one or that one fell away because he saw something he didn’t like about someone and now is throwing in the towel. Recently, I was talking to a man who had been in church some two years ago but because he began to see certain things in others, he backslid. Even though he could say that when he worshipped he felt the joy and peace of the Lord, and

others. We also deal with some who think they have gone beyond the grace of God and cannot be restored. However, it’s just a matter of getting back again. Once I began to exercise again I quickly regained ground that was always there that I had just been letting lay dormant. But the potential never left. Now as I begin to move the muscles once again they are responding as they did a long time ago. When someone falls away from God, he needs to begin to do the things



he did at first. He needs to move those spiritual muscles again that have been dormant. Maybe he doesn't remember how, but if he sticks with it God will again reveal Himself to him. Finding out the hard way is difficult. Had I had stuck with the physical training all those years, I probably wouldn't have come into this type of physical hardship. It's easier to maintain than to start up.

**“You've been on this
mountain long
enough, turn and
move North”**

Once you've stopped, there's a breakdown and starting up again becomes difficult. So it is in the Spirit, it's easier to maintain your relationship with God than to stop and then start up again.

When I started up again, it was for health reasons and may we understand, the spiritually inactive are in bad spiritual health. Your heart doesn't beat right anymore, you're weak and if you don't get back, you'll become very sick and could die a premature death. A lot of stress and hardship could have been avoided had there been right motives and a little more determination in the

first place. For those who might be in this type of boat I would encourage you to get back with God. Those spiritual muscles that you once had are still there just needing to be awoken. Do you miss the "pump" of God's zeal? Do you miss the fire you once had? Do you miss the place you used to be? Have others caused you to turn away from God? That excuse won't work anymore. On judgement day there won't be three options, yes, no, or your best excuse. If an understanding of God has slowed you down, it was never for that purpose. Now that you have it, use it for what it's for, serving God zealously. Do it now before it's too late. In Deuteronomy, chapter 2, the Lord speaks to the children of Israel and says, "You

they rose up and tried to go into the promised land without having gotten right with the Lord. They got beaten down by their enemies and began to make one bad decision after another. Numbers 14-20 relates all the bad decisions they made on this mountain of defeat. God finally says to them, "Have you had enough yet? I have. You've been on this mountain of defeat long enough. Time to move on. Turn north, or turn upwards, toward Me again and get off this mountain." They had circled that mountain many times. Many of us are just like that. Our walk with God is one trip around the mountain after another, until we're dizzy. We might even get fed up with it but never turn north, towards God, and

have now spent enough time moving about these hills, turn and head north." Deut.2:3 The mountain they had been circling for so long was where they sinned by not believing the spies that had been sent to spy out the promised land in Numbers chapter 12-14. Then, in disobedience

move on. God's instruction toward us if we haven't been advancing or moving ahead is: turn first to Him, then forward. This mountain was meant to be a quick pass to the promised land and ended up becoming a stumbling block for too long of a time. In Joshua 22:17 there is still a word about never having been the same after the time on the mountain. They

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Feeling the pump again

were never able to shake it. For me, I want to get back on the northern path. The thing about the mountain is that it can seem to be just like home after a while, but it's not, nor will it ever be anything more than a campsite while waiting for the positive report. Unfortunately that never happened and they stalled in their walk with God for a long time. Are you stalled in your walk with God? Have you just been going around in circles and not

circling the mountain becomes offensive to God because it proves doubt and unbelief.

You've taken your own life into your own hands. Repentance provides an escape. Time to get right. Time to move on God says. Time to pick up where you left off and continue. First step is back to Him (north), then straight ahead. If you do this you'll begin to feel those old muscles that have been dormant for so long begin to start

wants for your life. Get back faithfully; begin to seek Him again with all your heart and you'll feel the spiritual pump again. "Repent and turn about so that your sins may be wiped away and that seasons of refreshing may come from the presence of the Lord.." Acts 4:19

advancing? It's imperative to see that flowing with strength that has always been there. It's what God