

## “Are you sure it isn’t heavy?”

By Roberto Bruno

Derek Poundstone is known as the “Strongest Man in the World”. To earn such a title several feats of strength must be accomplished during the Arnold Strongman Classic Competition. There are several events that must be completed to win the title. First there is the “atlas stone”. The stone is a 500lbs cement ball which must be deadlifted several times. Then there is the “log lift”, a 9ft, 400lbs log that must be lifted over the head with arms fully extended several times. Lastly there is the “car deadlift”, where the back of a 3,500lbs car is lifted several times.

Wow! I’m impressed. Can you imagine the hard work that goes into becoming that strong? It must be a very difficult and time consuming process. Hard work is human nature. Regardless if we are trying to achieve physical strength, make ends meet, or advance in a career. One must work hard to accomplish goals in life but when it comes to spiritual matters this mentality falls short.

*“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly place”*. Ephesians 10:12. The battles we wage against are not physical but spiritual. If we try to get by with our normal thought process (*“if I work hard I’ll accomplish”*) it will just lead to frustration. Though we may be very capable people, the battle is not ours. *“... the LORD does not save with sword and spear; for the battle is the LORD’s...”* Our life situations belong to the Lord. Our trials belong to the Lord. Our children belong to the Lord. Our health belongs to the Lord... You get the point, right?!

The carnal mind throws a wrench in our spirituality and annoys God. *“The carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be”*.

Romans 8:7. The natural mind doesn’t understand the mind of God. You know the verse?! *“For My thoughts are not your thoughts, nor are your ways My ways,” says the LORD.*

Isaiah 55:8.

Let’s give God a chance to do the heavy lifting for a change and tell our anxiety to take a seat and be quiet. God’s got this!

