



Becoming A

SPIRITUAL

**HEAVY
WEIGHT**

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'Tekel means 'weighed'—you have been weighed on the balances and have not measured up.' Daniel 5:27

We are all constantly being weighed either in the physical or spiritual. While it's obvious when someone is a physical heavyweight, it's not necessarily the case with spiritual weight as God's measuring system is very different from ours – also the key metrics may not be what we think they are.

I am sure we must have wondered at some point: why is it that some people will fast and pray extensively to achieve the same result as someone who just makes a declaration? This tells us that we don't all carry the same weight and that the weight we carry has a direct correlation to our level of spiritual influence and power

This series we are looking at how we can increase our 'weight' in the spirit. Our prayer is that the Lord will use this series to open our eyes to what He values and help us align our lives accordingly.



Day 1 The Love Factor

“If I could speak all the languages of earth and of angels, but didn’t love others, I would only be a noisy gong or a clanging cymbal. If I had the gift of prophecy, and if I understood all of God’s secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn’t love others, I would be nothing. If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn’t love others, I would have gained nothing.” 1 Corinthians 13:1-3 NLT

When we think of spiritual ‘heavyweights’ we often think of the activities we see: how much of the Bible they seem to know, how long they pray or the multitude of their good works. All these are important in our walk, but the starting point of anything with God is our motives. We see the activities, but God sees the intention. It’s not enough to have wonderful activities without love being the motive. As Paul put it clearly, love is the defining factor of anything we do with/for God. Otherwise, it carries no weight.

“He who does not love does not know God, for God is love.” 1 John 4:8

“If you love Me, keep My commandments.” John 14:15

This love is not a feeling or a sensation, it’s an action. Loving God means obeying what He tells us to do. Loving others means treating them the way God would – not making it about ourselves. Love weighs more than all things because when we walk in love we reflect God’s character as His representatives, showing who Jesus is to the world.

“Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.” 1 Corinthians 13:4-7

We are constantly being refined so more love can work in and through us until we reach the ultimate goal of loving like Jesus: unconditionally and not dependent on how others respond to us. That’s why only God can help us love the way He does.

Prayer: Father help me to truly love You and love others as Jesus would.

Day 2 Presence

'And Elijah... said to Ahab, "As the Lord God of Israel lives, before whom I stand, there shall not be dew nor rain these years, except at my word.'" I Kings 17:1

One of the keys to how Elijah was able to stop the rain is in his introduction of himself as someone who stands in the presence of God – meaning he had a daily, committed personal walk with God. Name anyone else in the Bible who did anything significant and you'll see that they were all people who spent time with God and benefitted from carrying His presence with them. Anyone we see doing great things for God would have first committed time in the secret place with Him because it's presence that determines performance.

Imagine putting water in a bucket and dropping a sponge in the bucket - the longer the sponge stays in the bucket, the more liquid it absorbs so even if it's out of the bucket it will still retain some of the liquid. Staying in God's presence is like soaking a foam sponge in a liquid. The longer we stay with Him, the more of His presence we absorb and carry around with us.

'Then he said to Him, "If Your Presence does not go with us, do not bring us up from here.'" Exodus 33:15

Moses understood a critical fact – if the Israelites attempted to go about without God's presence they would be in great trouble as their enemies would overcome them. Likewise if we attempt to go about our lives being casual about spending time in His presence, we open ourselves up to situations that will constantly attack our desire for God and weaken us. The enemy knows where our power source is and does everything possible to challenge it.

'He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.' Psalms 91:1

God's ideal is for us to dwell in the secret place, not be casual visitors. Looking at our sponge example, we may still be experiencing some results based on the liquid we have absorbed, but if we neglect absorbing more liquid continuously it will just be a matter of time before we 'dry up'. A wet foam sponge will always weigh more than a dry one...

Prayer: Lord make me a person who dwells in Your presence.



Day 3

Acceptable Service

'And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable...' Romans 12:1

Sometimes we think that there are two versions of us: one for Church and another for every other environment. True there are some people who have a specific mandate to function in Church ministry, but because our lives should be a living sacrifice to the Lord every believer is actually in service to Him wherever we find ourselves. Teachers, bankers, students, businesspeople, etc. whatever we do is service to the Lord.

'People may be pure in their own eyes, but the Lord examines their motives.' Proverbs 16:2

The critical thing about our service to the Lord is that it has to be acceptable to Him. Are we serving in a manner that honours God or are we just honouring ourselves? Do we feel what we do for God is a favour to Him or a privilege for us? How do we treat those around us? Are we focused on doing things so people will applaud us, or are we happy to do what we know will please God even if no one sees or acknowledges what we're doing? Do we seek His will and put His kingdom first in all that we do?

'And so the Lord says, "These people say they are mine. They honor me with their lips, but their hearts are far from me..."' Isaiah 29:13

'But seek first the kingdom of God and His righteousness, and all these things shall be added to you.' Matthew 6:33

When it comes to service to the Lord, the Why is much more important to God than the What. Meaning it may be possible to do something everyone thinks is amazing, but if in our heart we want the praise for ourselves then it won't count before God (Matt 6:1). Whereas something that others count small may weigh much more to Him (Lk 21:1-4). It's not about what we say or do, but the state of our heart as we do it that carries 'weight' before Him.

Prayer: Lord let my life be an acceptable service to You. Whatever it is You would have me do, please help me do it with a heart that's pleasing to You.

Day 4

Trust

'Then He said to them, "Follow Me, and I will make you fishers of men." They immediately left their nets and followed Him.' Matthew 4:19-20

When we read about the exploits of the great men and women in the Bible, we're seeing things from the perspective of the finished state – we know how the story ends. But in practical terms, the people who walked with God in the Old and New Testament were functioning based on trust in God. They heard the Lord say 'Go' and they went, or 'do this' and they did it.

'... the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them.'" Acts 13:2

Abram didn't have a full blueprint of how things would turn out when the Lord told him to leave his home at age 75 (Gen 12:1). Neither did the Apostles when Jesus asked them to follow Him, or anyone else that the Holy Spirit called. There's a significant amount of trust and obedience involved in becoming a spiritual heavyweight as times will come when one has to decide to take God at His word and proceed based on that, or not.

'The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you.' Psalms 32:8

'Your ears shall hear a word behind you, saying, "This is the way, walk in it," whenever you turn to the right hand or whenever you turn to the left.' Isaiah 30:21

God's best pathway isn't one that we can predetermine by ourselves, we have to stay close to Him listening for His current instruction, trusting that He is working things out for us even when it's not obvious to the natural eye. We may not know for certain how God will maximize the impact the instructions He is giving us for our homes, businesses, schools, careers, etc. because that's His prerogative. And it doesn't have to be just the 'big' instructions such as relocate, it could simply be reaching out to people He puts on our minds and acting in a manner that pleases Him. Our responsibility is to trust and obey.

Prayer: Lord help me to trust you, even when things are not 100% clear to me. I know Your plans for me can only be good

Day 5 Faithfulness

“The master was full of praise. ‘Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities....’”
Matthew 25:21 NLT

Let’s not forget that God rewards not just goodness, but also Faithfulness. It’s not about the activity alone, the consistency also counts. To be faithful is to be devoted, committed, trustworthy and reliable. What is faithfulness to God? It’s doing everything He says without exception and doing it well consistently.

“...Great is Your faithfulness” Lamentations 3:23

“He who calls you is faithful, who also will do it.” 1 Thessalonians 5:24

Sometimes we treat God’s word and instructions like a buffet where we pick and choose what we want and how often we do it. But that’s not how God expects us to function. God is faithful and expects us to reflect His character in every area. Faithfulness isn’t just about major things, it’s actually more about the supposed ‘small’ things. The Bible tells us that we must demonstrate faithfulness in small things before bigger things will be given to us. Is it possible that we are not functioning in bigger things because we haven’t been faithful in the small ones?

“If you love Me, keep My commandments.” John 14:15

“Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.” Matthew 16:24

Keeping the Lord’s commandments is all encompassing and those who carry weight with Him are those who understand this. Their commitment to God is unshakeable regardless of the personal cost. There will be times when we have a different idea or desire from what God would have us do at the time, but when we choose to lay our personal desires aside, we step into faithfulness. It will not always be convenient or comfortable, and at times may be quite the opposite. Those who choose to be consistently faithful regardless carry weight with God.

Reflect: Are there things in your life that you are loyal to that might take away from your faithfulness to God as opposed to strengthen it? What are those things?

Prayer: Lord, help me be faithful as I cannot be so in my own strength.

Day 6 Tenacity

'We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed...' 2 Corinthians 4:8-9

There's no one who has made any significant impact in any area that has had it easy all through and walking with God is no different. In spite of personal doubts, opposition and jeers from others there's a determination and persistence must have in order to walk with God right to the end. Jesus made it very clear to us that the journey will not be an easy one, however we are encouraged because He has given us victory.

'...so stand fast in the Lord, beloved.' Philippians 4:1

'Yet in all these things we are more than conquerors through Him who loved us.' Romans 8:37

There's a doggedness required on this journey because there will be several things opposing us. The Bible wouldn't call us more than conquerors if there weren't many things to overcome. Neither would we have to stand fast if there weren't going to be times of feeling overwhelmed and wanting to fall. But we have this assurance, that God who called us is faithful and He upholds us as we hold on to His strength not ours.

'... let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith...' Hebrews 12:1-2

The only one we should look to is Jesus. He is the one who strengthens, encourages, supports and comforts us. Anyone who tries to stand in his/her own ability or capacity alone is bound to fall sooner or later. So the 'heavy weights' learn that strength and endurance can only come from total surrender to Jesus.

Prayer: Lord I have decided to be tenacious in my walk with You. Give me strength to be more than a conqueror and the grace to keep standing firm in You through it all.

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