



So as most of us know if we want to stay fit and healthy then there has to be some pain, right? I have great plans to stay fit, get into a routine but other stuff gets in the way and really I don't give it 100%. When I see people show up for a 60 minute workout, and giving 100% the entire time I feel inspired. You see I know 100% effort pays a high return but if someone showed up for a 60 min workout, and only put 10 mins of effort into the workout, then sipped coffee and watched ESPN the rest of the time, the results are not going to be good. Now, we all know giving just 10% would be a waste of time with the 60 mins of workout time we allotted in our schedule. But for whatever reason many Christians, including myself at times, have allowed that 10% attitude into their daily, and weekly walk with God. We have grown comfortable with only giving God 10% effort in our mental, spiritual, emotional and physical lives. I believe we would all agree that this needs to change. We need to commit to giving God 100% effort in every area and break free from this *10% will do mindset*. We need to experience living to give God 100% of our lives and trusting Him completely with the return on our investment.

We need to belong to a community of like minded people, striving for more and more of God. This is one of the great things about CrossFit. This community is one where people show up, and give 100% for their workouts. Now CrossFit is cool because they accept you in the community where you are, but challenge you to give 100% where you are, and never stop challenging yourself to the next level. We need this with every area of life. We need to constantly be giving 100% where we are, and allowing the Lord to grow us into who we are destined to become tomorrow. We all need to commit to live 100% daily for JESUS! You see I think most of us don't truly believe that you can't out give God. If you did, and I did, what would or lives look like? What would

our giving look like to our local church? What would our giving of worship look like with our body? What would every area of our life look like? I don't know about you but I want to find out. Let's commit to trust God fully, even more than what we feel in the moment. Just think back to the last time you felt God leading you to do something, and you didn't feel like it in the moment...but then you did it anyway. I believe in our hearts we never regret those decisions but we regret constantly when we feel God leading us and we choose our comfort zone over obeying Him 100%. If we aren't reading and learning from the lives of these great men and women in the Bible, I believe we aren't being challenged to our highest level. From Moses, to Elijah, to Esther, to Ruth, to Paul to Peter, not one of them just gave 10% and then left God out of the other 90% of their life. If they did, would God love them the same? Absolutely. Our actions cannot change God's love for us. But would they have seen God's hand of blessing on them so strong? We would all agree that they wouldn't have. God was able to use them so greatly because they gave God 100% of their lives, and not just 10%.



"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us," Hebrews 12:1 (NIV)

I pray that this encourages all of us to push ourselves more. Whether it's in our relationship with the Holy Spirit, or our relationship with our spouse or kids, or with our body, finances or any their area. I pray we commit to give God 100% effort every day for the rest of our short stay on this earth.

"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you." Romans 12:1-2 (MSG)