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Change for the Right Reasons

What's Motivating You?

I have often shared with the Home Assembly family my struggle with change in my own life. I'm not the only one who has this challenge as it is part of the human experience.

At the beginning of the week I went to the gym to exercise. In my mind I committed to workout at least 5 days this week. Well, after the first day I was so sore and stiff I didn't make it for two days after that. However, I went today and operated at a slower pace. I could feel the kinks and aches in my legs and hips, but I pushed through and remained the whole hour on the treadmill. (BTW: I prefer the treadmill as my choice of exercise equipment). Of course there were many other people coming in and some of the other ladies looked like they were quite in shape. When I see how they look then I say to myself you can do it. Just stick to the plan and go workout.

The real truth is the first day I went I overdid it. I competed with a lady next to me who was walking at 4mph with a 0 incline and she was pregnant. I could not let her out walk me. So decided I would do the same thing. The result was I missed two days trying to recover from it.

I am adapting to making the change that I need to exercise and eat right to be healthy. However, I learned something. Your commitment to change to do what's best will be thwarted if you are motivated for the wrong reasons. My reason to exercise should not be contingent on what I see someone else do or how someone else looks. I need to commit to change my lifestyle and exercise because I want my body, which is the temple of the Lord, to be healthy so I can glorify Him in my life in all areas.

We must adapt to change in our lives in many areas in order to be our best, but make sure your commitment to that change is springing from the right source.

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