



Matthew 22:37 *“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”*

The choice Part Three: lifestyle

There was a time in my life when I had to choose. No, it was not about God. My choice was to be with my kids with their mom and her new boyfriend. The kicker for me was that I was still single and we had only been separated for a short time. A lady friend of mine told me I had to go for them, for the kids. Yet, I had to swallow a ton that day to even show up. It was a mountain I could not climb alone. It had only been a few short months before that I had made a choice for God. I have to tell you, choosing God and going through divorce at the same time is not recommended. It was more than tough. I lost her and found a lost soul: me. A changed perspective with God only added to the mess. It truly was the toughest time in my life.

There I sat across from her and him. The new couple with my kids. I have no idea how I survived that day. Yet, unbeknown to me was a favor. You see, I could have entered that situation alone. More than likely I would have declined to be there. Yet, God knew better. He needed me there. For him? Maybe, but I think that gift was for my kids and my soul. I needed to learn how to fight. Who teaches you how to fight? In the boxing world it's a trainer. Lucky for me I had just found a character trainer: God. He took that day and made a man out of me. I began to be brave. To look in the mirror and see more than I did before. God asked me to choose him. He also asked me to choose to face my fears. Yet, I was not alone. I had a trainer for the fight.

Since that time, I have tried to refine what it means to fight the good fight. Jesus said in the verse at the top to love the Lord with your body, spirit, and soul.” This might seem strange but I took that to heart. How can a sick body love God? Equal to this is how someone could love God with an unhealthy mind or soul? To compound these questions in my mind: what could life and retirement look like? No, I’m not retiring but one day I will. One day I will die too. How will I go out? How could I enter retirement life? I needed habits. I needed a plan. How to fight the fears I’ve fought? To win in all these areas I need to create a training plan with my trainer: God.

My lifestyle these days consists of working out. I read at least 12 books a year to keep my mind going. On top of that I listen to a variety of podcasts and YouTube channels. Trust me I’m working my mind. Then comes the soul. I still have fights and fears to overcome. I still get afraid. Yet, the words of Dr. Laura keep coming back “men you need spirituality, you know you do.” To have a strong life I need help through my trainer. I need a strong soul. That means I read my Bible to hear God’s wisdom. I need to sing praise at church. I need Christian people like that lady telling me to fight for my kids. I still need God to train me, I’m not retired yet!

It’s unbelievable to me that some people just think church and Christianity are hokey. That it’s meaningless. Yet, they have never tried. It has never crossed their mind that soul training might make life easier. That we need it to win more than we lose. Did I win my Ex-wife back? No, but I gained confidence and strength. I looked brave to my kids. I found that I was stronger than I thought. Tonight, I am battling another situation far less painful but equally trying. One thing I remember is that my trainer pulled me through before and he will do it again. How do I know? It’s because, in all my trials, he has always found a way though when I prayed. Always helped me decide the right path when I chose to ask.

Spirituality means you're never alone. It means there is always an answer. It's not about winning but growing stronger every day. Climbing tough mountains will do that for you. Having someone greater than the mountain helps. I listened to a song tonight that said God is at the top of the mountains and deep in the valleys. To choose to believe in God means you will choose to fight your mountains and overcome. It means you will survive your valleys because you're not alone. Believing in God is not just a gimmick to take your money or steal your identity. The God of the mountain is the God of the valley. This believing thing is all about you and your maker. What kind of person do you want to be? What will get you there? What if it was God? Isn't that something worth believing in?

John 1:12 *"But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name."*

Matthew 17:20 *"He replied, 'Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.'"*