



Let's Go Higher

DEVOTIONALS

Sermon: "CROSS Fit Pt. 2"

PASTOR TYRONE KING

Day 1: The Struggle is Real

Devotional: Life as a follower of Jesus isn't a casual stroll through a peaceful garden. It's more like spiritual CrossFit training - demanding, challenging, but ultimately transformative. When you decided to follow Christ, something significant happened that many don't talk about enough: a target was placed on your back. The enemy doesn't appreciate losing ground, and he'll fight to pull you back into old patterns and destructive habits. But here's the encouraging truth: God wouldn't call you to something He hasn't already equipped you to handle. The struggle you're facing today isn't a sign that you're failing - it's evidence that you're moving in the right direction. Every battle you fight, every temptation you resist, every moment you choose God's way over your own is building spiritual muscle that will serve you for a lifetime. Remember, you're not in this fight alone. The same Spirit that raised Jesus from the dead lives in you, giving you power to overcome whatever challenges come your way.

Bible Verse: 'I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.' - Galatians 2:20

Reflection Question: What specific struggle are you facing today that might actually be evidence of your spiritual growth rather than failure?

Prayer: Lord, help me see my struggles through Your eyes. Give me strength to persevere, knowing that You are building something beautiful in me through every challenge.



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Day 2: The Death That Leads to Life

Devotional: One of the hardest truths in Christianity is that before you can truly live, you must first die. Not physical death, but something far more challenging - dying to yourself. This isn't about self-improvement or trying harder; it's about complete surrender of your will, your plans, your pride, and your way of doing things. Think of it like this: imagine you're holding tightly to a handful of sand, trying to keep every grain from slipping through your fingers. The harder you squeeze, the more you lose. But when you open your hand completely, you can receive something far better than what you were trying to hold onto. Dying to self means releasing control and trusting that God's plans are better than yours. It means saying no to thoughts and desires that pull you away from His best. Yes, it's difficult, but on the other side of this death is a life more abundant and fulfilling than anything you could create on your own.

Bible Verse: 'For whoever wants to save their life will lose it, but whoever loses their life for me will find it.' - Matthew 16:25

Reflection Question: What area of your life are you still trying to control instead of surrendering to God's better plan?

Quote: Just before you can have life the way you need to have it and want to have it in Lord God, you gotta die. You gotta die to some things. You gotta die to self.

Prayer: Father, I surrender my will to Yours today. Help me trust that Your plans for me are good, even when letting go feels scary.



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Day 3: Taking Up Your Cross Daily

Devotional: The cross wasn't jewelry in Jesus' time - it was an instrument of execution that condemned criminals carried to their own death. When Jesus calls us to take up our cross daily, He's asking us to embrace a lifestyle of daily surrender and obedience, even when it's uncomfortable or costly. This daily cross-carrying means making your thoughts and emotions submit to Christ's authority. It's about capturing every thought that doesn't align with God's truth and replacing it with His perspective. Some days this feels easier than others, and that's okay. The key word here is 'daily' - it's not a one-time decision but a daily choice to follow Jesus' lead. Here's the beautiful part: you don't have to carry this cross alone. Sometimes your flesh is weak, and you need fellow believers to help you stay strong. There's no shame in asking for help when you're struggling. In fact, it's wisdom to recognize when you're too close to the edge and need support.

Bible Verse: 'We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.' - 2 Corinthians 10:5

Reflection Question: What thoughts or emotions do you need to surrender to Christ's authority today, and who in your life can help you stay accountable?

Quote: Sometimes our flesh is weak. The spirit is willing, but the flesh is weak. And sometimes you need somebody to help you carry that cross.

Prayer: Jesus, I choose to take up my cross today and follow You. Help me capture every thought that doesn't honor You and replace it with Your truth.



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Day 4: Walking in Obedience

Devotional: When you truly surrender your life to Jesus, something powerful happens: He takes His rightful place on the throne of your heart, and you step down from trying to run your own life. This isn't about losing your identity - it's about discovering who you were always meant to be in Christ. Obedience to God isn't burdensome; it's the pathway to freedom and purpose. When Jesus is reigning in your life, you can walk confidently in what He has called and purposed you to do. You're no longer stumbling around in the dark, trying to figure out life on your own. You have divine guidance and supernatural strength for every challenge. Remember, obedience must always be better than anything you're willing to sacrifice. The temporary pleasures and achievements of this world pale in comparison to the eternal rewards of following Christ. When you choose His way over your way, you're investing in something that will last forever.

Bible Verse: 'Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.' - 3 John 1:2

Reflection Question: In what area of your life do you need to step down from the throne and let Jesus take His rightful place as Lord?

Quote: You've given up, all of you for more of him. And now Jesus is reigning on the throne. You, you've got off the throne. You put Jesus in his rightful place now, and now you can walk in obedience to what the Lord God has called you and purpose for you to do.

Prayer: Lord Jesus, I acknowledge You as the rightful King of my life. Help me walk in obedience to Your will, trusting that Your way is always best.



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Day 5: The Abundant Life Reward

Devotional: Here's the incredible promise that makes every sacrifice worth it: when you lose your life for Jesus' sake, you don't actually lose anything - you gain everything that truly matters. You get more life, more peace, more joy, more breakthrough, and more blessings. Best of all, you get more of Jesus Himself. This isn't about material prosperity alone, though God desires for you to prosper physically as you prosper spiritually. It's about discovering that everything you truly need is found in Christ. Apart from Him, you can do nothing of eternal significance, but with Him, all things are possible. The world offers temporary satisfaction that leaves you empty, like Esau trading his birthright for a bowl of soup. But Jesus offers lasting fulfillment that satisfies your deepest longings. When you've walked this path of surrender and obedience, you'll find yourself saying with confidence: 'I wouldn't trade anything for who I am in the Lord Jesus Christ today.'

Bible Verse: 'The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.' - John 10:10

Reflection Question: What temporary pleasure or achievement are you tempted to pursue instead of the abundant life Jesus offers?

Quote: What you get is more life. You get more peace. You get more joy, more change, more breakthrough. Amen. More blessings. Oh, come on, somebody. Yeah. Yeah. And best of all, you get more Jesus.

Prayer: Thank You, Jesus, for the abundant life You've given me. Help me never trade Your best for the world's temporary offerings.