

## James 4:7

***Therefore submit to God. Resist the devil and he will flee from you.***

How often do we tend to do the opposite of what this verse says to do? This verse says to ***“submit to God”*** Yet how many tend to fall more into submitting to the devil and his temptations. It also says that we should ***“Resist the devil”*** Yet so many rather choose to resist God, Jesus and the Holy Spirit, so that they can give into sin, instead of running from sin.

Even knowing that, how many say that they are struggling with sin, be it alcohol, pornography, lust, overeating, lying, stealing, not reading their bible every day, etc.... yet they don't even attempt to do what the bible says, which is to ***“Resist the devil.”*** If you were being robbed, wouldn't you fight against the one robbing you? Of course you would, and that would be resisting the robber, because you would not want to just hand over your wallet or money, which would be giving in to the robber and letting them have their way.

Today's verse also says that we should ***“Resist the devil and he will flee from you.”*** If you resist or fight against a robber, it would be very likely that you are stronger than him or her and they would end up fleeing from you, or they just don't want to deal with someone who would fight back and will run off looking for easier prey. Just as satan would flee when we resist him, because he sees your strength, and that strength is the Lord Who dwells in you, and he will find someone else who is more apt to give in to his temptations.

Yet how many are being robbed of the Joy and abundant life that the Lord has for them, simply because they are handing over all those great things that the Lord has given to them to satan. In the bible, Jesus says about satan that, ***“The thief does not come except to steal, and to kill, and to destroy.”*** But Jesus also says in the same verse (referring now to Himself) that: ***“I have come that they may have life, and that they may have it more abundantly.”*** **John 10:10**

Jesus came to give us life, but are you resisting that life and handing it over to the enemy who will gladly take it from you, and in return he is stealing from you, and killing and destroying you and your family?

The book of Hebrews says, ***“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”*** **Hebrews 12:1**

When you watch the Olympics, think about all those participating and how they ***“ran with endurance the race that was set before them”***, because they knew if they gave up, they would lose the race, or whatever event that they were participating in. And even though there were times that you could tell that their bodies were screaming out in pain as they gave their all, they did not allow that to stop them, because they knew the prize that was awaiting them. And even if they knew they wouldn't win, they still endured to the end and finished the race (or event) that

they were in, because I'm sure they would rather say that they ran a race in the Summer Olympics and finished the race, even though they came in last, verses saying that they ran a race in the Olympics and gave up and didn't finish the race at all. Because it's not always about the prize, but just the satisfaction of knowing that they gave their all and didn't quit, even when it seemed all hope of winning was gone.

For those who won, it was a medal, but for us it's a crown and eternal life with Jesus in heaven, if we complete the race and don't give up.

† **1 Corinthians 9:25 (NLT2)** *All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.*

But in order to obtain that, we must *“lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”* And *“submit to God”* as well as *“Resist the devil.”*

Notice it says to *“lay aside every weight, and the sin which so easily ensnares us”* If you watched these athletes, they wore as little as possible, because anything extra would just weigh and slow them down. That's what sin does. We run the race, but it's tougher to run when you are carrying all your sins along with you. *“Therefore submit”* your sins to **“God”** and you will find the race is so much easier to run when your body is more toned because you chose to sin less and submit to God more.

† **2 Timothy 2:22** *Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.*

† **1 Timothy 4:8** *For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.*