

e-KardíaGram

Exercise Physiology

"It was because you haven't enough faith," answered Jesus. "I assure you that if you have faith as big as a mustard seed, you can say to this hill, 'Go from here to there!' and it will go. You could do anything!" (Matthew 17:20 GNB)

"For with God nothing will be impossible." (Luke 1:37 NKJV)

Jesus replied, "The things that are impossible for people are possible for God." (Luke 18:27 ISV)

Increases aren't always beneficial, but often "bigger" means improved function in exercise physiology. More heart beats and a larger stroke volume in physical training leads to a higher cardiac output for better performance. A larger cross-sectional area of a muscle from strength training equates to the muscle's increased capacity to exert force. Indeed, no athlete will achieve a great competitive feat without a vision to accomplish it and the necessary increases in his or her capacities.

What are the contexts of the verses above and how do they relate to this? Demons ordered away. A baby conceived in a woman who was way beyond her childbearing years. People entering the kingdom of God. Great feats. Big visions. Supernatural opportunities. Chances are good that your typical daily needs aren't quite as dramatic as those encountered by the Lord Jesus. But, the chances are also good that some of your daily needs seem that dramatic to you. Remember that Jesus' most dramatic accomplishment was not actually doing an impossible task. No, that was quite simple compared to getting people to believe that the task could be done. Then He brought the increases needed to do it.

It's the same story today. We can't even get to the point of doing something big that needs to be done because we doubt it can happen. Our vision is lacking. Our efforts are impaired by our own limited view of "possible" and the increases we need for success are scaled back to neutral. Now, what is your big vision today for which you need God in the equation? —Jeff Russell