



revAMPED

encouragement and wisdom for the journey : a devotional



body&soul.
FITNESS



revAMPED

Revamped is defined as “give new and improved form”, and this is what’s happening in the ministry of Body & Soul Fitness. We are focusing on our mission to share faith through fitness, and revving up our commitment to be renewed and ‘amped up’ by God’s faithfulness. Join us as we consider the following devotional themes:

- Renew & Revamp
- Rev up!
- Refresh & Restore
- Ready
- Revive

“He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.” (Psalm 40:3 NLT)

READY, SET, GO,



Amy Stafford
President,
Body & Soul Fitness



Jeannie Blocher
Director of
Spiritual Impact

Alive (Studio Version) Hillsong Young & Free
Eye on It TobyMac
5, 6, 7, 8 Newworldson
F-I-R-E (feat. Manwell Reyes) Press Play
The More Mikeschair
Let It Roll Group 1 Crew
Tonight (feat. John Cooper) TobyMac
Turbo Style Beckah Shae
King of the Comebacks Audio Adrenaline
Move (Keep Walkin') TobyMac
Ready Set Go (feat. Capital Kings) Royal Tailor
Don't Miss It Francesca Battistelli
Messengers (feat. for King & Country) LeCrae
I'll Be Alright Beckah Shae
Talk to Me Abandon
Mighty Beckah Shae
Psalm 23+ Group 1 Crew
Ready or Not (feat. LeCrae) Britt Nicole
All This Time Britt Nicole
Light Up the Sky The Afters
Stronger Mandisa
Strong Enough to Save Tenth Avenue North
Same Power Jeremy Camp
Greater is He Blanca
Desde Que La Conoci Hechos de Barro
Gimme That Funk Group 1 Crew
Backseat Driver (feat. Hollyn & TRU) TobyMac
Crazy Ayiesha Woods
One Girl Can Change the World Shuree
Sanctuary (feat. Mike Real) Flame
J.E.S.U.S. Hechos de Barro
L.O.V.E. Tembalami
Higher Unspoken

I NEED A NEW SONG!

You know that song that keeps getting stuck in your head? You know, the one that you love and know all the words to, and yet you wish you could get it out of your head because it's playing on repeat! Oh, how you long for fresh lyrics...a different beat...a new song. Psalm 40:3 in the New Living Translation reads: *"He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD."* This scripture verse is a prayer of thanksgiving and praise for God's faithfulness. Consider the many ways that God has been faithful to you. Write down the top 3 that come into your mind here: _____, _____, _____. Now turn those into a song of sorts, and let it play on repeat. Be renewed by the power and the truth of God's faithfulness. This is your new song. Praise!



YOUR SPIRITUAL REVAMP

As you think about what might need to be “revamped” about your life, **consider a spiritual revamp.** Has your spiritual life been “ho-hum” recently? Do you start your day with a spiritual perspective, or just jump in, checking things off your to-do list without much thought about the greater story of your life? I invite you to take seriously the words from 2 Corinthians 5:17 *“...if anyone is in Christ, the new creation has come. The old has gone, the new is here.”* The song “Alive” by Hillsong says it this way: “I was lost with a broken heart; you picked me up, now I’m set apart. From the ash I am born again, forever safe in the Savior’s hands.” If you need a brand new start, it is only a prayer away. Reach out to Jesus and ask him to make you new. Commit to leave your old life behind and trust him to bring you back to life spiritually. By faith, you will be safe in the Savior’s hands through his grace alone! Then watch as you come alive spiritually—what a revamp it will be!

CALL IT A COMEBACK

“They thought it unbelievable that you’d ever win, but I know they know you’re gonna do it again. Stand up, eyes fixed, don’t wanna miss this. Jack up the cardiac, go ahead and call it a comeback” (“King of Comebacks” by Audio Adrenaline). A comeback is a return to success, or a resurgence by an underdog. Do you root for the underdog, cheering on the lower ranked competitor to come from behind and take the lead, winning the match over the stronger opponent? A comeback is exciting and unexpected – a thrill that revs you up! Just when you thought it was over – call it a comeback. What in your life is pulling you down, making you feel weak and defeated – like the underdog? “Stand up, eyes fixed”. Remember from where your help comes. *“I lift my eyes to the hills – where does my help come from? My help comes from the LORD, the Maker of heaven and earth.”* (Psalm 121:1-2)

LET'S REV IT UP -

PHYSICALLY AND SPIRITUALLY!

Do you sometimes feel slow and lethargic, depleted of energy? If so, begin fueling yourself to get revved up both physically and spiritually. On the physical side, staying fit will help you power up daily. What you eat and how active you are makes a difference. Rev up your physical fitness and watch God rev up your energy. It's easy to get lazy and lethargic spiritually, too. If days go by and you haven't even opened your Bible, determine to change that today and make a commitment to yourself to fuel your soul daily and rev up spiritually! If your prayer life has been waning, rev it up—start now, start small, start doable—and watch your soul catch on fire! As it says in the song FIRE “Can you feel it in your heart, somethin’ is about to start—can you see the sparks?” This song points to the power of the Holy Spirit in our life. Acts 1:8a tells us this: “...*you will receive power when the Holy Spirit comes on you, and you will be my witnesses...*” **As you become revved up with Holy Spirit power you will have the energy and passion to help many see what God has done and put their trust in him!**

THE POWER OF REFRESHMENT + RESTORATION

The Bible is filled with God's promises and commands. God's words are full of hope, and have the power to transform lives. The Scriptures provide us instruction, while giving us many descriptions of God's character. In its different translations, God's word has spoken to various audiences throughout history. Depending upon our current circumstances, one translation may speak louder than another. Take Psalm 23:3 for example. In the ESV, this verse reads "*He **restores** my soul*", and in the NIV it's written "*He **refreshes** my soul*". The amplified version combines it like this: "*He **refreshes and restores** my soul*". The Message puts it into everyday language with "*You let me **catch my breath**.*" Regardless of your preferred Bible translation, let God's word refresh and restore, transforming your life. Group 1 Crew's song lyrics in "Psalm 23+" give us new ways to hear God's voice: "I've been standing through the storm...I'm never alone. You **quiet** my soul as you take control." Does your soul feel quiet today, or are you struggling to catch your breath? Read Psalm 23 aloud, taking a slow, deep breath between each verse, and experience the power of refreshment and restoration!

GOD IS WITH YOU TO REFRESH AND RESTORE YOU

“When I’m feeling all alone, with so far to go...oh, God will you come close? Light up the sky and show me you are with me.” These words from the song “Light up the Sky” by the Afters remind us that all we have to do is **look up to be reminded of the power and presence of God**. Whether it is the beauty of the moon and stars at night or the glow of the morning sun, God’s creation reminds us that **he is with us**. Each morning is a chance for restoration and a new start. Each evening is a chance for rest, calm and peace. But we have to do our part to experience this peace. Psalm 46:10a says this: “...*be still, and know that I am God...*” Our job is to be still. And we all know this is not an easy task in today’s culture. We need to put aside our devices and gaze—gaze at sunrises and sunsets. Be still and listen, so we can hear what God has for us. Be still and ask—reach out to God in prayer. Be still and sit in wonder—at the beauty of the sky that God “lights up” for us each and every day and night. Plan to do some star-gazing tonight. And plan to do some God-gazing each morning!



READY OR NOT

In Ephesians 6:15, we read about the armor of God and how each piece of armor protects the wearer. This passage calls us to: *“Stand firm...with your feet fitted with the readiness that comes from the gospel of peace.”* But what does this mean? In her song titled Ready or Not, Britt Nicole sings, “Ready or not, here I come. I’m about to show you where the light comes from.” To be ready means to be prepared, and from this firm standing position of readiness, we have the opportunity to find peace. This peace comes from Christ, and it is Christ’s light that we reflect when we put on the armor of God. Today, let’s be fitted with readiness to stand our ground, revealing the light that comes only from Jesus Christ. Ready or not, world, here we come!

PEOPLE, GET READY!

Are you ready for the next big thing that God brings in your direction? What are you doing to get ready spiritually and physically? **Readiness takes work on our part. It is not a passive thing.** It is not something that we should take lightly. It is not something that we can put off until tomorrow. Readiness is being prepared for what's next in our life and being prepared for the Lord's return at any moment. It is a moment by moment alertness that requires spiritual focus. Amp up your readiness! The disciple Matthew put it this way: *"So you also must be ready, because the Son of Man will come at an hour when you do not expect him."* [Matthew 24:44] Let's not get lazy, distracted or apathetic—let's be amped up and ready, powered up by songs like 5,6,7,8 where it says: "Are you ready? Are you ready to clap your hands with all the people you meet? Give it up for the King of Kings...my Redeemer is the star of the show." Let's be singing, dancing, shouting and rewed up for our King, Jesus. He is coming soon—whenever that may be!

BE THE SPARK

Revive is defined as “restore to life; to give new strength to”. What in your life needs to be brought to life? What strength needs to be renewed? Are you longing for revival? In their song, “Ready Set Go”, Royal Tailor calls the listener to “be the hope, be the light, be the love...be the spark...You put my life in motion...I’m not holding back anymore.” This is a call to be revived. Revival requires movement. It requires the willingness to change and to grow. Revival has the power to bring life from death, light from darkness, hope from hopelessness. This is the power of the resurrection! As nations and as individuals we need revival. Scripture tells us in 1 Peter 2:9 that we are called “*out of darkness into his marvelous light.*” This is a stunning image of what it looks like to be revived. Commit today to let God bring you into his marvelous light, and give you new strength.



CALLING ALL MESSENGERS – REVIVAL IS HERE!

Lecrae sings this in the song “Messengers”: “Calling all the messengers! We’ve been given a call, been forgiven, risen, we’re living to give him our all. Rise up from your past; it’s holding you down. This moment is all that matters; the future is now.” **Now is the time for revival and we can all be a part of it!** Let’s be a team of rewed up, amped up messengers spreading the good news of Jesus’ saving grace to a world in need of hope. Let’s do what Matthew exhorts: “...*go and make disciples of all nations...teaching them to obey everything I have commanded you.*” (Matthew 28:19a, 20a) Let’s **GO** out our door each day looking for those who need hope and help. Let’s keep our eyes open to needs. As we live a life of love, we will shine the Lord’s light into our world. As we speak truth and guide people to understand truth, we will grow disciples who are revamped and amped up, just like we are!

DO YOU NEED A SPIRITUAL REVAMP?

Are you satisfied with your spiritual life right now or do you feel like you're wandering and wondering? If you are sensing a still small voice inside prompting you to take the next step in your spiritual journey there is good news for you! God offers you a chance to clear your slate and start over. He offers a complete revamp. He will forgive you for all the things you've done that you wish you had not done, and for all the things you have neglected to do. God loves you when you make wise choices and he loves you when you blow it. He loves you when you seek him and he loves you even when you wander away from him. He loves you in the good times and he loves you and holds on to you during the storms of life.

He loves you so much that he sent his son to cover your mistakes and open the door to everlasting life. God's son, Jesus, bridges the gap between you and God. Choose, by faith, to believe that Jesus is the only way to ensure your eternal life in heaven. Once you have made this decision, your new life will start and you will begin to experience the faithfulness of God, as he makes you new and revamps every part of your life.

Take a step of faith to ask God to take control of your life, and allow him to guide you to a new, revamped life in his love.

Admit your faults and mistakes - things that have made you feel unworthy of his love. His love reaches out to you, just as you are.

Accept God's grace and forgiveness. He offers this grace to you in a supernatural way. He does not ask you to earn it. He knows you don't deserve it; he offers it as a free gift.

Ephesians 2:8-9 "For it is by grace you have been saved, through faith— and this is not from yourselves, it is the gift of God— not by works, so that no one can boast."

1 John 4:9,10 "This is how God showed his love among us: he sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."

The following is a suggested prayer:

Dear God, thank you for giving me a second chance, a chance to revamp my life. I am taking the step of faith to believe in you. I open the door of my heart and accept you as my Lord. Thank you for forgiving my sins and giving me life that is everlasting. Take control of my life. Make me the person you want me to be. Thank you for your grace and your love.



where faith and fitness meet

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