



His Energy by Tracy E. Grindle

We have a treadmill with some fancy features on it. There's a chip you can put in that allows a woman's voice, "Rhonda," to guide you through a workout. Energetic Rhonda seemed nice at first. She said we would warm up a bit, but then she would raise the speed and the incline. After the first ten minutes, I was worn out. I begged her to slow down. "One more minute," she urged. "I'm new at this, Rhonda; you are killing me," I panted, manually moving the incline down to zero. She raised it back to three. When the workout was finally over, Rhonda did not like me anymore. I had hit the manual override so many times she all but called me a loser. I wasn't happy with her either. I just wanted a little easy exercise; if I'd wanted to climb a mountain or run from a grizzly bear, I'd have gone to Yosemite.

Opening Activity

Share what your energy level is today. What fuels you?

Opening Prayer

Dear Lord, the source of life and light and all things, help us to learn more about living with Your energy. Thank You for the honor of living to proclaim Jesus, our powerful Savior. Amen.

A couple of days after my adventure with Rhonda, two verses in **Colossians chapter 1** struck me as apropos: ²⁸*We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ.* ²⁹*To this end I labor, struggling with all his energy, which so powerfully works in me.* We can struggle through exercise, through life, with the energy of Christ? Apparently so!

Let's learn from Paul in **1 Corinthians 15:9-11**. What was his calling? _____

How did he labor? " _____ " than all of them.

What was Paul's power? _____

Why did Paul work " _____ " than all of them?

List some of his struggles from **2 Corinthians 11:23-28**.

How did Paul become a servant? See **Ephesians 3:7-8**.

How does he describe the power available to him and to us in **Ephesians 1:19-20**? _____

The Greek word for energy in the passage is *energeia*: *en* (activity) plus *ergon* (work), meaning "activity in work." *Dynamis*, from Greek *dynamikos* (powerful) from *dynasthai* (to be able), is part of the next phrase, "which so powerfully works in me." The Holy Spirit's power is within us to lead to effectual activity. What joy is ours to know that, through the Word and working of the Holy Spirit, obedience as well as the energy and determination to pursue that obedience are God's gifts to us.

List a word or two in English related to *dynamis*. _____

According to **Colossians 3:16**, how can we receive access to His dynamic energy? What does the word "richly" mean in this passage? _____

Are there other sources that help you remain consistent? _____

Do you have a "plug-in" routine? _____

What can His energy be used for? See **Peter 1:3**. _____

If you are willing, share a time when you felt that you were "struggling with all his energy." _____

Jesus was walking *dynamis* power. More than one verse mentions the seemingly spontaneous working of His power. What takes place in **Luke 6:19** and **Luke 8:46**? _____

Do you think it was hard for Jesus to contain His power? Why or why not? _____

If you are not currently living with His energy, is there a certain area of your life where you would like to feel it and move with it? _____

If Rhonda tells me, “Push yourself, I’m raising the incline,” and I say, “Sorry, that hurts,” and override her command, I lose a good cardio workout. What if God says, “Push yourself! You are about to go up a steep incline”? If I try to override His command, too, then I lose more than a workout. I also lose an opportunity to move with the powerful energy of God. When the incline is hard and the pace is swift, I’m so tempted to cry out, “That hurts! I don’t want to climb Mt. Everest (i.e., I don’t want a new job, a strained relationship, this illness, my loved one’s death), nor do I want to run like I’m being chased by a bear (cancer, violence, heartache). I would prefer a nice little walk, thank you anyway.”

With that being said, remember that our heavenly Father never issues a command that is not preceded by and followed with the promises that accomplish it.

Under what circumstances do you push yourself? _____

Have you ever tried to override something the Lord has asked you to do? _____

How did that work out? (Remember Jonah!) _____

Do you feel different when God pushes you or when someone on earth pushes you? Explain. _____

Has God encouraged you to do something extraordinary with His energy? _____

We know there will be seasons of incline and painful speed through life. Please read **Colossians 1:28–29** again. Some of us will warn and teach with wisdom, and some of us will learn, but all of us as believers will be presented perfect in Christ one day. Wow! Paul’s claim that one can struggle “with all his energy” is awesome too. The power of the Holy Spirit works in us. His energy can push us through any incline.

According to **verse 28**, what is our labor/work in God’s kingdom? _____

Paul was living to proclaim Christ. How can our church be more like Paul? _____

In **Acts 1:8**, Jesus says, “*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*” The word for power is *dynamis* again. Do you know someone who witnesses with dynamite power? _____

We override His energy when we try to do things on our own. His Spirit is in us to make us ready for any incline, any speed, any time. Next time I step onto the treadmill, I will take my own advice, even when it comes to exercise. I’ll try to climb and walk briskly with His energy. Even Rhonda will be proud.

Closing Prayer

Pray the words of **Ephesians 3:14–21** for each other. In unison, recite verses 20–21 (ESV): *Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.*

What a loving, powerful, personal almighty Father, Son, and Spirit we have. To Him be the glory!

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