

Building Muscles of Faith

1 Kings 18:22-23

1 Kings 18:22-23 (NASB)

²² “Then Elijah said to the people, “I alone am left a prophet of the LORD, but Baal’s prophets are 450 men.

²³ Now let them give us two oxen; and let them choose one ox for themselves and cut it up, and place it on the wood, but put no fire *under it*; and I will prepare the other ox and lay it on the wood, and I will not put a fire *under it*.”

“I wish I had great faith.” These are words that almost every Christian has said at one time or another. But faith is like a muscle, which must be exercised in order to become strong; just wishing cannot make it happen.

As Christians, we are to believe God, not only for salvation but for everything in our lives. Rather than a spiritual plateau, faith is actually a process that involves increasing degrees of trust throughout life. Weak faith *hopes* that God will do what He says, but strong faith *knows* He is faithful to accomplish all He says He will do.

Elijah was a man of great faith. He saw increased challenges as opportunities for God to do His work—and the prophet believed Him for the supernatural. So, can you. The Lord may not do every miraculous thing you ask of Him, but He does some extraordinary work in and through each person who is obedient and willing to trust in Him.

You may be thinking, *I am not good enough for the Father to use me*. The Scriptures are filled with examples of flawed people whom the Lord used to achieve His purposes. What He’s looking for isn’t perfection but, rather, individuals willing to believe in Him. He doesn’t simply work *through* people of faith; He *transforms* them.

Start by reading God’s Word to learn what He wants you to do. Each day’s situations and needs are opportunities to trust Him. Ask the Lord to bring to mind verses that apply to your circumstances. Trust Him and do what He says—your faith muscles will grow, and He will be glorified.