

## The Wall (notes)

On the AT; asking myself the question, "What am I doing here?"

People talk about running a marathon and hitting the wall;  
but I am talking about when I just get started.

The first is an energy wall; this is sort of an attitude wall.

I try to do some aerobics exercise every work day

At the gym that I go to, you get credit for just showing up

About 2 minutes into the aerobics, there is a period of pain before I get warmed up where I want  
to quit really badly; everything hurts and I have to convince myself to continue.

I have to remind myself of the reasons I am doing it.

This is not really a wall, but a door; I choose whether or not to open it every morning.

It struck me how I have to make myself go on in this way every day

Though I go to the gym to make myself strong, I am brought face to face every day with my own  
weakness.

Then I thought how much this was just like life. We all have those pains and disappointments  
that make us want to give up.

We face this every day, but we must not give up.

Hebrews 12:11-12: No discipline seems pleasant at the time, but painful. Later on, however, it  
produces a harvest of righteousness and peace for those who have been trained by it. Therefore,  
strengthen your feeble arms and weak knees.

We all must commit to God every day.

It makes us reassess every morning the commitment that we have made when the pain wasn't so  
great.

We must decide that we're going to get up and live for God.

2 Corinthians 4:16-18: Therefore we do not lose heart. Though outwardly we are wasting away,  
yet inwardly we are being renewed day by day. For our light and momentary troubles are  
achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is  
seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.