

NBC Devotional
October 19, 2022
“Pushup”

“Pushup” isn't in the Word of God, but I am using it as an acronym. Most everyone knows my passion for prayer which is definitely in the Word. Examples of people praying and experiencing the results of their prayers are interspersed throughout scripture. We commonly refer to this as "praying until something happens," thus, the acronym, p-u-s-h.

I've been thinking lately about this and was led of the spirit to add up to the end of it, p-u-s-h-u-p. The reason is I firmly believe we pray and receive answers to our prayers. When we are blessed by our Lord hearing and answering our prayers, we should offer unlimited praise. Too often, we receive and enjoy the blessings of the answer but overlook the praise that should follow. This praise should be unlimited, in that, with every answer we receive, an offering of thanksgiving should be added to the opening of our next prayer.

I'm sure everyone loves doing push-ups. Let's think about it, they're a beneficial exercise for building physical strength. Prayer is spiritual exercise that definitely builds spiritual muscle. Like a push-up has two motions, so should prayer. It should consist of praise for all the previous answers, followed by petition for what is needed. As you p-u-s-h, don't forget the up! Give God unlimited praise He deserves, and remember Psalm 22:22 when you do. “I will proclaim Your name to my brothers;

In the midst of the assembly I will praise You.”

There's nothing quite like having God the Holy Spirit inhabit our praise. The up is the difficult movement of a push-up, but it should be the easiest and most natural movement of our prayers.

What about us doing some P.U.S.H.U.P.s?

Reference scriptures:

(Luke 18:1-8)

Now He was telling them a parable to show that at all times they ought to pray and not to lose heart, saying, "In a certain city there was a judge who did not fear God and did not respect man. "There was a widow in that city, and she kept coming to him, saying, 'Give me legal protection from my opponent.' "For a while he was unwilling; but afterward he said to himself, 'Even though I do not fear God nor respect man, yet because this widow bothers me, I will give her legal protection, otherwise by continually coming she will wear me out.'" And the Lord said, "Hear what the unrighteous judge said; now, will not God bring about justice for His elect who cry to Him day and night, and will He delay long over them? "I tell you that He will bring about justice for them quickly. However, when the Son of Man comes, will He find faith on the earth?" (NASU)

(1 Thessalonians 5:16-18)

“Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.” (NASU)

(Philippians 4:4-7)

"Rejoice in the Lord always; again, I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." (NASU)

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