

POSTURES For Fulfilling DESTINY

Fulfilling Destiny Series



“Posture: a mental or spiritual attitude”

“Soldiers don’t get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them. And athletes cannot win the prize unless they follow the rules. And hardworking farmers should be the first to enjoy the fruit of their labor. Think about what I am saying. The Lord will help you understand all these things.”

2 Timothy 2:4-7 NLT

There’s nothing random about fulfilling destiny, rather it requires an intentionality on our part in aligning with what Jesus has already done for us and what the Holy Spirit is doing in us. To this end the Bible uses many analogies and this series we are zoning in on one of Paul’s engagements with Timothy where he shared three postures for a believer to take in fulfilling destiny:

- As a soldier
- As an athlete
- As a farmer

What is it about these three that align with our walk with the Lord? What does adopting these postures entail in our daily lives? How do we know if we are on track or not? We pray that the Lord will help us understand these things and more as we go deeper into His word and receive empowerment to fulfil destiny.

Day 1 Preparing As A Soldier

“For every soldier called to active duty must divorce himself from the distractions of this world so that he may fully satisfy the one who chose him.” 2 Timothy 2:34 TPT

Most armed forces have two types of soldiers- those on active duty and those in reserve. A person in active duty is in the military full time, can be trusted with more responsibility than a reserve soldier and can be deployed at any time.

Apostle Paul admonishes us to function as soldiers called to active duty meaning we are to have a mindset of always being available in service to Jesus in whatever capacity is required and not necessarily what we feel like doing. In reality we all start off as reserves focusing on our personal desires. But as we mature spiritually the focus changes from what we want to what Jesus requires of us. It stops being about us and more about Him. Attaining this perspective is a journey and often the result of winning several internal battles.

“Turn my eyes away from vanity [all those worldly, meaningless things that distract—let Your priorities be mine], And restore me [with renewed energy] in Your ways.” Psalms 119:37 AMP

“Overcome every form of evil as a victorious soldier of Jesus the Anointed One.” 2 Timothy 2:3 TPT

The beauty of the army we are enlisted into is that our our Commander in Chief has already won the victory and our assignment is simply to enforce the victory He won. Even though the enemy’s been defeated, he still wages war against believers using 3 key strategies to do so:

- Blindness to who we are, whose we are and the fact that we are already winners.
- Distraction by bringing an urgency to the often legitimate cares of life which make us push spiritual matters to the backseat.
- Weariness by the various challenges we will experience in life, which is why endurance is required

As soldiers we are constantly engaged in battles whether we realize it or not. Tomorrow we will look deeper into some of the battles we must ensure we overcome.

Prayer: Lord thank You for reminding me that I am a triumphant soldier because of the victory Jesus already won. Help me make and keep Your priorities mine.

Day 2

Strategic Warfare

“Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.” Ephesians 6:11-12

When armies go to war there’s always an object of attack and a goal in mind. Since our battle is not against flesh and blood how do we know the objective and the strategy for winning the battle? Ephesians 6:10-18 sheds light on this as the armour gives an indication of the enemy’s 6 focal points of attack: truth, righteousness, peace, faith, knowledge of God and prayer.

We must understand that spiritual warfare is very strategic and sophisticated and the real focus of many challenges we face isn’t on the material things (job, finances, relationships, etc) but on challenging our knowledge of the truth of who God is and stealing our peace. Because once peace is gone fear steps in and faith cannot co-exist with fear. So by attacking our peace, loss of faith is thrown in as well and the Bible tells us that without faith it is impossible to please God. This means that when we face challenges we must ask: what is this challenge really confronting? When we know the area of focus, we can deploy the right arsenal to counter.

“And many false prophets will appear and will deceive many people.” Matthew 24:11

The enemy knows that the more time we spend in God’s word and in prayer with a view to knowing God better, the less likely we will be victims of deception. Therefore our personal study and prayer life will come under attack. When we’re low on prayer and the word of God, we’re less conversant with the truth of who God is, what His word says and what He is saying to us for the moment and can therefore fall prey to deception.

As we go through the day let’s spend some time reflecting on the areas of our lives that we’re or are currently under attack and ask the Lord for the battle strategy to overcome.

Prayer: Lord give me illumination on the resources You’ve made available to me so I can war effectively and win.



Day 3

As An Athlete

'Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing.' 1 Corinthians 9:24-26

Picture a marathon with thousands of runners. Some run for the fun of it, others run to finish but don't intend to win any prize, while there are others who run having prepared and fully expect to win. If we observe elite athletes competing for a prize, we will notice they all have three key things in common – focus, discipline and endurance. Athletes in this category understand that they must rise above what they feel and train consistently even when they are tired, all the while avoiding anything that will negatively impact their ability to achieve their goal. But when they win that prize, it more than makes up for all they had to give up getting it.

And athletes cannot win the prize unless they follow the rules. 2 Timothy 2:5

'...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.' Hebrews 12:1

Our eternal race is similar – we are all in a race, but some don't even realize it. Others are casual, some inconsistent and others fully committed. Paul invites us to do two things. First is to understand that there's a race before us and secondly to purposefully engage in the race as elite athletes training for an eternal prize. Unlike other sporting events, this race is a lifetime marathon not a sprint and we can all win if we desire to, knowing that whatever price we pay will pale in comparison to the prize to be obtained. Paul also advises we ensure we understand the rules of engagement of the race we're running so we don't disqualify ourselves by erroneously doing whatever we feel like and still expect to win.

This sounds technical, but it shows us that the Lord expects active participation on our part on this journey. He has put a prize ahead of us and given us the enablement to run, but there are steps we must also take to stay in the race. Tomorrow we will look at 4 of those critical steps.

Prayer: Lord thank You for reminding me that I am in a race. Help me to stay focused, disciplined and energized so I run to win.



Day 4

Running to Win

And athletes cannot win the prize unless they follow the rules. 2 Timothy 2:5

Yesterday we looked at the fact that as believers we are running in a lifetime race and God has requirements for this race that apply to every athlete. He will not change His standards to satisfy us. Rather He has given us the gift of the Holy Spirit who equips us with the grace we need to meet them.

'Wake up! Strengthen what little remains, for even what is left is almost dead. I find that your actions do not meet the requirements of my God.' Revelation 3:2

'But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!' Revelation 3:16

Jesus gave shares one of the critical requirements for this race and that is passion for God. There are two main things that can impact our passion, and these are distractions and familiarity. We can get so familiar with God that we lose our zeal for the things that matter to Him. Similarly, it's also possible to get distracted on this race by the issues of life (finances, relationships, peer pressure, etc.) and become so overwhelmed by them that lukewarmness becomes our default state. But Jesus Himself warned us about this in very strong terms.

'So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.... But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness' Galatians 5:16,22

Another key requirement for the race is the fruit of the spirit through which we reflect the character of the Holy Spirit in our lives. God is more interested in who we're becoming on this journey than what we're doing. Because it's possible to be involved in activities, while neglecting to let the Holy Spirit develop our character. We are not perfect and are all at various stages in our character development, but God's intention is that we continue to pursue becoming more like Jesus daily, allowing the Holy Spirit to take out the things that don't align with this.

Prayer: Lord help me stay in awe and reverence of You so I don't become familiar and lukewarm. Help me cooperate with the Holy Spirit as He prunes me and makes me more like You, knowing everything You do is out of love for me.



Day 5

Physical Preparation

'Don't you realize that all of you together are the temple of God and that the Spirit of God lives in you?' 1 Corinthians 3:16

As athletes prepare their bodies for the rigour of physical training, we also prepare ourselves for the rigour of our spiritual development. The same way athletes are particular about their physical diet, we're also to be discerning about our spiritual diets.

'And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think...'
Romans 12:1-2

We may think that God is only present during “spiritual” activities such as prayer, etc. but a believer's body is God's temple – which means the Holy Spirit lives in us and goes with us wherever we go, sees what we're looking at and hears what we're saying ALL the time. Being truly conscious of this reality will help us in making decisions about what we do, say and think, who we hang out with and where.

'Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us' Ephesians 3:20

'Do not quench the Spirit.' 1 Thessalonians 5:19

The Holy Spirit doesn't leave us, but we can quench His ability to work with us on the transformation journey. As athletes must cooperate with their coach, we must also cooperate with the Holy Spirit to let Him transform us far beyond what we can fathom. He never forces us and only takes us as far as we are willing to go with Him. Imagine what our lives would look like if we gave the Holy Spirit full reign over our lives.

Prayer: Holy Spirit I release myself into Your hands and give You permission to transform me according to Your power.



Day 6

The Reward

'...Because of the joy awaiting him, he endured the cross, disregarding its shame...'
Hebrews 12:2

Athletes are committed to winning a prize even when the process stops feeling good or exciting. Many times we start a journey with a lot of zeal and excitement, but over time when the flush of excitement fades, how do we stay committed especially when times get tough? One way is to keep in mind the rewards ahead of us which was an example Jesus gave us.

"'Look, I am coming soon, bringing my reward with me to repay all people according to their deeds.' Revelation 22:12

The Lord didn't call us to seek Him in vain, there's a reward promised to every believer who runs the race staying faithful to the end. Following the example of Jesus who kept the joy awaiting Him as a constant motivation for staying committed. If Jesus needed to keep something in front of Him then so do we.

'And now the prize awaits me—the crown of righteousness...' 2 Timothy 4:8

'...Now they do it to obtain a perishable crown, but we for an imperishable crown.' I Corinthians 9:25

'God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.' James 1:12

'and when the Chief Shepherd appears, you will receive the crown of glory that does not fade away.' I Peter 5:4

'For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming?' I Thessalonians 2:19

Beyond whatever the Lord may bless us with here, there are crowns waiting for us in heaven!! We need to keep reminding ourselves of this when life tries to distract us, or the enemy tries to sidetrack us. One of the things we need to fix our minds on as we prepare to stay in the race is what is ahead of us, so we don't get overwhelmed by what is around us right now.

Prayer: Lord, when the times get tough and I get weary strengthen me and help me remember that you are a rewarder of those who sincerely and diligently seek You.

Day 7

Preparing as a Farmer

And hardworking farmers should be the first to enjoy the fruit of their labor. 2 Timothy 2:6

Farmers understand the hard work and intentionality required in sowing to reap a harvest. First they have to determine what they want to harvest, pay the price to get the seeds and plant them at the right time as not every season is suitable for planting. They understand the need to plant in the right type of soil and also to nurture the soil with the right nutrients that will help the seeds grow well. It's after all these have been done that they can reasonably expect to reap a harvest.

“As long as the earth remains, there will be planting and harvest...” Genesis 8:22

“Don't be misled—you cannot mock the justice of God. You will always harvest what you plant... So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.” Galatians 6:7, 9

We're all planting seeds daily basis with our words and actions. The question is what type of seeds are we planting? Because that's what we will reap at harvest time. With spiritual matters you will reap “what” and not necessarily “where” you sow. This is why the Bible encourages us to keep doing good knowing that we will certainly reap a reward in due time. This should free us from our expectations of people to do what we want or think they should do. Rather as good farmers we focus on planting the right seeds at all times with the assurance that God will bring increase.

“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.” Psalms 139:23-24

“Catch all the foxes, those little foxes, before they ruin the vineyard of love, for the grapevines are blossoming!” Song of Songs 2:15

Farming requires consistency in nourishment, we can't nourish what we're planting haphazardly and expect a reasonable outcome. As such, farmers see to their crops daily monitoring their health and taking the necessary measures to protect from the attacks of rodents/insects. It's often the little seemingly little things that ruin a harvest which is why we must consistently submit to the Holy Spirit's assessment, allowing Him to nurture and prune us as necessary.

Prayer: Holy Spirit I submit to your assessment, help me sustain and improve the areas that are pleasing to You and strengthen me in the areas that require improvement



Day 8

Cultivating the Land

“The seed that fell on good soil represents those who truly hear and understand God’s word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!” Matthew 13:23

Farmers know that the success of their harvest depends on both the seed and the soil. This is why they invest in the rigours of consistently weeding, disinfecting and nourishing the soil. Let’s look at each of these processes as they relate to our fulfilling God’s plans for our lives.

“The seed that fell among the thorns represents those who hear God’s word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced.” Matthew 13:22

“Examine yourselves as to whether you are in the faith. Test yourselves...” 2 Corinthians 13:5

The presence of thorns, weeds, dead or unhealthy leaves, etc. will always stifle crop growth if left unchecked. This is why weeding, pruning and other activities are necessary so the things that hinder growth are removed and the crop grows in a healthy manner. In our spiritual lives we must invest in the process of weeding out the things that can choke our growth. This varies from person to person and it could be the legitimate cares of life, love for money or other areas that stifle the fruit of the Holy Spirit from being produced in us, even though we have the seed. Spiritual audits are an essential part of our growth plan because they cause us to pause and reflect on our journey and assess when things are beginning to creep in and impact our growth. Self-examination allows us to see what adjustments need to be made on our part in order to cooperate fully with what the Holy Spirit is doing.

“Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit.” John 15:2

When we let the Holy Spirit prune us, what we’re doing is allowing Him to remove the things that are harmful to our growth. The process often doesn’t feel good as it often involves letting go of things we like and making adjustments we may not necessarily want to make. But the result will be worth it as the version of us that pruning produces will be able to receive the “nutrients” in God’s word and bear more fruit than we could imagine.

Prayer: Lord help me yield to Your cultivation process, trusting that all You are doing in me will make me fruitful.



Day 9

The Intentionality of Preparedness

“So I run with purpose in every step. I am not just shadowboxing.” 1 Corinthians 9:26

The analogies used by Paul as soldier, athlete and farmer point us to the fact that the life of a believer should be one of intentionality and purpose. The best part is that we don't have to try and figure things out on our own as the Lord already wrote out our days before we were born.

“You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” Psalms 139:16

God is very strategic and intentional about everything, especially His children. He's not seated on His throne trying to figure out what to do with us. Rather He already laid out a plan for us before we were even born. However the fact that God has a plan for us doesn't mean we will automatically live according to His plan. Because we have free will, we can choose other options. Should we choose to walk His path, then it must be according to His principles, knowing that He has made grace available to us for the journey.

“The Lord says, “I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.” Psalms 32:8-9

When we let the Holy Spirit lead us, we're sure to live according to God's best for us. Anything other than this is what Paul calls “shadow boxing”- expending a lot of energy but not actually achieving anything. It's not about activity, but being led by the Holy Spirit to do and be all we have been pre-designed to. Sticking to His path assures us of grace for journey, strength to endure, help along the way and assured victory over the challenges that will arise.

Perhaps we've been running our own race and living according to our own design. Let's reflect on our lives and take a moment to re-dedicate ourselves to the Lord and let Him realign us back to His path.

Prayer: Father I submit my life to You and ask for Your mercy wherever I have gone off Your pathway. I rededicate myself to You today and ask for a fresh revelation of who You are and realignment back to Your plans for my life.



Day 10

Strength & Endurance

“We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need....” Colossians 1:11

Supernatural journeys require supernatural strength to carry the weight of the journey, and supernatural endurance to go the distance. Imagine how frustrating it will be for someone who is trying to prepare for a journey but lacking the ability to complete it. Thankfully we have a Father in heaven who empowers us so we don't have to go it alone. This is why two key things we must always pray for are strength and endurance.

“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” Isaiah 40:31

“I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.” Ephesians 3:16

The danger of human thinking is that because we do have some capacity, we can be fooled into thinking we can do everything on our own. But even if we seem to run at full steam to begin with, we will soon be confronted with the reality of the limitations of the nature of the human form. We are finite beings with limited capacity. God on the other hand is an infinite being whose resources are glorious and unlimited which is why He is El Shaddai - the All sufficient One. Imagine a well that never runs dry regardless of how much water is fetched from it, this is the same way God has more than enough to consistently empower everyone that asks Him.

“Then the Lord gave special strength to Elijah. He tucked his cloak into his belt and ran ahead of Ahab's chariot all the way to the entrance of Jezreel.” 1 Kings 18:46

“And the Spirit of the Lord will rest on him— ... the Spirit of counsel and might...” Isaiah 11:2

Through supernatural empowerment Elijah physically outran the king's chariot. Likewise when the spirit of might rests on us, we are able to function with supernatural strength. Things that may seem impossible for others become natural for us. We become more productive than we could ever be in our strength alone and achieve results that give God glory. Let's take advantage of the amazing resources we have available to us in the Lord as our results will always point people back to Him.

Prayer: Lord empower me with strength in my inner man, give me the endurance I need for the journey ahead. Let the spirit of might rest upon me and multiply my capacity and capabilities that all the glory may return to You



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