

DAY 20

I once saw a National Geographic special where they sent a submarine deep below the surface of the Ocean. Subs need to withstand enormous amounts of pressure because the deeper you go, the more pressure there is, and if the Submarine is not built correctly, the pressure will crush that Submarine like a tin can.

One particular dive, they had a camera on the Submarine, and as it went deeper, it got darker, and all you could see was what was directly in front of you. As they watched their monitor, they would come across these bizarre-looking fish called Angle fish. These fish are neon in color, and they have this little antenna that comes out of their forehead that acts as a light. I read and wondered, "*Why are those fish not being crushed by the pressure of the water?*" The documentary explained that the pressure on the inside of the fish is equal to the pressure around them. So those fish can survive in the deepwater because what's inside of them can handle the pressure around them.

That is what it means to live a holy life!

Many of us put up walls, thick walls, and steel walls to hold back the world's pressures so that we can be holy. But that's the wrong approach. The key is not to build up walls; the key is to realize that the One inside of you is greater than any pressure that comes and attacks you.

It's like walking into a dark room. Do you try and fight the darkness? Do you yell at it to go away? No. You turn on the light, and the darkness flees. The key is to remember that the Lord is in you, and He will direct you in the temptations and pressures of life. Jesus gave us His Holy Spirit, who lives in us. Greater is He that is in you than any temptation, problem, pressure, issue that faces you. Commit to living in the reality of this truth in your life. It's how God makes and keeps you holy. Because you have the Holy Spirit living in you, nothing around you can overcome you. God is your protector and your power. Live in the awareness of that truth today.

READ 1 John 4:4, Acts 1:8, 2:12-13

JOURNAL (Reflect):

- Lord, what outside pressure am I letting overcome me and control me?

- Where in my life do I need to activate the power of your Holy Spirit in me to overcome the struggles around me?

PRAY:

- Focus on a specific character trait that you need Jesus to develop more fully in you. Then, pray that you will become more like Jesus in that area of your life.