

## Stretching to Reach a Far Greater Potential

In recent years I have suffered several athletic injuries that needed physical therapy to return to health. An evaluation by the physical therapist determined the area needing attention and prescribed a treatment plan. For me, that involved gently stretching the affected area to restore my range of motion. My own objective was to be able to resume my normal, usual activities. The physical therapist had higher goals. According to a definition, physical therapy uses “exercises and equipment to help patients regain or *improve* physical abilities.”

The big problem with stretching is my own reluctance. I had pre-determined what I could do, and because of soreness from the injury, over time I even lessened my expectations. On the training table I would instinctively resist efforts to stretch beyond my self-imposed comfort zone. It is a matter of control, comfort zone and confidence. But, when I relaxed and let the therapist do their job I was able to stretch myself to higher levels, and healing took place. My body instantly had a new, expanded range of motion. Then, if I kept stretching at home it reinforced the new capabilities. In essence, I was a new man.



Did you catch the part in the definition of physical therapy relating to *improving* physical abilities? It said, the therapist takes you *beyond* what you think you can do. We often hold ourselves back from our true potential – on the training table and in real life. If we restrict the trainer we fail to fully heal and never reach our full capacity. In our personal lives, if we trust God, He will help us reach new levels. God created us to do much more than we imagine possible.

Don't think you can do it all on your own. Injuries to my shoulder, tennis elbow and sciatic nerve would never heal without outside intervention. You also can't reach your God-given potential by shutting God out. We are limited in what we can do through our own efforts. Allow God to stretch you to new heights, because He gifts you with so much more potential than you realize. My favorite bible verse is Philippians 4:13: *I can do all things through Christ who gives me strength*. “All things” includes every task God asks you to do. Open your hearts to serve God and He won't give you more than you can handle.

The physical therapist has both restored and increased my physical capabilities. Let God be your trainer in life: *But Jesus looked at them and said to them, “With men this is impossible, but with God all things are possible” (Matthew 19:26)*.

**Question:** In what ways have you held yourself back, but with God's help could accomplish so much more?

**Closing Prayer:** Heavenly Father. You created us to do good things in your name. You gifted us with abilities to accomplish everything you ask of us. Let us put our faith in you and stop worrying about our own self-imposed limitations, because through you all things are possible. Amen.