



Theological Fitness: Why We Need a Fighting Faith

Aimee Byrd

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Theological Fitness: Why We Need a Fighting Faith Aimee Byrd

Your spiritual life should be a battle! The writer of Hebrews tells us to “hold fast to the confession of our hope without wavering” (10:23 ESV). What (and whom) do we need to meet this challenge? How does simply “holding fast” turn into such a workout of faith? Author and blogger Aimee Byrd invites us to join her in some “theological fitness” training as she unpacks our call to perseverance and explores the great metaphor that physical fitness lends to theology. Learn about the “fighting grace” God has given us, and discover how we are equipped to live lives of obedience even amidst the suffering and irritations of ordinary life.

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