



FAITH, FREEDOM, & FITNESS

POWER CHURCH

MESSAGE: 22 FEB 2026

Video:

<https://www.youtube.com/shorts/XQGriwWtXH4>

**Happy Lord's Day
and welcome to Power Church!**

Today is Sunday, February 22, in the year of our Lord 2026.

Let us pray:

Father,

Help us to stay true to Your Word and to follow Your commands

*Help us to keep our standards and our values godly
and not worldly*

*Help us, Lord, to keep our weights and the balance of our scales
honest*

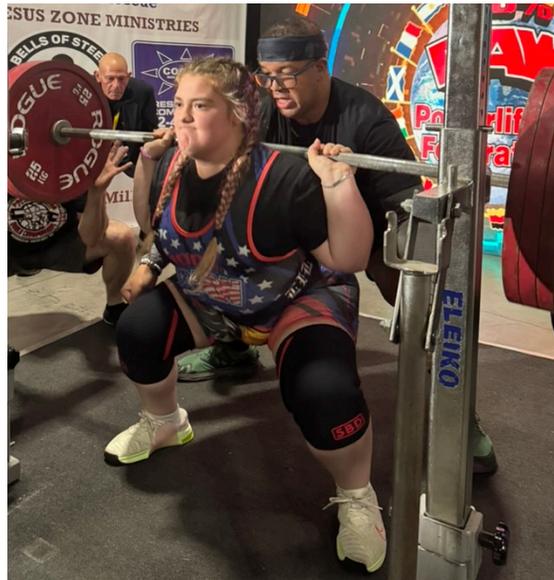
In Jesus' Name, Amen



HONEST WEIGHTS

Proverbs 16:11

***Honest scales and balances belong to the Lord;
all the weights in the bag are of his making.***



When we host a powerlifting event, it is critical that the equipment both in the warm-up area and on the competitive platform is well built and meets the standards of the sanctioning body. This includes ensuring that the bars utilized in the three competitive lifts, as well as the weights and collars being loaded onto those bars, are accurate in measure. In other words, we must be sure that the weight that a lifter selects is the same weight that is loaded on the bar.

Today's verse from Proverbs 16:11 teaches:

***Honest scales and balances belong to the Lord;
all the weights in the bag are of his making.***

The "weights in the bag" were the standard measures used on the scale.

Proverbs 20:23 continues this truth, teaching:

"Differing weights are an abomination to the LORD."

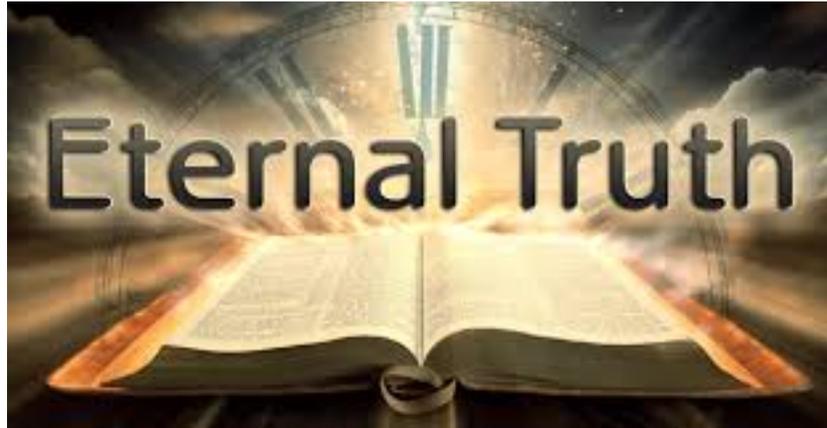
Other ways of defining weights, are standards or values. Our friend and Pastor Jonathan Cahn tells us that one of the signs that a civilization is corrupted, or in moral decay, is the sign of altered weights or values.



When values are changed, standards are lowered, and words are redefined: fornication becomes living together, sin becomes a disease, adultery becomes an extramarital affair, and perversity becomes alternate lifestyles. When morality is redefined as intolerance, when an unborn baby is called 'just a fetus,' or a pregnancy can be terminated, it shows there's corruption in the society.

We are currently studying the Book of James in our DAILY BREAD devotionals. James 4:4 drives this point home:

***You adulterous people,
don't you know that friendship with the world
means enmity against God?
Therefore, anyone who chooses to be a friend of the world
becomes an enemy of God.***



As believers, we must be grounded in eternal truth. Altered weights are an abomination to God. The weights belong to Him. Don't alter them, don't dilute them, don't change them. When we change them, we are cheating on, or committing adultery against, God.

Like a good Meet Director ensures the weights are accurate, as Christ followers we are called to be a keeper of the weights of God.



Thank you so much for joining us for today's "Power Church" message.

Until next Sunday: ***"Be strong in the Lord, and the power of His might."***