



## DAY PSALM 19:7-14

# 1

Athletes follow stringent workout and nutritional plans. They work hard to keep in prime shape for competition, and they're careful about what they put into their bodies, both in the good things they eat and the junk food they avoid. They know what they put in drastically affects their ability to perform. The spiritual realm is no different. The words and images we put into our minds will affect the way we live; the lies we believe will keep us stagnant, ineffectual, and depressed. Believing the truth of God's Word, however, will allow us to be vibrant, effectual, and joy-filled. The lies are all around. They tell us we're not good enough, don't have enough, and don't measure up. The truth of God tells us we are loved, chosen, and redeemed. Remind yourself of that truth daily by reading the Bible so you can live the vibrant life God intends for you!

## DAY PSALM 119:33-40

# 2

Has your doctor ever told you something in your life needed to change? Perhaps he wanted you to cut out foods that increase cholesterol. Perhaps he wanted you to lose weight, or stop smoking, or reduce sugar intake to prevent diabetes. He can talk at you all he wants, but for something to change, you – or I – need to take appropriate steps. Something similar is happening in Psalm 119. Read vs. 33: God teaches, but I must follow it. In vs. 34, God gives understanding, and I keep His law in my heart. The Bible is the inspired Word of God. He has done His part. Now it's up to us to read and follow what He says. If we follow our doctor's advice, we'll have improved health and energy. If we want God's Word to be active in our lives, He'll do His part and revive us. What a wonderful partnership!

## DAY PHILIPPIANS 4:8

# 3

It's often said that it's easy to decide between the good and the bad. But what if the choices are more subtle? How do we choose between good and better or good and best? We have so many options for what to watch; with everything available on Netflix and Hulu and DirecTV, we have enough to keep us entertained for years on end. We have choices for what to read and what hobbies to pursue. The Bible doesn't tell us which show to watch or what hobbies to pursue, but it gives us principles by which we can measure our choices. Let's make sure what we choose is true and lines up with Scripture, that it's honorable and right and pure. Let's fill our minds with what is excellent and worthy of praise. Instead of dwelling on the negative, let's dwell on these good things.

## DAY JOHN 8:1-47

4

Huck Finn is a sad book. Sure, it's a story of adventure and escape. Huck and Jim run away to escape the abuse and slavery in which they live. Happily, they succeed. But I found it very sad that when the story ends, the two friends learn the woman who owned Jim had set him free in her will. Some of us are living a similar story. We live in a world of condemnation and guilt, although, for believers in Christ, there is no condemnation. The adulterous woman is caught in the act and brought to Jesus. She can't claim innocence. Yet He forgives her. If we know the truth, we are set free. Unfortunately, Jim continued running from a situation that Miss Watson's death would eventually undo; he didn't have to continue running. Let's not continue to live in guilt and shame when Jesus's death and resurrection has set us free.

## DAY EPHESIANS 6:10-16

5

I've never been to war. I can only imagine the fear associated with going into battle. Despite the fear, soldiers are well prepared before they go into any dangerous situation. They are given training and equipment to keep them safe and make their jobs easier. Christians are fighting a spiritual battle, and God has given us what we need in order to be well prepared. It starts with truth. God's Word is living and active and sharper than any sword. It is our weapon to fight the lies that continually fly around us like flaming arrows. But in order to properly use it, we must know it, and in order to know it we must read it. God is giving us what we need to fight this spiritual battle; it's up to us to be prepared.

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