

appnotes

DAY 1 READ MATTHEW 13:1-9 & 18-23

1

Ever run out of gas? The engine sputters, shudders, and stops. Then you're kicking yourself for not paying attention to the fuel gauge. You wonder why you didn't just stop and fill up when you had the chance. Our souls need fuel too. Our lives cannot run without frequent refills. In today's parable, Jesus explains that the softness of our hearts determines the distance of our lives. If we are too busy to read the Bible or pray, then it will show in our lives. It may take awhile. You can run a car on fumes and a soul on little substance. But eventually, it will all sputter, shudder, and stop. Then you'll be kicking yourself for not stopping when you had the chance. Make it a priority this year to fuel up every day.

DAY 2 READ ECCLESIASTES 3:1-11

2

If there is one word that best describes the typical American family, it is "busy." We cram the calendar full of good activities. We say yes to every good opportunity. The busier we are, the better we feel about ourselves. Like always being out of the house is somehow the best way to build a family. Today's passage makes it clear that, to move at full tilt is a terrible idea. Where does the rest of life fit in? Every life has its busy and quiet times. Its hurting and healing. Its achievements and failures. Some of the most important things in life can only happen if we give them room to happen. Your schedule is like a bank account. Spend it wisely! So here's an idea: say no to something and give your family margin to make memories.

DAY 3 READ PSALM 39:1-7

3

Have you noticed that every passing year life seems to fly by even faster? Before you know it, you're graduating from high school, or you're making "grown up" decisions. You blink, and the kids have kids or you're "over the hill." Time waits for no one. David used vivid images in today's reading to reflect on the shortness of life: "Everyone is but a breath" and "in vain they rush about, heaping up wealth without knowing whose it will finally be." All we can do is use the time we have for what matters most. In verse four, David asks God to make this truth stick. The person in the desert understands the scarcity of water and treats it as precious. Spend your time with the end in mind. It is never a waste to spend your life pleasing God.

DAY READ GENESIS 2:1-3

4

Have you ever pulled an all-nighter working on a project? Or maybe a newborn has kept you up for weeks on end. There are times in life when we “burn the candle at both ends,” we push through to “get ‘er done,” or “we do what needs to be done.” But to keep that pace leads to blowups and burnouts. God showed us a better way. God spent six days creating the vast universe. He spoke the visible and invisible into existence. Every atom, every star. Every blade of grass and every planet. And then God rested, as an example to us. So break off your love affair with being busy. And build a little rest into your weekly rhythm. Don’t work. Go to church. Go fishing. Go on a date. Go to bed. Take some time each week to recharge.

DAY

5

READ JAMES 4:13-17

What would you do today if you knew you would die tomorrow? No, really. Think of three things you would make sure you did today if it would be your last. Now compare those priorities to your plans for the day. What’s different? Of course, we wouldn’t go to work if it was our last day! But there is something else to learn. I’m willing to bet, like those in the passage today, that you tend to prioritize the immediate things over the most important things. What if you flipped the lists? What if you always did the three most important things and then went on to the daily living things? What if you did that for days, and weeks, and years? When it came time to die, you would have built a life without regrets. Stop assuming you have tomorrow by doing the most important things today.

AppNotes are available on our Facebook page, Monday-Friday.

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