



DAY 1 **1 TIMOTHY 4:6-8**

1

This time of the year gyms become overcrowded with people who decide to get in shape! Pursuing physical health should be a priority, but Paul cues us into an even better resolution: train yourself in godliness. Wait, can you do that? Yep. Just like people aren't born with well-defined muscles, neither are we born with Christ-likeness. Following Jesus is a life-long pursuit that happens one step at a time. Accepting his forgiveness is just the start! If we want to make better decisions and live with fewer regrets, we won't get there by accident. We must practice the principles of our faith. If you need some tools to get started on your training check out parkerhill.org/toolbox.

DAY 2 **HEBREWS 5:11-14**

2

It's sweet when a parent cuts up their infant's food so they can eat. However, imagine that same scene when the child becomes a teenager. What was once cute is now a cause for concern! The writer of Hebrews tells us that the more we mature in the faith, the more adept we should become at feeding ourselves and others! The trouble is too many people have bought into the lie that it's the church's job to teach them everything they need to know. The reality is that you can never become a mature follower of Christ in an hour on the weekend. If you want to grow up in your faith, you need to take steps to become a self-feeder. Keep learning beyond the weekend. Serve, join a group, read articles, or listen to podcasts. The key is application. When you apply truth, it moves from theoretical to habitual.

DAY 3 **2 TIMOTHY 2:1-8**

3

What do a soldier, an athlete and a farmer have in common? They all commit themselves to hard work. No soldier has ever gone through basic training thinking it was a breeze. I've never meet an athlete who thought two-a-days were a walk in the park. Any seasoned farmer can't tell you the last time he slept through a sunrise. For any of these individuals to be successful they must discipline themselves to push through the pain. Soldiers cannot become distracted. Athletes must not skip out on practice. Farmers rarely take a sick day. Paul urges his young protégé, Timothy, to follow their example. In fact, as he closes this section of his letter he tells Timothy to reflect on this truth. Let me challenge you to think about these examples, just as Paul instructed Timothy. Ask God to help you determine what step you need to take next!

DAY COLOSSIANS 3:12-14

4

How much time do you spend getting ready in the morning? We have closets loaded with clothing that we meticulously layout. We wouldn't dream of getting dressed in the dark with no clue as to whether our outfit matches. Most of us are thorough when it comes to our appearance but, if we're honest, don't pay nearly as much attention to our character. That's why God has something to say about our heart wardrobe. We're instructed to dress in compassion, kindness, humility, gentleness patience and above all else, love. Who wouldn't want to be a person known for these qualities? If we were as intentional with our souls as we were our looks, we would experience an unprecedented change in our relationships with God and with others. This kind of living happens through intentional actions as we follow Jesus step by step.

DAY EPHESIANS 4:11-13

5

Have you ever been trained to do something that you once had no prior knowledge? If you ever started a new job, you're probably familiar with the feeling. Something is satisfying and life-giving about learning a new skill. It might surprise you to know that God has a role for you to play in helping people find the way back to Him! Now, you might be thinking to yourself, "I can't do that. I'm not a pastor; I'm not qualified to work for God." Here's the great news, to play your part, no prior experience is necessary. You just need to get started! You didn't wake up one day and know how to drive a car; you had to practice. Go to <http://parkerhill.org/serve/> and sign up to test drive a serving opportunity as part of the crew. We'll equip you to play your part!

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

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