

appnotes

DAY 1 READ 2 CHRONICLES 20:1-19

1

What are you willing to go without and why? Would you go without sweets so you can fit into a special outfit? Give up restaurants so you can save money for a vacation? Go without steak because your doctor says it's best for your health? Fasting is simply going without something so that you can connect with God for a specific purpose. In 2 Chronicles 20, the land of Judah is about to be invaded. The king, Jehoshaphat, was afraid, and his response was not to turn away from God or blame God; he turned toward God. Jehoshaphat and all the people of Judah gave up food for a time as they prayed to God for deliverance. What is troubling you today, and how will you handle it? Will you turn from God or toward Him? Consider fasting for a time to seek Him!

DAY 2 READ PSALM 90:1-17

2

The stuff we own can end up owning us. Don't misunderstand me, the devices we have can be a huge help in connecting, informing, and assisting us. But being perpetually distracted separates us from those around us. We can take any good thing and give it too much attention. TV, Facebook, sports activities and busyness can take our focus from the relationships that matter most. We were made to worship and connect with our Creator and then share His hope with the people in our lives. We were made to thrive together in families and communities. Moses wrote in Psalm 90:12 that our days on earth are short, and distractions steal what little time we have. Consider unplugging from those distractions so that you can focus on your relationship with God and with other people.

DAY 3 READ PHILIPPIANS 2:1-4

3

There are some things in life that are just easier together. When was the last time you needed help moving furniture? Maybe you've needed help fixing something or getting a ride to work. Other needs are more serious: someone we love is in the hospital, our health fails, or a child is in trouble. The incredible thing about being a part of the church is that you have a bunch of people who can help you out. That's what Paul is talking about in today's passage. Putting others first seems radical at first (especially when we have so much going on in our lives). But eventually you find that being part of a group who cares about each other is why life is better connected. It is messy at times, but life is so much better together!

DAY READ PSALM 103:1-22

4

What is worship? Is it the songs we sing on Sunday? Is it attending church? Or is it something more? For many of us, we think of worship and church as a special occasion. We may not wear the fancy hat or a suit and tie, but in our minds, there is something special and set apart about Sunday. In Psalm 103, David shows us that worship is not just singing a song but remembering who God is and what He has done. Worship is focusing our attention on God, who is worthy of honor and glory and praise. We can focus our attention on God at church on Sunday, or when we're stuck in traffic, as we walk outside, or while cleaning the house—anywhere! Mundane moments don't have to be dull; we make them sacred with the worship from our hearts.

DAY READ PSALM 32:1-11

5

Confession may be good for the soul, but it isn't always easy! We know we've done wrong and deserve punishment. And God knows everything already, so do I need to say it out loud? David knew his sin, but he hesitated in confessing it to God. As a result, his strength wasted away. He felt dragged down. He felt tired and worn out. Why do we hesitate to confess our sins to God? Because we know discipline is often uncomfortable! But God is not a harsh judge or the police officer with a ticket; God is kind and forgiving. He does not give us what we deserve, but He gives grace and mercy. Plus, God knows it already! Stalling, though, only makes our hearts sick; confessing to a loving God brings life and restoration. So fess up and start feeling better!

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