

appnotes

DAY 1 READ PROVERBS 19:19

1

Do you have a big heart? Does your heart break for the brokenhearted? You will face a unique temptation if you enjoy helping people turn the corner in their lives. That's what today's Proverb is talking about when it says, "A hot-tempered person must pay the penalty; rescue them, and you will have to do it again." When we rescue people we steal the lesson that the consequences would have taught them. The way to build up without burnout is to have healthy boundaries. We can help by assisting, encouraging, coaching, cheering, and loving. But we hurt others when we solve their problems for them. Your job is to be their brother or sister, not their savior.

DAY 2 READ 1 CORINTHIANS 15:20-33

2

My mom wouldn't let us watch Teenage Mutant Ninja Turtles because we would run around the house shouting "Cowabunga" and jumping off furniture. The actions of adults, like kids, are formed by what we absorb. In today's reading, Paul is unpacking the central pillar of our faith: Jesus Christ's historical resurrection from the dead. And then he says something your grandmother might have said, "Bad company corrupts good character." He is warning us that we become like our best buds. Even if we don't talk about faith, the people around us influence how we see the world. If the guy next to us at work is cynical and sarcastic, we can pick that up too. That's why it is important to have healthy boundaries in our relationships. Ask yourself, "Am I influencing others, or are they influencing me?"

DAY 3 READ LUKE 10:25-37

3

There is always more to do on the To-Do List. The laundry piles up every week (who would have thought?). The family wants food . . . every day! And that's just the basics! Who can keep up? And every day we come across more desperate needs asking for our aid. Jesus tells a powerful story about how to handle the needs we see around us in today's reading. The Samaritan responded to the man's needs with generosity but not without boundaries. He gave his time, his comfort, and his money. But he took him to an inn (not his house) and left the next day. We get into trouble when we try to fulfill every need completely. And though love should cost us, it just shouldn't crush us. If we try to fulfill every need, we will be unhealthy wrecks who can help no one!

DAY READ 2 CORINTHIANS 6:14-18

4

Should a follower of Jesus be friends with those who are not followers of Jesus? Jesus had a reputation for being a friend of sinners (Matthew 11:19). He would spend time with them, eat meals with them, listen to them, and speak with them. So what is Paul saying in today's passage when he says, "Do not be yoked together with unbelievers"? Jesus sends His followers out into the world to have an impact (Matthew 5:13-16, John 17:15). Paul is warning us to make sure we are shining the light of truth, not compromising it so that people will like us. We are to love people enough to share the truth about God with them in the context of the relationship. The wise person will pay attention to how much they are influenced by their peers. Are there any toxic relationships in your life that you need to establish a boundary around?

DAY READ MATTHEW 14:13-24

5

Have you ever run out of gas? Even when you see the needle dipping toward E, you keep pushing until you end up stalled on the side of the road. We do the same thing in our spiritual lives. When we keep pushing ourselves to give without filling up, we end up running out of energy. Even Jesus pulled back from all the needs that were crying out for His attention to restore His soul. In today's passage, Jesus pulled away after hearing that His friend had died. After the Father had ministered to His soul, Jesus was ready to minister to others. Then again, He pulled away for some time alone with God before launching out to rescue His disciples from a deadly storm. You can't drive on an empty tank and you can't give to others on an empty soul. Give yourself permission to pull back and fill up!

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

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