



“Exercise More and Eat Better: Practicing Faith with Our Strength”

Theme: 20/20 Vision - Leaning into a New Year with Hope

Sermon Scripture: Luke 10:25-37

Guest Speaker: Morgan Holick

Family Activity for the Week: Luke 10:27 reminds us to love God with all that we’ve been given, including our bodies! Each day this week there is a Bible verse to read, a song to listen to, and a few notes to ponder upon. Invite your family to dance with you to the song each day. No one is ever above dancing. Wiggle, jump, and twirl to lyrics that wrap you in the love of God. Spin with your infants. Cha-cha with your partners. Ask your middle schoolers to teach you the “in” moves. Don’t worry about feeling like a fool. After all, if a fool for Jesus is the worst, they can call you then you have already won. Remember to heed the warning of Eutychus—boring kills people.

Monday, January 27 – “I used to want to fix people, but now I just want to be with them.” - Goff

Read: Matthew 1:23

Listen: “Pieces” by Bethel Music

- ▲ God incarnate was called “Immanuel” which means “God with us.” Love is often directly related to availability. Do you slow down enough each day to look for God’s presence? Every day God sets the table and awaits your arrival (see Psalm 23). Remember, God always makes time for you.
- ▲ The song “Pieces” by Bethel Music has some powerful lyrics about God’s love. Take a moment to look the lyrics up and jot down which ones mean the most to you. In what ways has human love hindered your ability to trust and rest in God’s love? In what ways is God’s love so much more than what any human could give us? God’s love is wild for you.
- ▲ God is with you always. The love of God refuses to allow you to feel like a burden. You are desired and cherished. In what ways can you be a better example of this sort of love to others? Do your friends, family, and neighbors know that you always have time for them?

Prayer: *Dear God, thank you for coming to us in human form as a powerful reminder of your presence and desire to be with us. Help us to realize the extent of your love for us with our hearts, souls, minds, and strength. Allow us to extend this same love to others. Amen.*

Tuesday, January 28 – “I used to think being loved was the greatest thing to think about, but now I know love is never satisfied just thinking about it.” - Goff

Read: 1 John 3

Listen: “Drenched in Love” by Bethel Music

- ▲ 1 John 3 says it outright. You will be known as a child of God by the way you love others. The phrase “it’s the thought that counts” falls flat here. Love may begin as a thought but always shows itself in action.
- ▲ “Drenched in Love” by Bethel Music reminds us that our names are carved upon the heart of God. We are never forgotten. Attempting to extend this love of God to others, how can you be better about making people feel remembered?

Prayer: *Dear God, thank you for lavishing Your sacred love upon us. How humbling it is to be called “child of God.” We are so grateful that You thought we were worth dying for. Help us extend Your love to others by reminding them that they are never, ever forgotten. Amen.*

Wednesday, January 29 – “I used to be afraid of failing at something that really mattered to me, but now I’m more afraid of succeeding at things that don’t matter.” -Goff

Read: Luke 10:27

Listen: “Stand in Your Love” by Bethel Music

- ▲ You are not the grand sum of all your earthly successes and failures. In fact, being a child of God creates a new, binding definition of success and failure. Your purpose is to love God and neighbor

so everything that pursues this mission is a success. Everything that hinders this mission is a failure. With these definitions in mind, how do your 2020 goals and desires for yourself change?

- ▲ “Stand in Your Love” by Bethel Music reminds us that fear doesn’t stand a chance in the presence of God’s love. Love casts out fear (see 1 John 4:18). What worries and burdens have you been carrying with you that you need to bring into the presence of God?

Prayer: *Dear God, help me to love you from my head to my toes. Empower me to surrender my worries and cares to you. Allow the measure of my life to be the way I love You and others with it. Amen.*

Thursday, January 30 – “I used to think you had to be special for God to use you, but now I know you simply need to say yes.” - Goff

Read: Luke 6:45

Listen: “King of My Heart” by Bethel Music

- ▲ Have you ever seen the movie *Yes Man* by Danny Wallace? The movie is meant to depict how different our lives would look if we were willing to say “yes” more. The main character named Carl Allen who is played by Jim Carrey says at one point, “Take the stupidest thing you’ve ever done. At least it’s done. It’s over. It’s gone. We can all learn from our mistakes and heal and move on. But it’s harder to learn or heal or move on from something that hasn’t happened; something we don’t know and is therefore indefinable; something which could very easily have been the best thing in our lives, if only we’d taken the plunge, if only we’d held our breath and stood up and done it, if only we’d said yes.” God doesn’t need perfection from you. God just needs your willingness.

- ▲ If we want to say “yes” with our lips, then we have to hold faith and trust in our hearts. “King of My Heart” by Bethel Music reminds us of the sort of God we serve. God is our resting place, the song inside our hearts, and the very fire in our veins. God defines us and refines us. When we believe this with all that we’ve got, saying “yes” to God’s call becomes a reflex.

Prayer: *Dear God, help me to trust you with all that I’ve got. I believe that you want what’s best for me. I believe that you care deeply for me. Allow my heart to be so hungry for more of You that saying “yes” to your call becomes my natural response. Amen.*

Friday, January 31 – “I used to think knowing God was like going on a business trip with Him, but now I know He’s inviting me on an adventure instead.” - Goff

Read: Psalm 100

Listen: “Reckless Love” by Bethel Music

- ▲ We have a tendency to treat Saturday night and Sunday morning church service as an opportunity to learn more about God—like sitting through a conference or sales pitch. What if God hates meetings? What if a sales pitch is miles from what God wants for us? Many of the people I know who love God with everything they’ve got seem to always be on a wild adventure. They make crazy connections. They have a reach that is far and wide. They scream and whisper and cry and laugh. God is love and love isn’t stale or stagnant. What if church was meant to be the greatest party you’ve ever been invited to? Will you dance?

- ▲ Try reading Psalm 100 out loud like it was your job to make others believe its proclamation. Now imagine trying to share the message of Psalm 100 with others without using words. That is what it means to glorify God with your life.

Prayer: *Dear God, thank you for inviting me on the adventure of a lifetime. Continually push me outside of my comfort zone. Don’t allow me to become a stagnant, poor example of Your reckless love. Help me pursue You and others with the sort of abandonment You pursue me with. Amen.*

Saturday, February 1 – “I used to think clinched fists would help me fight better, but now I know they make me weaker.” - Goff

Read: Psalm 134:2

Listen: “Arms Open Wide” by Hillsong UNITED

- ▲ Did you know that we are actually commanded to worship God with our bodies? The Old Testament and New Testament contain multiple examples of what this can look like. Our bodies are their own language. What is yours communicating to God and others?

- ▲ Open arms and palms are an indication that we are open to receiving something. God has invited you to receive divine love- a love that will satisfy you like nothing else can. How will your body participate in receiving this?

Prayer: *Begin this prayer by opening your palms and extending your arms.*

Dear God, here I am. Empty me of hate and envy. Overflow me with Your love. All that I am is surrendered to Your will. Cause all that I do to be in fulfillment of my mission to love You and others more. Amen.