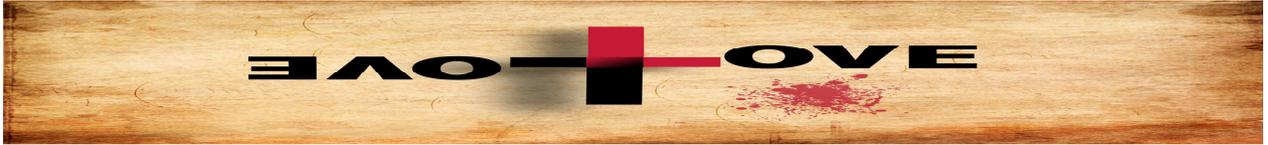




January 6 - January 26, 2016

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## PRAYER AND FASTING

Prayer is the communication between God and the believer. It is two-way communication that requires listening, speaking and trusting. A simple way to pray to God is to use the ACTS of prayer:

**A** – Adore. Address and acknowledge God for the great God that He is (i.e. God my Father, Wonderful Counselor, Awesome God, My God, etc.)



**C** – Confess your sins. 1 John 1:9 states “that if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” This is the believer’s assurance that God will not hold our sins against us if we confess them to Him and ask for His forgiveness.

**T** – Thank God for what He has already done in your life! Enter into the Lord’s presence with thanksgiving in your heart, knowing that He hears and answers your prayers.

**S** – Make your Supplications/requests known to God. After you have adored, confessed and thanked God, you are now in a position to petition God on your behalf.

Fasting is the greatest spiritual discipline for seeking God’s intervention. The normal fast is going without food for a definite period, during which you ingest only liquids (water, and/or juice). An absolute fast allows no food or water at all, and should be for a short period of time. A partial fast is one that omits certain foods or is on a schedule that includes limited eating. It may consist of omitting one meal a day. Eating only fresh vegetables for several days is also a good fast. Beside foods, we can also fast from other things in our live as a devotion to God. Such as our favorite TV shows, cell phones, facebook, twitter, and other things. Always seek the guidance of the Holy Spirit before you begin your fast!





***Faith for the Journey***

- Day 1: Be More...Prayerful
- Day 2: Be More...Willing
- Day 3: Be More...Trusting
- Day 4: Be More...Purposeful
- Day 5: Be More...Disciplined

***Strength for the Journey***

- Day 6: Be More...Forgiving
- Day 7: Be More...Joyful
- Day 8: Be More...Truthful & Honest
- Day 9: Be More...Kind-Hearted
- Day 10: Be More...Enlightened

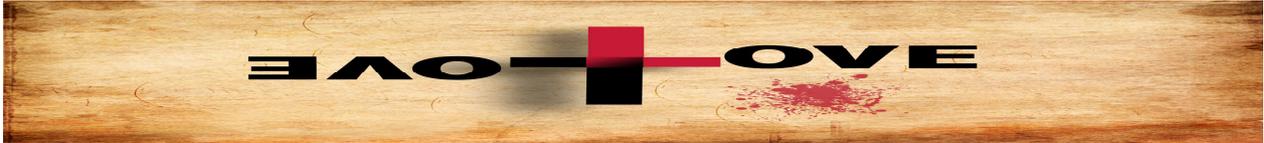
***Attitude for the Journey***

- Day 11: Be More...Peaceful
- Day 12: Be More...Loving
- Day 13: Be More...Hopeful
- Day 14: Be More...Positive
- Day 15: Be More...Giving

***Commitment to the Journey***

- Day 16: Be More...Courageous
- Day 17: Be More...Patient
- Day 18: Be More...Faithful
- Day 19: Be More...Obedient
- Day 20: Be More...Encouraging
- Day 21: Be More...Consistent





Day One January 6, 2016

**BE MORE...PRAYERFUL**

**Scripture:** “Then He spoke a parable to them, that men always ought to pray and not lose heart,” ~ Luke 18:1 NKJV

From the time that we were old enough to repeat what we were told, our parents, grandparents, Sunday school teachers and/or daycare providers taught us to communicate with God. When we repeated words like “God is great; God is good” before we ate our meals and “Now I lay me down to sleep” before we went to bed, they were actually teaching us to pray; even if, at the time, we really didn’t understand what we were saying or doing. Many of us thought that prayer was something that could only be done at the side of the bed, while on our knees. However, as we have grown older and matured in the Lord, we now know that prayer can be done anywhere and at any time during the day.

In the Bible, we have read many accounts of how prayer changed people and/or situations, which was the result of God’s Word being spoken back to Him. Basically, praying Scripture gives you the same authority over Satan as when Christ prayed against him, making this method of prayer helpful in creating an intimate relationship with the Creator. So, in whatever situation you find yourself, whether you need healing, strength, wisdom, a financial blessing or a desire to simply pray for someone else, remember that God admonishes us to come boldly before the throne of grace.

**Meditation:** Prayer is the best way to make your requests known unto the LORD. So, remember to P.U.S.H - Pray Until Something Happens!

**My prayer request for today is** \_\_\_\_\_

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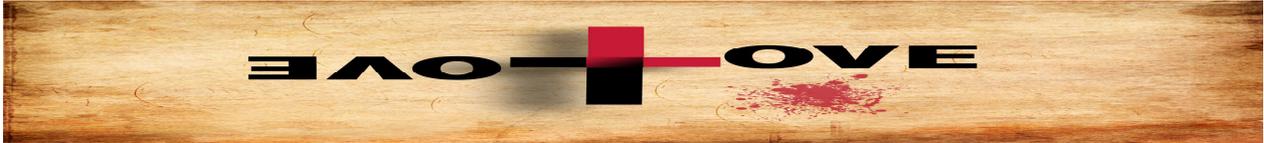
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**LOVE & BE MORE**





Day Two January 7, 2016

**BE MORE...WILLING**

**Scripture:** Also I heard the voice of the Lord, saying: Whom shall I send, And who will go for Us?" Then I said, "Here *am* I! Send me." ~ Isaiah 6:8 NKJV

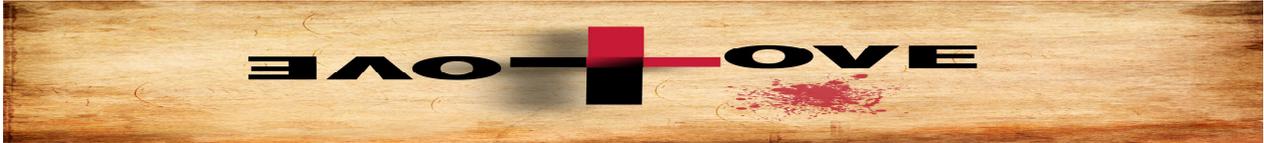
Have you ever found something you enjoy doing? Perhaps, you learned how to cook, sew, or draw. Maybe you delight in baking, writing or reading, or taking pictures. Because you love doing those things, if ever you were asked to bake a cake, or draw a picture, you were willing to do so. No one had to push you or plead with you to do it; you just did it. You even rearranged your schedule to accommodate your interests. That is how God wants us to be with Him. He desires us to be willing to do, go and say anything for Him. Be willing to spend some time with Him, study His word and sit in His presence. He will never push Himself on us. He is always there for us: willing to hear us, comfort us, protect us, love us, provide for us, guide us and more. In fact, He was willing to die for us. In the scripture, the prophet Isaiah came to a clearer understanding of who God was in his life. He recognized that this Holy God wanted a real relationship with this sinful man. Realizing the magnitude of God's power, when the Lord needed someone to go to "make the heart of the people fat," Isaiah said immediately, "...here I am, send me."

**Meditation:** Today, listen to the leading of the Holy Spirit.

My prayer request for today is \_\_\_\_\_  
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**LOVE & BE MORE**





Day Three January 8, 2016

**BE MORE...TRUSTING**

**Scripture:** “Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” ~ Proverbs 3:5-6 NKJV

Why is it so difficult for us to completely trust the Lord? He promised us that he would take care of us and supply all of our needs. No one else has ever made such promises. God wants us to trust Him without doubt, hesitation or worry. Whatever you need from Him, put it in the hands of our Lord. He can handle it.

**Meditation:** What things have you asked God to handle? If He did it before, then He will do it again.

My prayer request for today is \_\_\_\_\_

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**LOVE & BE MORE**





Day Four January 9, 2016

**BE MORE...PURPOSEFUL**

**Scripture:** “Happy *is* the man *who* finds wisdom, And the man *who* gains understanding” ~ Proverbs 3:13 NKJV

Several years ago a story appeared in a well-known devotional about a man who wrapped his wife’s 3.5 carat diamond ring in a napkin and mistakenly threw it in the trash. Upon realizing his mistake, he chased the trash truck to its transfer station and proceeded to weed through the trash to find the ring. It took him about an hour to accomplish this task. His mind was on that one thing: finding the ring.

As children of God, we have to purposely seek Him everyday. We have to find God in every situation. We have to get the understanding of who God is and what He is trying to accomplish through us. See God as that precious jewel that you do not want to lose under any circumstance. Always keep him in sight!

**Meditation:** I will worship the Lord in the beauty of holiness as I strive for a deeper understanding of Him.

**Am I living my life on purpose?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Five January 10, 2016

**BE MORE...DISCIPLINED**

**Scripture:** "I press toward the goal for the prize of the upward call of God in Christ Jesus." ~Philippians 3:14 NKJV

Have you ever wondered what is so different about the person that makes a determination to excel? Have you noticed how runners in a race all run like they have already won? Some start out fast; some pace themselves at a slower rate, and then there are those who seem to take it in stride, confident that they will accomplish what they set out to do. They never give up before the race is over.

"Practice makes perfect" is a true saying and runners adopt this attitude by disciplining themselves to be ready for whatever challenge lies ahead. They can run in the heat, the rain, and even cold weather. Their bodies have been disciplined to withstand the elements.

So, too, the Apostle Paul reminds us to discipline ourselves by the Word of God so that we can not only stay in the race, but also complete it in a way that brings glory to God. Discipline for the believer is achieved when we read and obey the Word, and allow the Holy Spirit to lead and guide us.

Discipline yourself today to let God's Will for your life be your will and act on it daily.

**Meditation:** Lord, teach me how to submit myself everyday to your Will.

**What will I do today to be more disciplined?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Six January 11, 2016

**BE MORE...*FORGIVING***

**Scripture:** “And forgive us our debts, as we also have forgiven our debtors.” “For if you forgive others their trespasses, your heavenly Father will also forgive you;” ~Matthew 6:12, 14 NRSV

How often do we utter the words, “Lord, forgive me” or “God forgive me for ...?” Do we really understand what we are saying? When we request forgiveness from God, we are actually positioning ourselves to forgive others, that we ourselves may obtain forgiveness. The forgiveness that we request from God is relational meaning that we get what we give.

In the prayer that Jesus taught His disciples, He says, “Forgive our debts as we forgive our debtors” which translates to “As often as I forgive others, please Lord, forgive me!” If we are honest, how many times would we really gain forgiveness? In verse 14, Jesus simply assures us that forgiveness, no matter what we have done, thought or said, is guaranteed if we allow for weakness in others.

Today, remember the golden rule and ‘do unto others as you would have others do unto you’; forgive.

**Meditation:** Resolve in yourself to forgive.

**Whom do I need to forgive?** \_\_\_\_\_  
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# LOVE & BE MORE





Day Seven January 12, 2016

**BE MORE... JOYFUL**

**Scripture:** “Rejoice evermore.” ~I Thessalonians 5:16 KJV

Some time ago, there was a service at a men’s correctional facility in which seven preachers spoke on seven sayings of Jesus. One of the preachers was led to speak on the word joy. The preacher then asked himself, “how can one talk about joy to those who are incarcerated?” Then, the answer came by the Holy Spirit, saying, “don’t focus on the environment but focus on the Word that produces joy.”

We as Christians must be confident in the joy we have through Christ Jesus. Regardless of the circumstances in which we find ourselves, the Word of God holds for us treasures of joy. Treasures that remind us that, “the joy of the Lord is our strength”; ~Nehemiah 8:10 “in His presence is the fullness of joy”; ~Psalm 16:11 and to, “rejoice evermore.” ~I Thessalonians 5:16

**Meditation:** Purpose to be joyful no matter what life brings. BE MORE JOYFUL!

**How can I remain joyful?** \_\_\_\_\_

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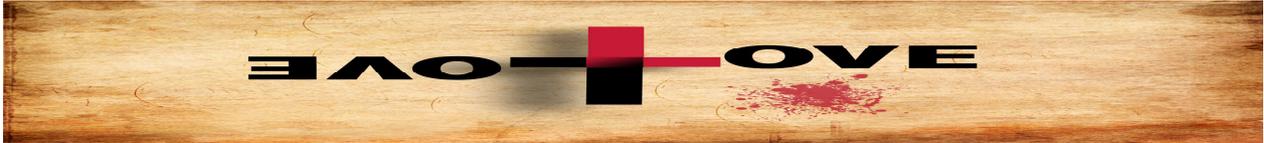
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**LOVE & BE MORE**





Day Eight January 13, 2016

**BE MORE...TRUTHFUL & HONEST**

**Scripture:** “Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else’s property, who will give you property of your own?” ~Luke 16:10-12 NIV

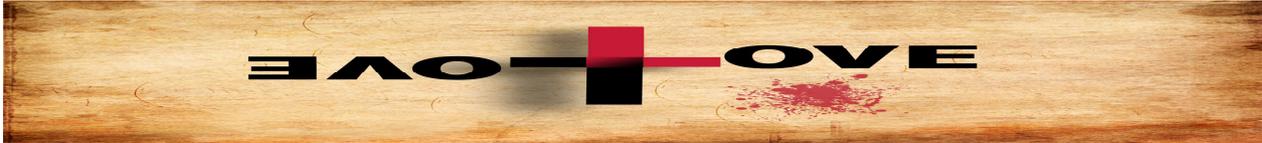
In this season, God is building character and holding us accountable for our actions. When we think about the financial downfall that has caused many to lose jobs and to give up things we enjoyed to maintain a stable life, it is very easy to resort to dishonesty and unethical behavior. If we continue being truthful and honest with God, ourselves, and others in our season of lack, God will honor our faithfulness and bless us with a great recovery. Truth and honesty enables us to have peace of mind, maintain self-respect and allows us to serve God and others. When we are truthful and honest with God, who knows all things, He will trust us with more.

**Meditation:** Today purpose to Be More truthful and honest with God, self, and others.

**How can I can be more truthful and honest?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Nine January 14, 2016

**BE MORE...KIND-HEARTED**

**Scripture:** “And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.”

~ Ephesians 4:32 Amplified Bible



Various media such as the news, newspaper, and the internet show us there are many unkind people in the world. In addition, there are those who ignore the less fortunate and treat them as if they don't exist. Some never have a kind word to say about others. Sadly, sometimes we find unkind people in the Christian community, but that is not the behavior that God expects from His children.

Kindness is a command from God and is the fifth virtue listed in the fruit of the Spirit (Galatians 5:22). It is a sympathetic kindness or sweetness of temper that puts others at ease, and shrinks from giving pain. Simply stated it demands that one consider another's feelings and seeks to enhance one's joy, rather than to make one unhappy. As Christians, we should desire to help, and not hurt.

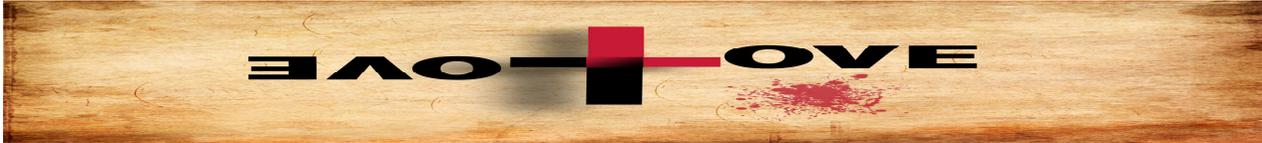
The Bible admonishes us not only to treat others as we want to be treated, but to show yourself friendly if you want to gain a friend.

The key, however, is that we need God's kindness and compassion in our lives in order to be a blessing, and not a curse to someone else. So show kindness to a neighbor, colleague, stranger or friend because you never know what a person might be going through.

**Meditation:** The cost of kindness is free! When we are kind to others, God will be kind to us.

**Today, I will show kindness by doing the following:** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Ten January 15, 2016

**BE MORE...ENLIGHTENED**

**Scripture:** “Moreover, brethren, I would not that you should be ignorant, how that all our fathers were under the cloud, and all passed through the sea;” ~I Corinthians 10:1 KJV

Many times have we heard people say, “They are always walking around with their head in the clouds.” Ever wondered what they meant by this statement? This statement suggests the person with their “head in the clouds” presumably is not aware of what is going on around him. That person has no knowledge of current events or what is happening at that particular time. God does not want us ignorant. He wants us aware of what He is doing in our lives for our good. The Bible encourages us to “watch as well as pray,” or in other words, to be aware of what is going on in our space. We know that the devil is always busy and he works to distract and get the attention of God’s people so he can get us off focus.

Let’s not get caught with our “head in the clouds.” Pay attention to what God is doing and be confident that He is working all things for our good!

**Meditation:** Be aware of your surroundings and the people in your space.

What is God saying to me? \_\_\_\_\_  
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**LOVE & BE MORE**





Day Eleven January 16, 2016

**BE MORE...*PEACEFUL***

**Scripture:** “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”  
~Isaiah 26:3 KJV

A minister once shared many years ago about being peaceful. He talked about a raging storm...the strong winds, the pelting rains, and the flashing thunder and lightning! This storm was of hurricane force. He went on to say that right in the midst of this storm, perched on a branch in a big old oak tree, was a bird’s nest and in that nest were several eggs. The amazing thing about the story was that sitting on the eggs was the mother bird. Even though the storm tossed her about, she remained perched on her nest determined to protect her eggs. This mother bird had peace in the midst of the storm because her mind was on something greater than the storm.

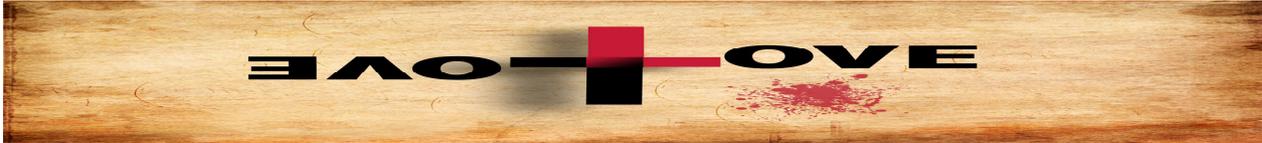
God desires peace for His people. When storms come into our lives, He wants us to concentrate more on Him rather than what is going on around us. He has promised to give us peace in the middle of the storm, but we have to learn to keep our minds on Him and not our surroundings.

**Meditation:** I will look beyond my circumstances and concentrate on the peacefulness and calmness of knowing God.

**How do I demonstrate peace in my life?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Twelve January 17, 2016

**BE MORE...*LOVING***

**Scripture:** “The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.” ~Jeremiah 31:3 KJV

“What the world needs now, is love sweet love. It’s the only thing that there’s just too little of”. This song has become an all too common theme in our world today. As it is also said, “People are looking for love in all the wrong places.” Both of these statements are unfortunate, but true. The world recognizes its need for love, but has not found it. Although this is a worldly issue, we as Christians sometimes struggle to exhibit the “sweet love” that the world needs.

Let’s look at the words of a popular song that we sing, “The Jesus in me, loves the Jesus in you; you’re easy to love.” As much as we want to practice these words, as Christians, we struggle with doing what they say. God knows this is a struggle for us, and in order to help us be more loving, He reminds us about the love that He has for us. He reminds us that this love has been with us for generations and this love is everlasting. Because of His love for us, he is affectionately kind to us. As we continue to recognize and accept His love for us, we can then transfer this love and affection to others. You may think that’s easier said than done.

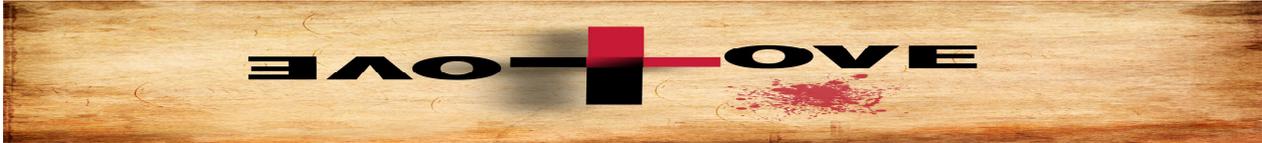
We’ll look closely at the words to the song again. It reads, “The Jesus in me, loves the Jesus in you.” Did you get it? The key component is Jesus. God gave us Jesus as the example of how we can be more loving. If we allow the Jesus in us to love the Jesus (or God) in others, then they will (and you will) be easy to love.



**Meditation:** Lord, help me to see you in others so that I can be more loving.

**How can I be more loving?** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Thirteen January 18, 2016

**BE MORE..HOPEFUL**

**Scripture:** “The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in him.” ~Lamentations 3:22-24 NRSV

Repeat these words, “Everything I need is in God.” Do you believe it?

This passage of scripture was written at a time when Israel was under great suffering and anguish. Sound familiar? Maybe they were experiencing a recession, high unemployment, financial ruin, the disintegration of the family, sickness, homelessness, or elevated crime statistics. At this point, I’m sure that giving up was on the minds of all those who were affected, but the prophet did something that we are encouraged to do. THINK! He thought back to his experience with God and decided that there was reason to expect with confidence for things to change for the better.



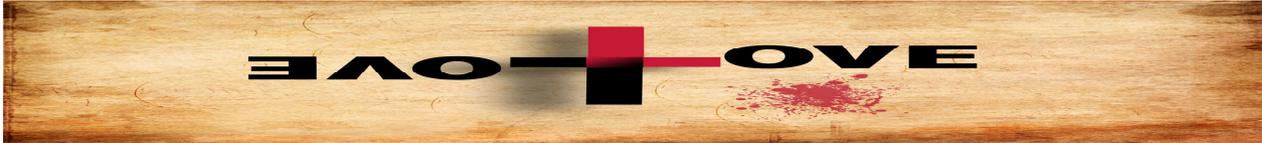
No matter what our present situation or circumstances, our God never changes. In the past, God has been there for us and seen us through some of the most difficult times in our lives. The scripture declares that God’s love never quits and that His mercies never run out. But every morning He sends new mercies to take over where yesterday’s mercies stopped. We don’t have a reason to give up because we have HOPE in God. We have the assurance that God knows all about us and what we are going through and that He is making provision for us. He is our everything! He is all that we need! He is our portion!

So the next time you get in a tight place remember to HOPE in God. Everything that we need is in God!

**Meditation:** “My hope is built on nothing less than Jesus’ blood and righteousness. I dare not trust the sweetest frame but wholly lean on Jesus’ name. On Christ the solid rock I stand; all other ground is sinking sand.”

**For what am I hopeful?** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Fourteen January 19, 2016

**BE MORE...POSITIVE**

**Scripture:** “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” ~Philippians 4:8-9 KJV

The state of being positive is one that brings with it a feeling of more rather than feeling less. It has been proven scientifically that the power of positive thinking can change structure of the cells in our bodies. Some believe that the diagnosis of a life-threatening disease can be reversed because of positive thinking. This principle also can be found in mathematics. A Plus (+) sign denotes positive while a minus (-) sign denotes negative. One adds, while the other subtracts. A positive number is always greater than a negative number.

As it is in the natural, so it is in the spiritual; thinking about the good versus the bad can change your view of any given situation. You may not have a new car, but with your old car, it is a blessing that you don't have a car payment. We may be experiencing a recession, but you have food on your table every night. We shouldn't deny that things are tough, but recognize that in spite of our situations, God is still good and is still providing good things for us.



In our equation of life God is greater, than any negative thing that we are experiencing.

**Meditation:** When negative things come your way, choose to think more about God.

**Today, I choose to think on these positive things** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Fifteen January 20, 2016

**BE MORE...*GIVING***

**Scripture:** “How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality. For to their power, I bear record, yea, and beyond their power they were willing of themselves; praying us with much entreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints.” ~II Corinthians 8:2-4 KJV

The Macedonians were a group of blessed people. They understood the power of sacrificial offering during afflicting and difficult times in their lives. Ordinarily it would have made sense to save their money for their future, but when they learned the needs of the saints in Jerusalem, the Macedonians were overflowing with the joy of giving to something greater than themselves. Interesting to note, the Macedonians not only gave their money, time and talent, but they gave beyond their ability to produce what was needed to glorify God. Moreover, in their giving they were not pressured or coaxed, but they were willing.

**Meditation:** Think on something greater than yourself that you can sow into that will cause others to **Be More**.

What is God saying to me? \_\_\_\_\_

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**LOVE & BE MORE**





Day Sixteen January 21, 2016

**BE MORE...*COURAGEOUS***

**Scripture:** “Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” ~ Joshua 1:9 NIV

In the classic movie, “The Wizard of Oz”, the Cowardly Lion jumps out of window because of fear. His desire was to have courage. The Wizard of Oz made him go through many dangerous and terrifying situations with the “Wicked Witch of the West to “earn” the courage that he so desperately wanted. In the end, the lion learned that the courage he was trying to “earn” was exhibited in his ability to overcome his situations and finally overcome the witch.

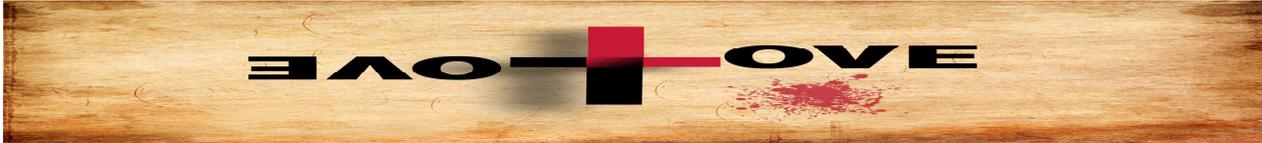
There are many times in the Word that God commands his people to be strong and courageous. He commands it because He knows that we already have the courage we need. Furthermore, He knows that fear brings terror and discouragement. Finally, He assures us that we can be strong and courageous because He is always with us.

**Meditation:** I will be confident and courageous in every situation knowing that God is with me.

**In what areas do I need more courage?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Seventeen January 22, 2016

**BE MORE...PATIENT**

**Scripture:** “My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” ~James 1:2-4 KJV

Patience is a word that many of us have a hard time demonstrating. The greatest challenge to the development of patience is being able to wait for the tangible evidence that our efforts are not in vain. We want what we want when we want it; in fact, we wanted it yesterday! Basically, patience is nothing more than a waiting game, that when played correctly, will work exceptionally well in us when we willingly surrender total and complete control to the Wisdom of God.



As we explore the elements required to actually demonstrate patience in all situations, we should find a strong foundation of faith. Job demonstrated this faith when he waited patiently for God to deliver him from the despair in which he found himself. When his wife and friends told him to curse his God and die, Job trusted that God’s delay was not a denial and in the end was rewarded for his patience. He understood that patience was not just a condition for which to aim, but an increase in his faith in God.

Don’t let impatience cause you to miss the good things that God has for you on the journey of your life. If you consistently murmur and complain while waiting for your prayers to be answered, you may miss something that God wants to use to enrich your life. You hear jokes about never asking God for patience unless you want to go through more trouble, but if having patience increases what you can receive from God, it is a good thing; so ask away!

**Meditation:** Faith, trust, and truth are the foundation of patience. Welcome the chance to practice it.

**Today, my prayer is that God would give me patience in the following area(s)** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Eighteen January 23, 2016

**BE MORE...*FAITHFUL***

**Scripture:** “And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.” ~ Matthew 17:20 KJV

The Word of God tells us that without faith it is impossible to please the Lord. So, how much faith is required for the people of God to please Him? Jesus explains in Matthew that the level of faith needed to spiritually move obstacles is equivalent to the circumference of a mustard seed.

A single mustard seed has the ability to produce more than 100 additional seeds after it matures into a plant and it is used to cure many conditions. Look at the spiritual connection. If we have the faith the size of a mustard seed, then as we mature in God, the power of our faith has the potential to grow 100 fold. With that much faith, what is really holding us back?

**Meditation:** I will activate my faith to move forward.

**How can I increase my faith?** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Nineteen January 24, 2016

**BE MORE...OBEDIENT**

**Scripture:** “But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted,” ~ Romans 6:17 NRSV

Our daily lives are impacted by all sorts of occurrences in the home, on the job, and as we encounter our fellow man. We respond accordingly by changing our actions or reactions. But as Christians, our greatest impact has to be our encounter with the Lord Jesus. One day while we were still very much sinners Christ died for us and became our bridge from sinful nature to righteousness. The truth is that there was no other way for us to get back to our maker, God. It is through the gospel of grace that we earnestly respond to our deliverance from slaves to sin by becoming obedient to the teachings of Jesus Christ.

Obedience means that against what our minds or feelings may direct, it is our true love of Jesus that compels us to comply with His word and teachings. If we love God with all my heart, it becomes difficult for us to ignore His leading and guidance.

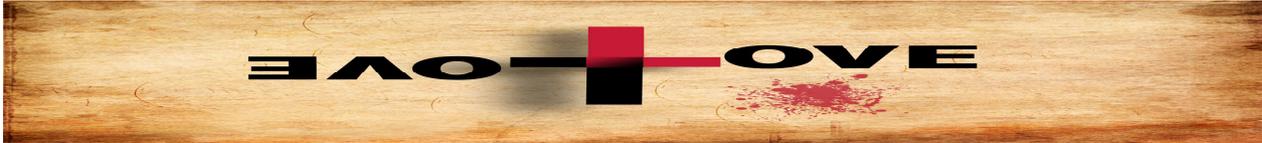
We must demonstrate my love and thanks to God for setting us free from sin by submitting to His authority.

**Meditation:** In what area of your life have you not obeyed God? Resolve to submit it to Him today.

**I resolve to work on obedience in these areas:** \_\_\_\_\_  
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**LOVE & BE MORE**





Day Twenty January 25, 2016

**BE MORE...ENCOURAGING**

**Scripture:** “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.” ~James 5:16 KJV

A song writer wrote:

Encourage my soul  
And let us journey on  
Though the night is dark  
And I am far from home  
Thanks be to GOD  
The morning light appears  
Chorus:  
The storm is passing over  
The storm is passing over  
The storm is passing over, Allelu  
Allelujah, Allelujah, Allelujah  
The storm is passing over  
The storm is passing over  
The storm is passing over, Allelu

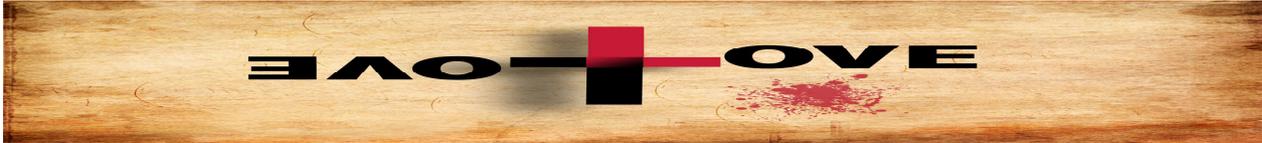
This passage was written to encourage those that were going through tough times. Despite what was happening the writer suggests hope in the midst. The hope comes from asking for encouragement. Sometimes we don't feel as if we can get out from under depressed or inadequate feelings. James says for us to “confess” to each other that we may be healed. We should share with others what the Lord has done for us in troubled times, loss of jobs and lack of finances, etc. If we prayerfully share our situations, we can encourage each other.

More hope is found in this song, because we are still on the journey to becoming what God has designed even though “the nights are dark.” Finally, more hope shows up as we sing the chorus: “The storm is passing over; the storm is passing over; the storm is passing over, Allelu!” Trouble doesn't last always.

**Meditation:** Remember the promises God made to you.

**What can you share that will encourage someone else?** \_\_\_\_\_  
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**LOVE & BE MORE**



Day Twenty-One January 26, 2016

**BE MORE...CONSISTENT**

**Scripture:** “Go to the ant, thou sluggard; consider her ways, and be wise:” ~ Proverbs 6:6 (KJV)

God’s creation can teach us many lessons, if we let it be a classroom. So "a sluggard" or a lazy irresponsible person is challenged to learn from "the ant and be wise." The book of Proverbs mentions ants in several places and reminds us of what remarkable creatures they are and the many lessons we can learn from them. Much of the study of insects in recent days has confirmed many of the varied aspects of the life of these tiny insects.

Ants are models of industry as they organize themselves for a great variety of undertakings, and in the way an ant colony resembles a great complex community in which citizens are hard at work moving the wheels of industry and agriculture.

The sluggard lags behind the ant in two observed ways. The first, in verse 7, is that ants needs no leader to achieve success but each readily joins in the organizational structure that promotes achievement. "Which, having no chief, officer or ruler,"

A second reason for her success is that she plans ahead. Ants understand the seasons, the cycles of life—harvest season and dormant periods. Verse 8 indicates that ants work while food is plentiful and stores it against the season of want. "Prepares her food in the summer, and gathers her provision in the harvest."

You can count on the ant to do her job. She is self-motivated, she does not wait to be told what to do. She is strategic, realizing things just do not happen by chance, but we must be active to bring about the desired outcome.

**Meditation:** Can I be counted on by my church, pastor, or better yet God Himself.

**In what ways do I need to be more consistent in my relationship with God? How will I be more committed to my church and pastor?** \_\_\_\_\_

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**LOVE & BE MORE**

