

“TRAIN YOURSELF TO BE GODLY. FOR PHYSICAL TRAINING IS OF SOME VALUE, BUT GODLINESS HAS VALUE FOR ALL THINGS, HOLDING PROMISE FOR BOTH THE PRESENT LIFE AND THE LIFE TO COME.”

1 Timothy 4:7b-8

Text

Reality

Application

Interaction with God

Next Step

GET IN SHAPE!

28 Day Workout!

Sunday	Psalm 1 & 27
Monday	James 1
Tuesday	James 2
Wednesday	James 3
Thursday	James 4
Friday	James 5
Saturday	Proverbs 1
Week 2	
Sunday	Psalm 34 & 51
Monday	Ephesians 1
Tuesday	Ephesians 2
Wednesday	Ephesians 3
Thursday	Ephesians 4
Friday	Ephesians 5
Saturday	Ephesians 6
Week 3	
Sunday	Psalm 96 & 100
Monday	1 John 1
Tuesday	1 John 2
Wednesday	1 John 3
Thursday	1 John 4
Friday	1 John 5
Saturday	Proverbs 3
Week 4	
Sunday	Psalm 103 & 121
Monday	Luke 6
Tuesday	Luke 15
Wednesday	Luke 19
Thursday	Luke 22
Friday	Luke 23
Saturday	Luke 24

Join Pastor Tim on his blog at www.timharlow.com throughout the 28 Day Workout!

And then Keep the Workout Going! Finish 2008...A Chapter-A-Day!

To read the Bible through in a year, go to www.backtothebible.org

Tim's Version of TRAIN for the First Day

Text (*Psalm 1:1-6*)

¹Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ²But his delight is in the law of the LORD, and on his law he meditates day and night. ³He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴Not so the wicked! They are like chaff that the wind blows away. ⁵Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶For the LORD watches over the way of the righteous, but the way of the wicked will perish.

Reality

There are two ways to do life. Walking with the Wicked or Walking with the Word. I don't see how it can be easy to live in this world and live the way the Psalmist recommends, but I know he's right. It's very difficult not to hang with the wicked\sinners\mockers when that's who I am already, and that's what represents most of the human population. And I admit that after all these years I still don't always feel the nutrition from delighting and meditating on the Word. I mean, I do when I get here – to this place where I spend time with you. But it still doesn't make me plant myself next to the stream. I'm busy, I'm distracted. I'm not so much tempted to walk with the wicked as I am to walk AWAY from the stream. Which is so stupid. What are the results of living by the stream? Producing fruit, not withering, PROSPERING! What is the result of the other way of life? Blowing away and perishing.

I know that I'm secure in your grace, Lord. I know that this isn't about eternity. But there are two ways to live here while I am here. I need to choose your way. I don't know what 'prosper' means exactly. But I know that I am living it. I know that my blessings of family, and joy, and stuff, and relationships, are prospered by you. Could I enjoy even more of them if I kept myself closer to the stream?

Application

I am going to be committed to doing this along with my regular quiet time during this month. I think our time is going okay, but I'm not close enough to the stream. How can I figure out how to nourish my roots more during the day? I have no idea. It's not going to be easy during these months of craziness of this campaign and the high season of ministry in the winter. I'm going to have to remember how much I want to be "watched over" by you. I will commit to doing this every day.

Interaction with God

Thank you for taking care of Rachel. Thank you for getting her to England safely, in spite of the screwed up trip. I pray that you will bless her and the team as they begin their ministry to people who may not feel like they want to be ministered to. She is a great girl, thank you for her listening to your call. Please watch over and protect her. I pray for insight into what you are teaching me through this time. I pray for Denise and our marriage – for protection and your blessing. Be with her during this time as she seeks your will. I pray for Lauren and college. Please show us what and where. Guide her as a tree planted by your stream. I pray for Becca, and I thank you for her spirit and ask for guidance for her as she navigates this first year of High School and starts driving and all of that.

Lord, for those who need your help in their marriages – I ask guidance and direction and resolve to find help to get to the next level. I pray for the church as we prepare for these major things. The campaign to raise funds for so much important ministry that needs to happen – Lockport, the chapel, land – it's all crucial to be able to minister to more people who need you. I pray for all of the staff as we deal with all the things we need to get done. Especially for Bill and Wayne as they work through the building stuff. I pray for Lori and John because it's their birthdays! Bless them. Lord, thank you for taking such good care of all of us. Thank you for your grace and mercy. Give me your words as I prepare this sermon.

Next Step

- Seek guidance from you for this sermon.
- Live in your stream all day.
- Be the husband and father you want me to be.
- Encourage the staff in this area.
- Enjoy being your child with the knowledge that you never make mistakes like I do.