



**FRESH
START**

H E A L T H Y H A B I T S F O R T H E N E W Y E A R

We're getting a fresh start in the new year by stepping into spiritual habits that keep our hearts and minds tuned into the presence of God. Each week in January we're adding a new way to connect with the Lord that is simple and meaningful so that by the end of the month you'll have experienced four different spiritual disciplines. This week, we're adding daily prayer prompts to our habit of reading scripture.

Sunday: January 10, 2021 (The Decisions We Make)

Scripture: Proverbs 2

Question: The beautiful thing about Christianity is that God gives us a choice. How we react, accept, and love is all a choice. What are some daily decisions and choices you make that you need God's help with every day?

Pray: Set a five-minute timer and write a prayer about one single person or issue until the timer stops. (Do not stress about spelling or punctuation).

Monday: January 11, 2021 (The Flesh and the Faithful)

Scripture: Proverbs 5

Question: Whether we want to admit it or not, we all have struggles. Proverbs 5 instructs us to stay far away from adultery. However, the same wisdom that applies to this can also be applied to other areas of our lives. What area(s) of your life need special attention so your flesh doesn't overcome your faithfulness to God?

Pray: Write down the three heaviest burdens in your life right now and then write down WHY those burdens are so heavy. Pray for God's help in relieving all three burdens and use the "WHYS" you identified to make your prayer specific.

Tuesday: January 12, 2021 (The Progression of Wisdom)

Scripture: Luke 2:39-52

Question: We see Jesus making decisions as a young boy that would help him in the long run. What are some small decisions that you can ask God to help you with this week?

Pray: Pray for three minutes while doing something that engages the senses in your hands. Grab a rice bag, a stress ball, or just lightly rub your palms together.

Wednesday: January 13, 2021 (Call to Action)

Scripture: Psalm 5

Question: What does it mean for God to lead you?

Pray: Read Psalm 5 throughout your day and ask the Holy Spirit to reveal to you what direction God is leading you.

Thursday: January 14, 2021 (Call to Understanding)

Scripture: Psalm 49

Question: God, how can I align myself to better understand who you have called me to be?

Pray: Pray for something that you genuinely want. Talk to God about why you want it and what you're going to do once you have it.

Friday: January 15, 2021 (Walking in Righteousness)

Scripture: Proverbs 12:1-12

Question: Proverbs 12 is direct and upfront; it not only talks from a standpoint of understanding but it also challenges us to reexamine our lives. Think about this passage, what does it mean to be wicked and how can you make sure you do not become wicked?

Pray: Walk through your home or neighborhood and identify the things and people that bring you comfort and joy. As you acknowledge each one, thank God for them.

Saturday: January 16, 2021 (Resting in God)

Scripture: Psalm 23

Question: What is your favorite part of Psalm 23 and why?

Pray: Solicit a prayer request from someone (ask for them to be specific) and then pray for them. This can be as easy (asking someone in your own household) or as challenging (asking a stranger at Starbucks) as you like.