



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

This week we are adding **worship** to our Fresh Start spiritual habits of Bible reading and prayer. Most of us think of worship as something we do together on Sundays, but we can also live in a continual state of prayer and worship as we go through our days in the presence of the Lord.

As we add habits each week you may find yourself stretching them out over the course of the day or you may find that you do them all at the same time. There is no “right” way to do it. The point of developing these habits is to reach a point where you are truly walking through life with God, enjoying God’s presence all the time.

Sunday: January 17, 2021 (Should I Say That?)

Scripture: Proverbs 20:15, Psalm 19:14

Question: When I was a kid, I loved the show *Family Matters* and every time Steve Urkel did something wrong, he would follow up with the phrase, “Did I do that?” *Before* you speak or type, ask yourself the question “Should I say that?” How do you think asking this question helps you be a better representation of Christ to those around you?

Pray: Today, before you speak, text, or write, first pray Psalm 19:14. Try this at least three times throughout the day.

Worship: Choose one worship song to listen to on your favorite CD, playlist, or radio station.

Monday: January 18, 2021 (I’m the Problem)

Scripture: Romans 7:15-25

Question: Have you ever felt like you had good intentions but for some reason doing the negative was easier than the positive? Is there anything you do that you know is wrong, but you constantly do it? We all share the problem of sin and it is a reminder that we need a savior. How can you make a daily plan to lean into Jesus and resist the negative?

Pray: 5-Steps to Pray Through Temptation – (1) Identify your greatest temptation. (2) Tell God what it is. (3) Tell God you believe his promise that He will not let you be tempted beyond your ability and that He is faithful to provide a way of escape [1 Corinthians 10:13]. (4) Ask him to help you “run the other way”. (5) Thank him for his faithfulness.

Worship: Say this phrase aloud five times, starting at a whisper and adding volume to your voice each time you say it: “God, you are good”. (If you are having trouble doing this in silence, put on an instrumental worship song.)

Tuesday: January 19, 2021 (Jesus is the Solution)

Scripture: Colossians 3:1-17

Question: Paul is writing to the Church of Colossae and in chapter three, he addresses them regarding Christian living. Paul's big question to the Colossians: Where is your focus? What does it look like in your daily life to set your mind on things that are above?

Pray: What current situation comes to mind as you read today's scripture? Ask the Lord how He wants you to pray, then pray this scripture over that situation.

Worship: Choose one of the following worship postures: (1) *Standing* before the Lord with eyes closed, (2) *Holding your hands* out to the Lord, palms up, (3) *Kneeling* before the Lord in some way (knees down/ face down on the floor/ bending head bowed in a seat). Take this worship posture before the Lord for *one minute or more*.

Wednesday: January 20, 2021 (Thankful Praise)

Scripture: Psalm 67

Question: Reflect on the meaning of these words. How do praise and thankfulness impact your life?

Pray: Pray this psalm three times. First, pray it over your family. Second, pray it for Good Shepherd. Finally, pray it as an act of pure worship and praise to God.

Worship: Sing along to your favorite worship song while taking your worship posture from yesterday!

Thursday: January 21, 2021 (Loving Who God Created Pt. 1)

Scripture: Proverbs 24:1-5

Question: Have you ever felt that you were behind in life? In a social media, instant-access world, it is easy to look at someone else's life and become envious or doubtful. Proverbs 24 tells us that we must understand that life is a marathon and that laying a good foundation takes time. What are some foundational things you can build into your life that will set you up for who God is calling you to be? (ex. loving others better, prayer journal, meditation, exercise).

Pray: Pick one of the building blocks you identified above. Write it down on a sticky note, and stick the note to your bathroom mirror or your computer monitor. Commit this to the Lord today and pray for God's wisdom to be built into you whenever you see it.

Worship: Put on an instrumental worship song and as you listen repeat the following phrase from Daniel 2:20: "Praise be to the name of God for ever and ever; wisdom and power are his."

Friday: January 22, 2021 (Loving Who God Created Pt. 2)

Scripture: Psalm 137

Question: Did you know that God created you because he loves you?! What is something about you that you don't love? In what ways can you see yourself like God sees you?

Pray: God is still and forever the Creator. Ask the Lord what He wants you to pray over today and then ask the Spirit to move creatively in you or in the situation. Be bold and ask for the Spirit to do something new! Write down what you prayed for and date it so you can look back to see how God answered.

Worship: Say aloud 3-5 times "I worship you because _____." Fill in the blank with memories or thoughts from your own life.

Saturday: January 23, 2021 (Reflecting on God's Goodness)

Scripture: Psalm 9:1-2

Question: In Psalm 9:1-2 the phrase "I will" appears four times, which really draws a connection to personal accountability. How can you intentionally take time to reflect on the blessings that God has given you?

Pray: Set a timer for five minutes and write as many "wonderful deeds" of God as you can think of. Then take a few more minutes to just praise God for what He has done in your life and let this lead you into your time of worship.

Worship: Sing in your own tune (however the sound comes out) the following scripture from earlier this week: "Praise be to the name of God for ever and ever; wisdom and power are his." You can keep the same tune or vary it for fun and greater expression.