

5 MEDITATION

Joshua 1:8

Meditation Simplified:

“Hearing God’s voice and obeying God’s Word”

- Focused prayer requires advanced planning, “...as was his custom since early days” (Daniel 6:10).
- Internalizing God’s Word should always lead you *action*. Meditation is active not passive.

Plan to spend time with God and hear His voice.

Internalize His word and express your love for God through your obedience.

Plan, Hear, Internalize and Obey.

- Stress settles into our life when we react to situations in a way that is contrary to God’s Word and God’s ways. (Matthew 6:25,31-34)
- If we follow Paul’s daily plan for our lives – joy, patience, trust, prayer, reflection, inventory, meditation & application – then “the God of peace will be with you.” (Philippians 4:4-9)

Each day recognize God and take all of our cares and concerns to Him.

6 RELATIONSHIPS

Matthew 5:9 “Blessed are the peacemakers, for they shall be called sons of God.

- Relationships are always worth restoring.
- It is always best to restore a relationship “before the sun goes down” so the devil does not get a foothold in our lives.
 - We are a reflection of God when we are bringing peace to relationships.

Restore any broken relationships and help others do the same.

4 STRESS

1 Peter 5:6-7

“⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.”

1 GOALS

“The tragedy in life doesn’t lie in not reaching your goal. The tragedy lies in having no goal to reach.” - Benjamin Mays

- Set goals that lead to a balanced life – Luke 2:52
- Set sowing goals and let the reaping take care of itself – Galatians 6:7
- Diligence in spiritual goal setting can bring about eternal benefits – Colossians 3:1-4 (Love God, love God’s Word, love one another, love our neighbor)

Set SMART and scriptural goals

3 FINANCES

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understand, in all your ways acknowledge Him; and He shall direct your paths

- Recognize that God is in control of your finances. You never know how He will come through.
- Don’t let circumstances govern your decisions, or fears to overrule your faith.
- Trust God first, with what you have.
- How we bless and “give” to others is important.

Prioritize your finances in this way:

Give, save, spend and trust in God to supply.

2 FEARS

Exodus 4:1-4

- To get in shape physically and spiritually we have to lose weight.
- We have to lose the weight of our fears.
- Think of fears as a stick – and like God told Moses, we have to *throw it on the ground*.
- Unfortunately many people throw them down, but soon after, pick them up again – but we don’t have to!

Throw down your fears at the feet of Jesus and don’t pick them up again.

Staying InShape for 2008