WELCOME TO YOUR DESTINY

35 DAYS OF SPIRITUAL PERSONAL TRAINING

ROCK PUBLISHING

USING THIS MANUAL

Each day has a section to read through with some thoughts to consider. Read through the day's content and think about what is said. If you have questions, write them down. You can ask them of your Spiritual Personal Trainer when you meet with them next.

After reading through the day's content there is a scripture. Make the effort to find it in your Bible. You may want to underline it or highlight it. You should also think about it and write down any thoughts you are having. Write down any questions that come up.

Finally, there is a prayer or declaration after the day's scripture. You are welcome to pray the prayer or talk with God using your own words. Or you can do both! Enjoy the journey!

DAY 1
WELCOME TO THE FAMILY!

Welcome to the family of God! You made the best decision of your life when you said 'Yes' to following Jesus, giving Him all your heart and all your life. Now that you have made the decision to start this journey of following Jesus, what do you do next?

- **Stay Consistent**

"THERE IS NO COMMITMENT WITHOUT CONSISTENCY."

If someone wants to get healthy or lose weight, one day of dieting or going to the gym won't help them accomplish their health goals. It's only by consistency over time that the goal will be accomplished. This manual will help you to start a healthy habit of being consistent with God.

Each day take the time to go through the daily lesson, read the scripture, and pray (prayer is simply talking with God, so take the time to talk with God like you would a friend, speaking

and listening). Be ready to apply what you are learning to your everyday life. Also, come back to church as often as you are able.

There will be resistance to your goal of being consistent in your relationship with God. You have an enemy called the devil. He doesn't like that you're following Jesus! He wants you to follow him like before you gave God all your heart and all your life. In other words, he wants you back!

The devil will lie and try to tell you that your salvation experience wasn't real or that you were tricked into making a decision to follow Jesus. Don't listen to the lies. In fact, tell the devil to run away from you because you're following God now. Don't ever doubt that you are saved, that God loves you, or that church is important.

As you stay consistent with God your life will change! This is new so make sure you don't just start but that you stay consistent. We love you and are here to help, so keep coming!

SCRIPTURE TO THINK ABOUT

Psalm 92:13 NKJV *"Those who are planted in the house of the LORD Shall flourish in the courts of our God."*

PRAYER

"God help me to be consistent in following you. Thank You for leading me in this journey in life. Amen."

DAY 2
THE RIGHT PEOPLE

Now that you have been born again you need to know that you have been born into a new family–God's family! God is your Heavenly Father and believers all over the world are your brothers and sisters. You are not alone!

Sometimes it can feel lonely to be a Christian. This is because when you made the decision to follow Jesus you also made a decision to leave the past behind. Part of leaving the past behind includes leaving the wrong people.

"MAKING A DECISION TO FOLLOW JESUS MEANS LEAVING THE PAST BEHIND."

This does not mean that you are unkind to them or never have any association with people from your past. What it does mean is that your relationship with God comes first. At times your family and friends won't understand your new life with God. Some might laugh at you, others may insult you or even avoid you. It can hurt your heart.

Hopefully, they will want to know more about God and your new life. This will take time or may not happen at all. Either way don't be discouraged.

No matter what people may think or say, keep following Jesus. God loves you and is with you all the way. Your new family, the church, is here for you too. You're never alone!

SCRIPTURE TO THINK ABOUT

1 John 3:1 NKJV *"Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him."*

PRAYER

"Thank you, God for being my Heavenly Father. Thank you for my new church family. Please save my family and friends that don't know you yet as their Lord and Savior. I ask this in Jesus' name. Amen."

DAY 3
FIGHTING TO FOLLOW JESUS

Following Jesus is the best thing you will ever do. That said, it is at times the hardest thing to do. The battle comes at us in many directions. As we have already seen on Day 1, the devil comes to lie to us and steal the truth of God's Word from our

" FOLLOWING JESUS IS THE BEST THING YOU WILL EVER DO BUT AT TIMES WILL BE THE HARDEST THING YOU WILL DO."

hearts. Second, we saw yesterday that some will experience resistance from other people. There is a third place the battle comes at us, and that is from within. Every believer in Jesus will struggle with thoughts that have the potential to draw us away from following Jesus. We get weighed down with cares,and our time in prayer and reading God's Word can seem like a burden more than a blessing.

Distractions pop up from seemingly innocent places. It might be overtime at work that keeps us from getting to church or our kids sports games that conflict with church service times. These things aren't bad in themselves but over time they can hinder us from being consistent with God. Even our own desires can draw us away from following Jesus. People who look for approval, achievement, a feeling, or an experience apart from God are open to their personal desires pushing out their drive to pursue God with all their heart and life. If you feel like you're drifting or being drawn away from the path that follows Jesus, it is time to course correct. Get back to church, back to prayer, back to reading the Bible and back to the family of faith who will help you in your walk with God and stay on the path. Your family of faith loves you, so keep coming and stay consistent with God!

SCRIPTURE TO THINK ABOUT

Mark 4:18-19 NKJV *"Now these are the ones sown among thorns; they are the ones who hear the word, 19 and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.."*

PRAYER

"Lord, may I not be distracted as I follow You so that my heart will not be divided from You. I am wholly devoted with all my heart and life in my pursuit of You! Amen."

DAY 4

UNDERSTANDING AND APPLYING GOD'S WORD

Today marks the halfway point in the first week of your new life with God. Hopefully you are finding it easier to be consistent in your relationship with God through praying and talking with Him, reading the Bible and following along with this booklet. The goal of all of these things is for you to be able to receive God's Word and understand it to the point that it changes the way you live.

"THE REAL TEST OF WHETHER OR NOT YOU UNDERSTAND THE SCRIPTURE IS IF YOU LIVE ACCORDING TO IT."

There are many people who can quote scriptures and retell Bible stories. The real test of whether or not you understand the scripture is if you live according to it. You can tell if you're getting something from reading the Bible and hearing what is being preached in church if you start to live by what you learn. This is called applying the Bible. Always look for the application

of what you are learning. This is where your faith comes in. If you will simply believe what the Bible says and start to apply it to your life it will make all the difference. Get ready! Your world will change for the better. You will see so many good things come out of your life when you apply the truth from God's Word.

SCRIPTURE TO THINK ABOUT

Matthew 13:23 NKJV *"But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty."*

PRAYER

"Today I choose to feed on the Word of God. May I grow healthy and strong by it as I apply it to my life. Amen."

DAY 5
WHAT ARE YOU FEEDING ON?

There is a true story of a man who met a family that had lived on the mission field. The family included an adopted son from the country they served in. The reason they adopted him was because he was abandoned by his family. They found him as a baby living on a trash heap. He survived by eating whatever he could grab and put into his mouth. As heartbreaking as this story is, it gets worse. Even after the family adopted the boy and started to feed him proper nutrition, he had health challenges growing up from what he ate off the trash heap as a baby.

There is an important lesson for us all in this story:

"BE CAREFUL WHAT YOU PUT IN YOUR LIFE AND WHERE YOU GET IT FROM."

Your future health depends on what you choose to feed yourself today. There are a lot of things out there in the world to feed on: social media, television, movies, news, education systems,

gossip, etc. Taking your spiritual nourishment from these places is like eating off the trash heap. You will have spiritual health challenges if you do.

A consistent diet of God's Word in the Bible and from the preaching in church will feed you the right things spiritually. You become healthy by exercising your faith and doing what the Word of God says. This is where healthy spiritual growth happens.

SCRIPTURE TO THINK ABOUT

1 Peter 2:2 NKJV *"...as newborn babes, desire the pure milk of the word, that you may grow thereby,"*

PRAYER

"Today I choose to feed on the Word of God. May I grow healthy and strong by it. Amen."

DAY 6
GOD'S LOVE DOESN'T CHANGE

You're getting close to completing your first week since making the decision to follow Jesus. Hopefully it has been a great week filled with the joy that comes from salvation. This week may have also presented some challenges. It could have been that you did encounter resistance from the devil in the form of doubts about if your salvation was real. It may have come from people or pressures too. Sometimes it comes from the problems you had before you were saved that continue to linger. Whether joyful or painful, it is important that you know and do some things.

"WE HAVE TO KEEP OURSELVES IN THE LOVE OF GOD."

First, you need to know that you are loved. God loves you and so do we! Even if you messed up this week you need to know that God's love didn't change. That doesn't mean God approves of your behavior. So what do we do when we sin and mess up now that we are born again?

- **Repent**

To repent means that you stop the bad behavior, change your heart and mind to turn from that behavior to God and confess your sin. When you confess your sin in prayer to God you also ask forgiveness for what you have done. (If you have sinned, confess it in prayer and ask for forgiveness now. Make this a daily prayer point as things happen.)

There is a beautiful scripture in 1 John 1:9 that says if we confess our sins that God is faithful and just to forgive us and cleanse us from every wrong way. His love is what makes all this possible. His love also means that you are not alone. God is with you because He loves you. You can't scare Him away just because you messed up. Bring it to Him and let Him clean you up!

Your church family is also with you because we love you. Make it a priority to come back to church and meet with your Spiritual Personal Trainer. Write down and bring any questions you have so you can discuss them at your meeting. Get ready to be reminded that you are family and you are loved, so stay consistent.

SCRIPTURE TO THINK ABOUT

1 John 3:1a NKJV *"Behold what manner of love the Father has bestowed on us, that we should be called children of God!"*

PRAYER

"God, I thank you for the joy of my salvation. Thank You for loving me, for Your forgiveness and for bringing me into Your family. Amen."

DAY 7
CONGRATULATIONS!

It's the end of week one of your new life with God! Let's review what we have learned this week. You are loved! You're part of God's family. You need to be consistent in following Jesus. Keep coming to church. Talk with God in prayer and read daily from the Bible. Faithfully do what God says in His word. There will be pressures that come to get you to stop following Jesus. The devil, some people, and the internal pressures of worry, cares, and the desires for other things might push you away from following God. You can overcome the pressures and grow strong by consistently feeding on the right things from the Bible and the preaching you hear in church. Don't feed off the trash heap of this world. If you mess up God's love doesn't change. You can repent, confess any sin, and God will forgive and cleanse you.

"GOD LOVES YOU AND SO DO WE!"

Reflect on what you learned this week.
What I learned in church:

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What I learned in my time reading the Bible:

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While praying I heard God say:

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Questions I have for my Spiritual Personal Trainer:

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SCRIPTURE TO THINK ABOUT

Matthew 4:4 NKJV *"But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"*

PRAYER

Have some personal prayer time using your own words.

DAY 8
WHO IS GOD?

Today is the start of week two of your new relationship with God. This week we will take a look at who God is and how to relate with Him.

We are introduced to God in the first verse of the Bible as the Creator. God made everything–that includes you! This is why God is also called "Father!" Everything starts with God! In the same way, everything finds its purpose in God.

When you gave God all of your heart and life you were born again. God made you a new creation inside–you get a brand new start with a brand new heart!

"GOD IS YOUR HEAVENLY FATHER!"

Along with your new life, you also have a new purpose. Your new purpose is to live for God. Thankfully God, being the loving Father that He is, gives us the instruction we need to live for Him. We find these instructions in the Bible. This is why consistently reading the Bible, listening to the preaching of God's word in church and doing what God's word says is so important. As we apply the truth's we learn from the Bible, we will be living our purpose. Just like children look like their parents and family we will look like our Heavenly Father. People will be able to recognize us as one of God's children!

SCRIPTURE TO THINK ABOUT

1 John 1:12-13 NKJV *"But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: 13 who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God."*

PRAYER

"Dear Father God, I want to know you better. Reveal more and more of Yourself to me each day. May I live for You. Amen."

DAY 9
A 'GOOD' FATHER

God wants to have a relationship with us as our Father. Sometimes people have issues with God when it comes to this type of relationship. It could be because they didn't have a father in their life, or the relationship they did have with their father wasn't a good one.

In order to better understand who God is as Father we need to further define that God is a 'good' Father. What does it mean that He is 'good?' The world defines *good* as a feeling or a consensus that people agree is pleasurable. That would make *good* be what I think or feel, what someone tells me or what the majority of people agree to.

Jesus defined what good means when He said "There is none *good* but God." (See Mark 10:18.) This tells us that *good* isn't a feeling, a consensus, what I think or what people say. Good is what God says. Anything we read in the Bible is *good* for our lives.

"GOOD IS WHAT GOD SAYS."

God wants good things for us because He is a good Father. Any parent wants the best for their children. The child may not always like what is good for them but a good parent does what is right despite the child's thoughts on the matter. A good parent wouldn't let their child play with fire, ingest poison or walk into a busy street where they could be harmed. We teach our children how to live and warn them of the hazards they will face in life. We also teach them to be good people.

In the same way our good Heavenly Father teaches us from His word what is good for our lives. In the Bible it trains us how to live. God is good!

SCRIPTURE TO THINK ABOUT

Micah 6:8 NKJV *"He has shown you, O man, what is good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God?"*

PRAYER

"Thank you, God for being good! Show me how to live a good life according to what Your Word says. Amen."

DAY 10
THE FAMILY OF GOD

In our lives we have many types of relationships. Family is the closest and first relationship we are introduced to when we are young. As we grow we learn about other relationships like friendships, instructors and co-workers. Within these relationships are specific roles and structures. For example; how we relate to a coach or a boss is different from how we relate to our spouse or our children.

It is the same in the church. You were born again when you said 'yes' to Jesus. Now you are a part of the family of God. God Himself is your Heavenly Father. You also have a whole lot of new brothers and sisters in church and all over the world. In the church there are also roles and responsibilities like pastors, teachers and many other ministry helps in the family of God.

You have a place and a role in the family of God. You are gifted by God to serve and help others! God wants you to use your gifts inside and outside of the church to build the church. Your life matters and what you do in service for God and others makes a difference eternally! Wow!

"YOU ARE GIFTED BY GOD TO SERVE AND HELP OTHERS!"

How do you know what to do? Start with what you are learning in the Bible and in church. Also listen in prayer to what God is saying to you and step out in faith to do it. God will lead you to your place and specific role in His family.

SCRIPTURE TO THINK ABOUT

Ephesians 2:10 NKJV *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."*

PRAYER

"Dear God, show me my place in Your family. Please give me the strength and opportunity to do what you want me to do. Amen."

DAY 11
WHO IS JESUS?

For centuries people have debated the subject of who Jesus is. Some have argued He is merely a historical figure, a good teacher, a prophet, a proponent of love or a polarizing religious leader.

It is important for us to know who Jesus really is. We can clearly see in the Bible that Jesus is God. God saw us in the sinful condition we were in and He knew we needed to be saved. He came in the form of a man, Jesus, and lived among us. He lived a perfect life and fulfilled every part of God's law on our behalf.

In the same way, when Jesus died, He died in our place. He took the punishment for our sin on Himself. He was raised again from the dead and ascended to Heaven where He is now seated at the right hand of the Father. He lives forever as our High Priest, our King and our Advocate. He prays for us and intercedes on our behalf.

"JESUS IS GOD."

Isn't it good to know that God doesn't leave you alone after you are saved but continues to work in your life? His work in the past of redeeming you from bondage to sin and reconciling you back to the Father are vitally important. Equally important is His present work of restoring us to the life that God designed for us.

So who is Jesus to you? He is many things! He is your Savior, Lord, Brother, Friend, High Priest, and Advocate in Heaven. He has sent His Spirit to live in you. (More on this tomorrow.) You can confidently say Jesus is your everything!

SCRIPTURE TO THINK ABOUT

Hebrews 1:1-3 NKJV *"God, who at various times and in various ways spoke in time past to the fathers by the prophets, 2 has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds; 3 who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high,"*

PRAYER

"Thank you Jesus for saving me! You are my everything. I am grateful that You are for me. I will continue to live my life for You. Amen."

DAY 12
WHO IS THE HOLY SPIRIT?

As Christians we were never designed to do life alone. God desires to be with you to the point of intimacy. We see this progression through the Bible. In the Old Testament God is called the God of Israel. In the New Testament, specifically in the first four books that talk about the life of Jesus, called the Gospels, God is with us in the form of His son Jesus.

Now that Jesus has ascended to the Father we have been born again and received the Holy Spirit to live in us. Did you see the progression? He was the God *of* His people, then God *with* His people and now God *in* His people.

The Holy Spirit is God living in you! Jesus spoke of the Holy Spirit being our Helper. He wants to help in every area of your life. Jesus also called the Holy Spirit our Counselor and Teacher. He said the Holy Spirit would guide us in life and show us what is ahead in our future.

"THE HOLY SPIRIT IS GOD LIVING IN YOU!"

What kind of life can you live with God as your guide? How much better will your decisions be when you get counsel from the Holy Spirit? You are no longer alone. God is your God, He is with you and His Holy Spirit is living in you. When you pray to the Father, in Jesus' name, the Holy Spirit will lead you and speak to you.

Take time every day to listen to and follow the guidance you receive from the Holy Spirit. As you do you will develop the intimacy with God He desires. You will be able to hear His voice clearly and receive His help.

SCRIPTURE TO THINK ABOUT

John 14:16 NKJV *"And I will pray the Father, and He will give you another Helper, that He may abide with you forever-..."*

PRAYER

"Dear God, I desire intimacy with You. Please guide me into a deep relationship with Your Holy Spirit. Thank You for living in me and leading me. Amen."

DAY 13
OBEYING THE FATHER

We have seen at the beginning of this week that God is our Father. Any good father will relay to his family how to act. God, our Heavenly Father, gives us the standards of living as a Christian throughout the Bible. Our job as His children is to learn His ways and be obedient.

"GOD SHOWS US HOW TO LIVE IN ORDER TO AVOID HARM AND ENJOY LIFE!"

Sometimes when we think in these terms we feel like it is a negative thing that we shy away from. But when we think in the way a father would who has rules to protect his children from harm, we understand it is a good thing. Think about a child playing near a fire. A good father would tell his children to keep their distance so they don't get burned but might also show his child how to roast a marshmallow and make s'mores.

God shows us how to live in order to avoid harm and enjoy life. The Bible has an expression called "the fear of the Lord." A

quick reading would imply that God is harmful and we should keep our distance. Really what the expression means is to be in awe and wonder of who God is and to respect His word.

When we listened to our parents and did what they said it would often keep us from trouble and bless our lives. God, as Father, wants the best for us so He shows us His way to live in the Bible. As you learn His ways and put them into practice you will experience the blessings your Heavenly Father desires for you.

SCRIPTURE TO THINK ABOUT

Philippians 2:12 NKJV *"Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling;"*

PRAYER

"Heavenly Father, please teach me Your ways. As Your child I respect Your Word and want to live in a way that is pleasing to You. Amen."

DAY 14
LIVING WELL

This week we have seen how good our Father is to send Jesus to die for us and to live in us through His Holy Spirit. Hopefully, as you saw His ways and what He has done for you, there was an awe and desire to live for Him. The wonderful thing about God is that He not only tells you what to do, He tells you how to do it, and then gives you the power to do it! How? Through the indwelling power of the Holy Spirit. He not only lives in us and relates with us, but He empowers us to live the way God wants us to. You are not alone in life. You are not alone in your battles with sin, with leaving the past behind, or in your fight against the devil. The Holy Spirit lives in you and gives you the strength to do what God wants for your life. It takes faith to learn the word of God and put it into practice with the help of the Holy Spirit. When you learn what God desires of you, simply believe God at His word and ask the Holy Spirit for help. He will strengthen you to live out what the Bible says.

"YOU ARE NOT ALONE IN LIFE."

Reflect on what you learned this week.
What I learned in church:

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What I learned in my time reading the Bible:

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While praying I heard God say:

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Questions I have for my Spiritual Personal Trainer:

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SCRIPTURE TO THINK ABOUT

2 Timothy 1:14 NKJV *"That good thing which was committed to you, keep by the Holy Spirit who dwells in us."*

PRAYER

"Dear God, as I read Your word I choose to simply believe it. Help me live Your word by the power of the Holy Spirit. Amen."

DAY 15
HOW TO CONTROL THE FLESH

As we start week three it is good to be reminded that you're new. You used to be dead but now you are alive. You are leaving the old way of doing life and learning to live a new life.

"YOU USED TO BE DEAD BUT NOW YOU'RE ALIVE."

What do you do when old habits and ways creep back into your life? First of all you need to know that even if you happen to mess up, that you're still saved. Your spirit is born again but you still live in the same body (flesh) as before. The flesh will war against your spirit and desire the old way of living. The desire will be to please yourself rather than to please God. The flesh wants the old way.

The Bible calls these activities 'dead works.' A dead work is one that won't do anything to give you life; it brings death to you. Death is separation. Dead works separate us from God so we

are told in the Bible to repent from dead works.

Repentance is turning away from the direction in which we were going, with a changed heart and mind, and going in God's direction. So if you do mess up, then confess it to God and repent; turn away from it and follow God's way. When your flesh presents an opportunity to do something that is contrary to God's will and ways, you need to link your mind with your spirit, turn away from the flesh and go God's way, the way of life!

SCRIPTURE TO THINK ABOUT

1 John 1:9 NKJV *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

PRAYER

Take some time to think and ask God to show you if there are dead works, or things you have done, from which you need to repent (turn away).
"Dear God, I confess these dead works that I have done to You. (List any now...) Please forgive me. I repent and turn my heart and mind to follow Your way. Thank You for forgiving me. Amen."

DAY 16
FAITH AND WORKS

When you said 'yes' to Jesus and gave God all of your heart and life it was a step of faith. It took faith to believe the good news that Jesus died for your sins and that in receiving Him as Lord you would have eternal life. Even though you couldn't see God you simply believed and received His life. This is the life of faith we are called to as believers.

God wants us to take Him at His word. In order to be a people of faith we first have to learn what God says. This can be an overwhelming thought but really it will be a lifelong part of your journey. This is why, as a Christian, you should be reading the Bible on a daily basis and going to church as often as you can. It is also important to speak with family, friends and other believers about the scriptures.

"FAITH WILL BE A LIFELONG PART OF YOUR JOURNEY."

Once you know what God says about an area of your life, it is important to express your faith towards God through the appropriate accompanying actions. The Bible tells us that faith without works is dead, that means it is ineffective. In contrast to what we learned yesterday about dead works, when we do life according to what we believe from God's word, our faith expressed through our actions is living works. As you learn what God wants you to do and apply it to your life, God will bless you and make your life work!

SCRIPTURE TO THINK ABOUT

James 2:17 NKJV *"Thus also faith by itself, if it does not have works, is dead."*

PRAYER

"God, please teach me Your ways. I believe what You say about life. Help me to live a life of faith. I love you Lord! Amen."

DAY 17
BAPTISMS

One of the things every follower of Jesus should do is be baptized. Jesus Himself was baptized. What is baptism and why is it so important for us?

Baptism means submersion. There are different kinds of baptisms in the Bible. The most-well known type of baptism is water baptism. It is submersion in water. It symbolizes believers dying to their old life, being washed from their past and raised to new life with Christ.

We also see in the Bible what is called the “baptism of the Holy Spirit.” When we are born again we receive God’s Holy Spirit to live in our hearts. This is not the baptism of the Holy Spirit however. The baptism of the Holy Spirit is a submersion in the Holy Spirit that gives us power to be a witness for Jesus, gives us spiritual gifts, and submerges us and saturates us in the love of God because, God is love!

We see the baptism of the Holy Spirit happen when believers lay hands on and pray for other believers to receive God’s power. We also see a special work of Jesus baptizing people in the Holy Spirit as they hear the word, being saved and empowered all at once.

"EVERY FOLLOWER OF JESUS SHOULD BE BAPTIZED."

It is important to be both water baptized and baptized in the Holy Spirit. In doing so, we are following the example of Jesus, becoming a bold witness and receiving power for life. Ultimately we are baptized in Christ; submerged in His death and we now live by faith.

SCRIPTURE TO THINK ABOUT

Romans 6:3-4 NKJV *"Or do you not know that as many of us were baptized into Christ Jesus were baptized into His death? 4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in the newness* of life."

PRAYER

"Dear God, submerge me in Yourself and saturate me. Amen!" (Be sure to ask your S.P.T. when the next water baptism is and about the baptism of the Holy Spirit.)

DAY 18
PRAYER AND IMPARTATION

God is generous. Think about it; He gave us His Son and He died for us. Not only that, God gives us all things richly to enjoy. God is a generous giver!

God also has gifts He gives to the church. The Holy Spirit is one of those gifts as we saw yesterday. Along with the Holy Spirit come other gifts as well like faith, miracles, healing and so much more. (See 1 Corinthians 12:1-11.) The Bible shows us that these gifts are imparted through the *laying on of hands.*

When a believer puts their hand on the head or shoulder of another believer it symbolizes the connection of God with that person. This is why you may see believers lay hands on someone when they pray. They are showing they believe what they are praying for is being imparted to the person.

"THE LAYING ON OF HANDS IS A SIMPLE, YET POWERFUL ACT!"

The laying on of hands could also be included when someone is being commissioned for ministry. Many times, before someone begins a ministry like pastoring or a missionary trip, the leaders of the church will pray and lay hands on that person to show they are approving of them for the ministry and imparting a blessing to them as they go.

The laying on of hands is a simple, yet powerful act! Don't be afraid to have someone pray for you and put their hand on your head or shoulder, or even an appropriate area that might need healing like a hurt foot or hand. When you pray for others you can ask if you can lay hands appropriately to show the connection God has with the person you are praying for. As you do God will reward your faith.

SCRIPTURE TO THINK ABOUT

2 Timothy 1:6 NKJV *"Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands."*

PRAYER

"God, I am grateful for Your hand on my life. Impart to me Your heart and desire for my life. Thank You for being so generous! Amen."

DAY 19
ETERNAL LIFE

Have you ever thought about eternity? The Bible says that God has placed eternity in our hearts. This is a part of the reason you were moved to give God all of your heart and life. You thought about eternity and what would happen after you die. Based on your thinking you made the choice to live for God and, with that choice, to live forever with God.

"WE HAVE SO MUCH TO LOOK FORWARD TO!"

We know when we die we get to be with Jesus. In the future, those who died as a believer in Christ will get a new body. Just as Christ was raised from the dead, we believers will be raised with a new body when He returns. This is called The Resurrection in the Bible. The believers who are alive when Christ returns will get a new body. They will not experience physical death but their body will be changed.

At the same time of Christ's return at The Resurrection, the people who reject the message of what Jesus did for them on the cross will be raised too. They will be judged for their evil

works and the rejection of the message. They will not get to stay in God's presence but will be sent to eternal punishment in Hell. This is a sobering and sad reality. It is also why it is so important to share your faith and tell others about how Jesus saved your life.

Christians will not be judged for our sin like the unbelievers at the resurrection. Our sin was already judged on the cross. There will be another judgment for our works–what we did as Christians. The good we did will be rewarded; for the evil we did we will suffer loss. This is why it is so important to live according to what God says is good for us.

We have so much to look forward to! Keep the eternal perspective and live in light of the resurrection.

SCRIPTURE TO THINK ABOUT

Acts 24:15-16 NKJV *"I have hope in God, which they themselves also accept, that there will be a resurrection of the dead, both of the just and the unjust. 16 This being so, I myself always strive to have a conscience without offense toward God and men."*

PRAYER

"God, help me to live in light of eternity. I can't wait to be with You! May I live in a way that you see as good, Amen."

DAY 20
ETERNAL JUDGMENT

One of the reasons you may have given all of your heart and life to Jesus is because you were thinking about eternal consequences. You may have heard about the potential of Heaven or Hell and thought, "I don't want to go to Hell!", so you responded accordingly. Or maybe you heard about being with God for eternity in Heaven and the thought was so wonderful that you received the invitation. The choice to give God all of your heart and life was the start of something wonderful; a lifelong journey with Jesus.

"THERE WILL BE AN ETERNAL CONSEQUENCE FOR EVERYTHING WE DO."

As a Christian, you won't always do the right thing. Don't despair. This is why God sent His Son for us. Now we can repent and move forward with God. That being said, we also have to realize there will be an eternal consequence for everything we do.

The Bible teaches us there are rewards and losses in eternity. Our works will go before the Lord and be tested by fire on the Day of Judgment. What remains will be a reward. What does not remain is a loss.

When we live how God desires we will have an eternal reward. When we live according to the flesh or do those dead works we talked about, while we can be forgiven of them, we need to realize that we may suffer a loss because of them. This is why it is so important to live with eternity in mind and live in such a way that God can reward.

SCRIPTURE TO THINK ABOUT

Revelation 22:12 NKJV *"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work."*

PRAYER

"God help me to live with eternity in mind so I can receive the reward and not suffer loss. I commit my every day to You. Amen.

DAY 21
LIFELONG LEARNING

Thinking back on this past week's teaching can seem overwhelming. We covered a lot of big topics from the Bible. Don't be tempted to give up. Remember you're new! Keep coming to church. Don't feel foolish if you don't know everything right away. Remember you are loved. God loves you! Your good Father teaches you. He patiently waits and works with you while you learn. The pressure is off! You don't have to know it all right away. The Holy Spirit knows it all and will teach you and remind you of these things. You also have a church with many people and pastors who love you. We didn't know everything right away either so you're in good company! Don't be afraid to ask questions or request help in understanding the concepts you're learning. In fact, take some time to go back over this week's lessons. What stands out to you and why? Is there anything you don't understand or have questions about? Write those topics and questions down and bring them to your next meeting with your Spiritual Personal Trainer. They will either have a great answer for you or will have fun finding the answer with you if they don't know.

"DON'T GIVE UP!"

Reflect on what you learned this week.
What I learned in church:

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What I learned in my time reading the Bible:

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While praying I heard God say:

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Questions I have for my Spiritual Personal Trainer:

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SCRIPTURE TO THINK ABOUT

Proverbs 4:20-22 NKJV *"My son, give attention to my words; Incline your ear to my sayings. 21 Do not let them depart from your eyes; Keep them in the midst of your heart; 22 For they are life to those who find them, and health to all their flesh."*

PRAYER

Take some time to pray and ask God for help understanding or ask any questions you have. Listen for His response in your heart.

DAY 22
WHERE IS YOUR TREASURE?

This past week you have received a lot of good things from the scriptures. There may have been some new concepts that got you excited. Hopefully it sparked a desire for more.

Whatever you desire you will do. It is like a treasure hunt. As kids we drew maps, buried our valuables only to follow our map and find the treasure again. We don't realize it but as we grow up we continue to do the same things. Not specifically in making maps and burying our treasure, but in our hearts our desires move us.

When we have a desire or a goal in mind our hearts will map out a way to fulfill those desires or reach those goals. This is a good thing if we desire what God wants for us. It can be a bad thing if we desire things that go against what God wants. Ultimately we will follow the direction our hearts provide.

"WHATEVER YOU DESIRE YOU WILL DO."

You can see how important it is for us to fill up on God's word, to pray, and to be in church. As we get in God's presence, and learn and grow spiritually, we become more like Him and His desires become our desires.

When we desire what God desires, then our hearts will follow the map God makes. The wonderful thing about following God's map is that we will find real treasure. Our treasure will be in doing God's will.

SCRIPTURE TO THINK ABOUT

Psalm 40:8 NKJV *"I delight to do Your will, O my God, And Your law is within my heart."*

PRAYER

"My treasure is to do Your will God. Renew my mind and change my heart to long to do Your will. I will follow Your ways for my life, Amen."

DAY 23
WHAT NEEDS TO CHANGE?

When you gave your heart to God you became new. God forgave and wiped away your sins. In that respect you are holy and blameless before God. We find a conflict with this truth in our lives in that we still struggle with sin. (We discussed this on Day 6 & 15.) We know if we struggle and even stumble it doesn't change God's love for us. We also know we are still saved and can repent, return to God, and He will forgive and cleanse us.

Even with these wonderful truths we may still find a desire we know is wrong, drawing us away from God and His ways. These desires draw us into actions that are contrary to what God wants us to do.

"YOU CAN CHANGE."

Many times, in the New Testament, the Bible lists actions that are done in the 'flesh' rather than in the 'spirit.' The Bible says these actions are evident and keep us from God. That means you can identify things you are doing, or are not doing, that need to change.

You may think, “But I’ve tried to change and I can’t!” Remember, you’re new. You can change. God will give you the power to change if you ask in prayer and work at making your treasure to do His will. As you pray and work with God’s power you will see change take place. Sometimes it is a slow process and other times it happens immediately. Don’t get discouraged if it is slow. Stick with it. God will bring the change in you so you will delight to do His will.

SCRIPTURE TO THINK ABOUT

Romans 7:22 NKJV *“For I delight in the law of God according to the inward man.”*

PRAYER

In your own words ask God what you’re doing or not doing that needs to change. Listen and write down those things. Pray and ask God to give you the desire to do His will in those areas.

DAY 24
HOW TO CHANGE - PART 1

In order to direct our hearts to treasure doing God's will, we have to renew our mind. When our mind is renewed to think like God thinks it will direct our actions to do what God wants us to do.

So, then, how do we renew our minds? Good question. To start, we have to know what God thinks so we can think like Him. Primarily we understand what God thinks by reading His word. This is why we have encouraged you to read the Bible every day. As you read the Bible you get to know the character of God. Getting to know God better will result in becoming more like Him. Not only will you see what God does but you will also see the reason behind why He does it. This makes all the difference in our thinking.

"KNOW WHAT GOD THINKS SO YOU CAN THINK LIKE HIM."

When you realize God's heart, His great love, His overwhelming compassion, even His deep sadness over the lost, and fierce anger over sin and evil, it changes the way we see life. We will want to be more like Him. When we see life as God sees it we will do what He wants us to do.

The right thinking will produce the right actions. As you read the Bible, think about why God does what He does. Can you find out how He feels about different aspects of your life and the world you live in? How would God want you to respond to the situations you face? When you see the character of God in light of these questions it will renew your mind to think like God does. This will in turn change your heart's desire to make your treasure to do God's will.

SCRIPTURE TO THINK ABOUT

Romans 12:2 NKJV *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

PRAYER

"God, as I read Your word please renew my mind. I want to think like You think and do what You want me to do. Amen."

DAY 25
HOW TO CHANGE - PART 2

Building on what we learned yesterday, let's continue to learn how to renew our minds so we can change. Another way to renew our mind is by praying and hearing from God. We already stated in our lessons this week that we can pray and ask God to change our desires. God has the ability to renew our minds. When we pray we should not only speak to God but also take time to listen. Just one word from God can change everything!

As you pray and listen for God's voice, when He speaks to you it is life changing. You may be thinking a certain way until you pray and hear God's thoughts on the subject. It changes your mind. It is so important to make sure you pray and then listen for God's response. Get alone, get quiet and even take notes so you don't forget what God says to you.

"JUST ONE WORD FROM GOD CAN CHANGE EVERYTHING!"

Many times when we pray we are asking God for direction on how to act. We know what we would do or sometimes we are on the fence about how we would handle things. Often when God responds to our prayers our minds are renewed to His ways. From His response we know exactly how to handle the situation we are facing. This brings the change we are seeking.

God will always speak to us in line with what He says in the Bible. He will never contradict Himself. That way know it is God and not your flesh or the enemy trying to trick you and lead you astray. Your mind will be renewed to desire to do the will of God and make it your treasure. When this happens life will change for the better!

SCRIPTURE TO THINK ABOUT

Psalms 34:4 NKJV *"I sought the LORD, and He heard me, And delivered me from all my fears."*

PRAYER

In your own words pray and talk with God about your life and what you are thinking. Ask Him to renew your mind and take time to listen for His thoughts.

DAY 26
THE GOD PROMPT

Have you ever thought about God smiling? It is an amazing thought. God smiles. He smiles when He thinks about you because He loves you. Our Father in Heaven doesn't change. He loves us regardless of our behavior. That being said, He does not approve of everything we do. There are things we do that are pleasing to God and things we do that are not pleasing to God. If you know what God approves of then you can please Him. To put it another way, you can put a smile on God's face.

The goal of our lives is to live in a way that is pleasing to God. Once you know what the Bible says about life, have learned the character of God, prayed and heard from Him, something starts to happen; God prompts you to do His will. This prompt by the Holy Spirit will lead us to do the things that are pleasing to God.

"THE GOAL OF OUR LIVES IS TO PLEASE GOD."

When we live a life to God in a way that is pleasing to Him, it is called holy living. God is Holy. To be holy means to be set apart, totally pure and devoted. We can live holy. We can be set apart

from the rest of the world, totally pure and devoted to God.

This is why the Holy Spirit will prompt us in our heart to do what the Bible says and live in a way that pleases God. If our treasure is delighting to do God's will we will immediately follow the prompting of our heart. Where we used to run from God to fulfill our own desires we now rush to please God because our desire has changed. When you know your life is pleasing to God He won't be the only one smiling, you will be too!

SCRIPTURE TO THINK ABOUT

Psalms 112:1 NKJV *"Praise the LORD! Blessed is the man who fears the LORD, Who delights greatly in His commandments."*

PRAYER

"My delight, O Lord, is to do Your will. I want to put a smile on Your face! Prompt me Holy Spirit and I will follow You, Amen."

DAY 27
FOLLOWING DIRECTIONS

We started this week talking about making the treasure of our heart to delight in doing God's will. Part of what we talked about was how we used to make treasure maps. Now our hearts map out the way to do God's will as the Holy Spirit prompts us. For us to get to the treasure there will be steps we need to take. Just like following a map there will be turns to take and obstacles to avoid.

What are the steps we need to take in order to make it to the treasure of doing God's will? You have been learning them through your spiritual personal training journey.

"FOLLOW THE MAP, TAKE THE STEPS AND YOU WILL GET TO THE TREASURE."

The first step as we learned on days 24 & 25 is renewing your mind. This involves reading the Bible, praying for God to renew our minds and change our desires, and finally listening for God's

voice and doing what He says. The next step as we looked at yesterday, is following the prompting of the Holy Spirit and delighting to do God's will.

It will take time and courage to carry out the will of God. It may bring adversity, like persecution from family and friends. It won't always feel good to us when we do what God says. This means you will have to deny your fleshly desires in order to fulfill God's desires. This is not bad, although it may not feel good at the moment. We are not led by our feelings, we are led by the word of God and the Holy Spirit. Follow the map, take the steps and you will get to the treasure.

SCRIPTURE TO THINK ABOUT

Matthew 6:21 NKJV *"For where your treasure is, there your heart will be also."*

PRAYER

Ask God in your own words if there are any practical steps you can take to do His will. Be prepared to write them down and then do them.

DAY 28
THE LIFELONG JOURNEY

What an adventure this week has been! It's not over yet. This is the beginning of a lifelong journey. You may have noticed some repetition in the lessons over the past few weeks. Things like prayer, Bible reading, church attendance and following the voice of God keep coming up. These are the fundamentals that make up the life of a Christian. Just like in sports or playing music, in order to play well you have to master the fundamentals. Simple things like breathing, posture, hand placement and focus become what makes a skilled player. It's the same with our Christian life. God has a great journey ahead of us. In order to make it on this journey the fundamentals of having the right heart focus, knowing God's will, renewing our minds, hearing from God and following His prompting, are all vitally important. Even though you're nearing the end of your spiritual personal training this is just the start of your discipleship journey. In fact, it never ends until we go to be with Jesus. It is lifelong! We are all growing and learning. God isn't finished with us! Stick with the fundamentals and you will grow!

"MASTER THE FUNDAMENTALS."

Reflect on what you learned this week.
What I learned in church:

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What I learned in my time reading the Bible:

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While praying I heard God say:

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Questions I have for my Spiritual Personal Trainer:

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SCRIPTURE TO THINK ABOUT

Hebrews 12:1b-2a NKJV *"... let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of our faith..."*

PRAYER

In your own words ask, God how you can apply what you are learning in church and how you are doing with the fundamentals of faith.

DAY 29
YOU ARE CHOSEN BY GOD

You have made it to the final week of your spiritual personal training journey. With that in mind, be sure to remember these first five weeks are the beginning of your lifelong journey in following Christ. This week you will learn some life changing principles. In fact, these principles first changed the life of a man named Saul.

Saul was a religious leader during the time of the early church and was a terrorist to Christianity. He would drag Christians out of their homes and even consented to the death of the first martyr, Stephen. After he had an encounter with Jesus his life changed and his name was changed to Paul. He ended up writing a majority of the New Testament. All this happened because he decided to follow Jesus. He didn't do it alone. He had someone share the same principles you are about to learn this week that helped him grow into spiritual maturity. As you learn these principles you will grow too.

"GOD CHOSE YOU."

The first principle is:

• **God chose you.**

This principle isn't just for Paul, it is for you. God chose you! You may have thought you chose God, (which you did) but did you know that God chose you? He loves you and died for you. He chose you to be a part of His family.

We all probably remember the pain of rejection on the school yard, in a relationship or when we were passed up for a promotion. Oh how we wanted to be chosen! Now we know the joy of our 'yes' to Jesus but even more so the resounding 'yes' of God to us. You are very special to God. He specifically chose you to be His child. You are not a reject or an outcast, you are chosen by God!

SCRIPTURE TO THINK ABOUT

Acts 22:14 NKJV *"Then he said, 'The God of our fathers has chosen you that you should know His will, and see the Just One, and hear the voice of His mouth."*

PRAYER

"Thank you, God for choosing me! Amen." (In your own words list the ways you are grateful and how you feel, knowing you are chosen by God.)

DAY 30
YOU CAN KNOW GOD'S WILL

Before you became a Christian you were an outsider. Now that you chose to follow God, who chose you, you have become an insider. You have an insight others don't have. The second principle is:

• **You can know God's will.**

We have already seen that God's will is found in His word. Every time you read the Bible you are learning God's will. But what about the things we don't see in the Bible? Things like where to live, who to marry, what occupation to go into, etc.? Are we just supposed to decide for ourselves? No, you don't have to go at it alone. You have the Holy Spirit guiding you and you can hear God's voice guiding you through life.

"YOU ARE AN INSIDER."

Hopefully you have had the wonderful experience already of hearing God speak during your time in prayer, in reading the Bible, and in church. You might be thinking, "I haven't heard any audible voice talking to me." Often when God speaks

it isn't an audible voice (although He can and sometimes does speak this way).

Most of the time when God is speaking to us we hear a still small voice, a gentle whisper, in our heart. Just like you hear the voice of your conscience giving you direction, God will speak to you in the same way. It will always line up with what the Bible says and carry the peace of God with it. So ask to hear from God and be diligent to act on what He says.

SCRIPTURE TO THINK ABOUT

Acts 22:14 NKJV *"Then he said, 'The God of our fathers has chosen you that you should know His will, and see the Just One, and hear the voice of His mouth."*

PRAYER

"Holy Spirit, I am listening for Your voice. Help me to develop a tender heart to be sensitive to hear You, Amen."

DAY 31
YOU CAN SEE GOD

What if I told you that you could see God? You might think, "What?! I thought God was invisible to our natural eyes." Yes, He is, but you can still see Him in life. You can see Him in His works, like creation. You can see Him working in your own life. In the same way the Apostle Paul's life was changed when he saw God, your life will change as you see Him. The more you focus on God the more you will see Him working. You will see Him growing you up to be more like Jesus. You will see Him working in your family, on the job, in the community and around the world. God is very active every day. The closer you pay attention the more you will see of Him.

Here is the best part: what you behold you become. When you gaze on God you will grow to be like Him. Isn't that wonderful? When you see God and become like Him you will grow to know His heart. When you know the heart of God you will see Him as *just* in all His ways. This brings us to the third principle:

• **You can see the Just One.**

If you don't see the heart of God in the midst of the events of life and an evil world you may become confused and see God as unjust. But if you know God's heart and character you

will be settled. This will cause you to say that God is *just i*n all His ways. This builds your trust in God when the situation and circumstances of life are against you. Watch for God every day and you will see Him working. Know His character and heart and you will see Him as *just*.

"THE MORE YOU FOCUS ON GOD THE MORE YOU WILL SEE HIM WORKING."

SCRIPTURE TO THINK ABOUT

Acts 22:14 NKJV *"Then he said, 'The God of our fathers has chosen you that you should know His will, and see the Just One, and hear the voice of His mouth."*

PRAYER

"God, let me see you with the eyes of faith. Let me see and know Your heart and Your works. You are the Just One! Amen."

DAY 32
YOU CAN HEAR GOD'S VOICE

As you read through the Bible you will find in the life of Jesus He often made the statement, "He who has ears let him hear." The people He was speaking to had been listening to Him teach. They heard His words. So why would Jesus make that statement? Because there is a difference between casually listening to someone and actually *hearing* what they are saying.

The next principle we see that changed Paul's life is this:

• **You can hear God's voice.**

We have already learned there are many ways to hear from God: Bible reading, praying and listening, the Holy Spirit's guidance, sermons and even through a faith-filled friend. Through all of these means of listening to God we have to make sure that we are hearing Him. To really hear from God means we understand and act on what we hear. We can know we have truly heard God when it shows through our life.

"LISTEN UP!"

Jesus often compared people to fruit trees when He taught. He said if we really hear from Him we will see it in the fruit we produce. This could be the fruit of love, joy, peace, repentance, obedience, witness and so much more. So listen up! Make sure you're really hearing, understanding and doing what God says. As you do you will produce the good fruit God wants for your life.

SCRIPTURE TO THINK ABOUT

Acts 22:14 NKJV *"Then he said, 'The God of our fathers has chosen you that you should know His will, and see the Just One, and hear the voice of His mouth."*

PRAYER

"Dear God, in all my listening let me hear Your voice and be changed by it. May I produce good fruit for You! Amen."

DAY 33
YOU CAN BE A WITNESS

Today we will examine the final principle that changed Paul's life:

• **You can be a witness.**

Take a moment to remember the day you gave God all of your heart and life. What were you like before that day? How has your life been since that day? The answers to those two questions make up your testimony. A testimony is simply what God has done in your life. It is so simple and can be stated in a couple of sentences. When you share your testimony with others you are being a witness.

You have probably heard someone tell you their testimony before you became a Christian. You may not have known it at the time, but they were being a witness of Jesus in your journey to salvation. Did you know that God wants you to do the same thing in someone else's life too?

This may seem like a scary thought to some because of a fear of speaking to people, or of rejection. Don't be afraid! God is with you. He will give you the boldness and the words to share your story with others so He can lead them to salvation.

"DON'T BE AFRAID GOD IS WITH YOU AND WILL HELP YOU."

You know people who are lost and headed for Hell that need to hear the good news about Jesus. They need to hear so that they can receive Him and change direction to head for Heaven! There is a lost and dying world that needs to hear how God changed your life. You can be God's witness by simply sharing your testimony with others.

SCRIPTURE TO THINK ABOUT

Acts 22:15 NKJV *"For you will be His witness to all men of what you have seen and heard."*

PRAYER

Identify people you know who need to hear the good news about Jesus. Pray that God will provide the opportunity for you to share your testimony with them.

DAY 34
YOUR NEXT STEPS

You may have been wondering as you approach the end of your spiritual personal training, “What’s next?” To sum it up in five words:

- **Attend, Serve, Give, Relate and Grow**

These are your next steps! Let’s examine each one.

Attend faithfully. Keep coming to church. It is important that you plant roots like a big tree and get the nourishment you need from the environment of the church. Don’t let up. Stay faithful and consistent. Remember; there is no commitment without consistency.

Serve heartily. You have gifts you can use to build God’s house and His kingdom. Serve with all your heart at whatever God has given you to do. Start somewhere and let God lead you into purpose and passionate service.

Give generously. The church is supported by the financial gifts of generous people. God asks all of us to support the place where we are being fed the spiritual food of God’s word. His request comes with the promise of His blessing on our finances

and life. What a great God we serve!

Relate with other Godly people. Hopefully you have enjoyed relating with your Spiritual Personal Trainer. There are many more faith filled friends for you to do life with. God has designed the church to be a family and to live in relationship. We need Godly people in our life!

Grow into spiritual maturity. Putting what you have learned into practice will cause you to skyrocket in your faith. The goal is to learn the skill of applying God's word to any and every situation in life.

"STAY FAITHFUL AND CONSISTENT."

SCRIPTURE TO THINK ABOUT

Acts 4:32-33 NKJV *"Now the multitude of those who believed were of one heart and one soul; neither did anyone say that any of the things he possessed was his own, but they had all things in common. 33 And with great power the apostles gave witness to the resurrection of the Lord Jesus. And great* grace was upon them all."

PRAYER

"God, I am still committed to following You. Help me as I take these next steps. Amen."

DAY 35
THE LIFELONG PURSUIT

Congratulations! You made it to the final day of your spiritual personal training. This is not the end, it is just the beginning. You're a month into a lifelong journey with Jesus. This month was designed to give you the principles and to put into practice healthy habits as a Christian. Our hope is you have developed a personal relationship with Jesus. That your love and appreciation for Him develop a passionate pursuit of His presence. That you have heard His voice and followed His ways and have seen the benefit and blessing of obedience (making the treasure of your heart to do God's will). Finally, that you are never the same. You are ruined for the old way of life and made your spiritual growth the aim of all your activities. In the life ahead of you adventure awaits. There will be highs and lows. Seasons of growth and potential for plateau. Never stop pursuing God no matter what life brings. God loves you! We love you! Be sure to do the next steps you learned yesterday, get water baptized and baptized in the Holy Spirit. Ask your Spiritual Personal Trainer for more information or call the church offices with the information in the front of this booklet. Once again, congratulations! See you in church!

"NEVER STOP PURSUING GOD!"

Reflect on what you learned this week.
What I learned in church:

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What I learned in my time reading the Bible:

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While praying I heard God say:

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Questions I have for my Spiritual Personal Trainer:

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SCRIPTURE TO THINK ABOUT

Revelation 22:21 NKJV *"The grace of our Lord Jesus Christ be with you all. Amen."*

PRAYER

"Thank You God for my salvation! Please help me to make doing Your will the treasure of my heart, Amen."