

Stretching Exercises

Faith is a word you have heard— and used—thousands of times. But what does it mean to you? Without checking a dictionary, try to define it. Or, if a definition is difficult, think of an example when someone you know displayed faith.

Consider the passage from Matthew 1:21 that says, "she will bear a son, and you shall call his name Jesus, for he will save his people from their sins" (rsv).

Paraphrase this promise _____

Do you believe this is true? _____

If you believe that Jesus came to save the "sinner," did he also come to save you? Are you among the "sinners?" _____

Journal

Read these words of assurance in Isaiah 1:18, "Come now, and let us reason together," says Jehovah. "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" (kjb). Rewrite the verse in your own words.

Is God speaking to you with these words? If you have had a special experience of peace, joy, contentment, or deliverance, write about it in your journal.

As you think about the "new commandment" that Jesus gave us in the gospel of John — "love one another, even as I have loved you" — try to identify three specific actions you might take in your personal life that would express love toward your family. Now consider ways you might express love on the job, in your volunteer or community life, and among your friends and colleagues.

At Home	On The Job
<hr/>	
<hr/>	
<hr/>	
<hr/>	
<hr/>	
<hr/>	

As you learn more about Jesus through daily prayer and Bible study, you may begin to make subtle changes in your life. Perhaps you'll feel that God is leading you away from old habits and toward a new kind of lifestyle. Trace your growth by first making note of the way that God made his will known to you; jot down the adjustments that you believe God wants you to make in your life; finally, record the adjustments that you have made.

Excerpts taken from "Stretching & Growing" by Charles H. Shumate

God's Word spoke to me ...

Adjustments God wants me to make in my life include ...

Adjustments I have made since accepting Jesus include ...
