

January 27 | Sunday

Habits for Spiritual Fitness: Monitoring Progress

Read [John 21:15-19](#)



28 | Mon – Loving God | Read [Mark 12:28-30](#)

One of the ways to stay engaged in a fitness program is to reflect on how far you have come. Kind of a *before/after* comparison, like you see in weight loss programs. One way to measure your spiritual progress is to revisit the greatest commandment...loving God. Every relationship has its ups and downs but overall do you feel that you love God more now than you did a year ago? Why or why not?

29 | Tue – Loving others | Read [Matthew 25:34-40](#) / [1 John 4:20-21](#)

Another way to evaluate how much spiritual progress you have made is to take a look at how well you love others. Is it easier for you to love God than it is for you to love people? Maybe because they are right in front of you and they can be so annoying at times? Jesus makes a bold statement in the parable of Matthew 25, regarding how important it is to *him* that we love each other. What exercise would help you grow in this department?

30 | Wed – The List | Read [1 Corinthians 13:4-7](#)

Love can be shown by our actions but it is our attitude that will be the most noticeable. Look at the statements listed in this description and put your name in the place of the word *love*. Which one(s) are your strong suit? Where do you want to grow? Now try memorizing these in the form of a checklist. Once that is in your head, it will be easier to evaluate the degree to which you are growing in this defining quality. Let these statements guide your actions.

31 | Thu – Not them! | Read [Matthew 5:43-47](#)

The hardest people in the world to love are your enemies. *Your* 'enemy' may be a co-worker who takes the credit when you have done all the work or the relative who never has anything positive to say. It could be an inconsiderate neighbor or the person who cuts you off on the highway or that obnoxious political pundit spouting off in the media. Jesus did not say it is our job to change people. He tells us to pray for and love them like he does. What 'enemy' comes to mind as you read this? Are you ready to take on that challenge?

01 | Fri – Apples and oranges | Read [Galatians 5:22-26](#)

What are some qualities you admire in other people? Are any of those qualities on this list in Galatians? These are called the 'fruit of the Spirit.' Think about how fruit grows and how it is cultivated. When you ask the Holy Spirit to produce godly fruit in your life, you could find yourself living in circumstances where these qualities are in short supply. Yet intentional choices will help you grow. Where are you strong and which ones need more exercise?

02 | Sat – A common weakness | Read [Matthew 6:25-34](#) / [1 Timothy 4:7-8](#)

Here Jesus is addressing a great roadblock to strong spiritual muscles: worry. Do you have trouble in this area? It can be easy to obsess about physical needs and forget to exercise the part of yourself that will outlast your body. When you focus on who God is and how much you are loved, your trust will grow. What changes have you seen in yourself over the past year? And starting today, where will you choose to be more focused in trusting God?