

## February 3 | Sunday

Habits for Spiritual Fitness: Get Moving

Read [James 1:22-25](#)



### 04 | Mon – A worthless religion | Read [James 1:22-27](#)

James was never one to mince words. Here we are plainly told it is not enough to listen to God's word. Or even agree with what God says. If that is as far as it goes, James says we are deceiving ourselves and our religion is worthless. Through His word, God reveals what needs to change and offers help but action is required. One practical example is found in verses 26-27. How are you challenged by what you have read today? What will you do as a result?

### 05 | Tue – H.E.A.R. the word of God | Read [Luke 11:28](#)

Jesus said those who hear God's word and obey it will be blessed. Recent research reveals... *"the number one Christian practice to catalyze spiritual growth is Bible engagement, with no close second."* How do you 'hear' God's word? Pastor Robby Gallaty shared a tool that helps him interact with scripture in a life-transforming way: **highlight, explain, apply and respond**. What works well for you as you read and think about scripture on a regular basis?

### 06 | Wed – Highlight | Read [Ephesians 1:15-23](#)

As you read this section of Ephesians 1, what stands out to you? Write the verse or verses down on a 3x5 card or a piece of paper, along with the reference (book, chapter, verse). Ask God why this verse was highlighted and what its importance might be to your life. Then listen. This is how God often talks to his friends after he has gotten their attention. Take these words with you as you walk out your day and see what happens.

### 07 | Thu – Explain | Read [Ephesians 1:15:23](#)

To better understand the verse(s) you highlighted, try reading in other translations. Then ask some questions. For example, *who wrote this? To whom was it written, originally, and why? What is the context (verses before and after)? What was the writer trying to communicate to the reader?* Answering questions like these can expand your understanding of the verse you highlighted. Check out Eph. 1:1-2 & 6:21-24 for some clues. What did you learn?

### 08 | Fri – Apply | Read [Ephesians 1:15:23](#)

Although the verse(s) you highlighted on Wednesday were not written specifically to you, is there anything that could apply to your life right now? If you aren't sure, here are some good questions to ask as you reread: *what does this tell me about God? About myself? Is there an example to follow, or something I need to avoid? How do these words give hope or encourage me in my present situation?* Write down any significant insights so you won't forget them.

### 09 | Sat – Respond | Read [Ephesians 1:15-23](#)

Highlighting, explaining and applying what you read are critical to understanding how God wants you to live. But those will be wasted efforts unless you take the final step and respond. A response can take many different forms. It might be a new understanding of how much God loves you and you begin to love Him more in return. You may begin to think differently about problems you are facing. You might share with a friend what you have learned and how it has changed you. How will you live out what you have heard God say to you this week?