

January 10 / Sunday
Don't Hibernate. Help.

Read [James 1:22-25](#) and [2:14-23](#)



11 / Mon – Hibernate defined | Read [James 1:22](#) and [2:14-16, 24, 26](#)

The first recorded use of the word *hibernate* was between 1795-1805 and described the way some animals pass the winter in a dormant condition with greatly reduced metabolism. Today this word is applied to human beings meaning *to cease from activity, to withdraw into seclusion, hide or hole-up, to vegetate or sleep*. It is a common temptation in Minnesota winters. Are you tempted to hibernate during this season both physically and spiritually? How can you keep from giving in?

12 / Tue – Hear | Read [1 Samuel 3:2-10](#)

Telling yourself to stop doing something is not very effective. It must be replaced. For example, you might decide to replace *hibernation* with *helping* others. Try using the acronym **HELP** to 'help' you remember at least four things you can do when you are tempted to veg out. First is the **H** which stands for *hear*. Take time to hear what God is saying to you *first* before reacting to the next need you encounter. Do you trust God to put you in the right situation at just the right time to help?

13 / Wed – Encourage | Read [Job 16:1-5](#) / [1 Thessalonians 5:11-15](#)

The E in HELP means to *encourage*. Everyone is fighting some kind of battle. Job's was very public and his close friends came to comfort him. How did that work out? Life has a way of tearing folks down at one time or another. Read Paul's closing remarks to the Thessalonian Christians and see how he encouraged them to be encouragers. How have others encouraged you? Probably words were included, either written or spoken. How can you use those examples in your quest to help others in difficult times?

14 / Thu – Listen | Read [James 1:19-20, 26](#)

The L in HELP is being willing to *listen*. It may be tempting to blow up, internally if not externally, when you see what someone does or says that you violently disagree with. That is NOT helpful. It can be easy to pass judgement without waiting to hear the whole story. Is that how you want others to deal with you? James gives some great advice here. Remember, God did give you two ears and one mouth for a reason. Being a good listener might be the best help you can give someone.

15 / Fri – Pray | Read [James 5:16](#) / [Romans 8:26](#) / [Ephesians 3:12, 21](#)

The P in HELP stands for *pray*. How many times have you felt helpless in the face of tragedy? Do you sometimes hear with compassion about a great need and know there is absolutely nothing you can do or say to help right then? Prayer is not just a last resort. When you pray, it is more powerful than you can even imagine. Pray with confidence. God can and will do what you cannot.

16 / Sat – What will you do now? | Read [John 12:49-50](#) / [2 Corinthians 1:3-4](#)

You can only do what you can do. You can only give what you possess. Even Jesus was clear that the words he said were what his Father told him to say and the things he did were what his Father told him to do. Does this help when you feel inadequate to help those who are struggling? It can when you remember who God is and what he has already done in your life. Share what you have been given.