

Live Well Devotionals! 5 Days to a Healthier Sense of S.E.L.F!

Dear Friend,

My prayer for this devotional is that God, who has started something amazing in you, will complete it as you pursue Him! Jesus literally died so that you could have a relationship with Him. I pray that this relationship is delightful for you.

If these devotionals are a blessing to you and you are interested in more, please check out my blog at www.speakinginfaith.com/blog. I also have other free resources on my website, such as, "Praying through the Beatitudes."

I am praying for each of you as you work through this devotional. I pray that God uses His Word to transform your life. God loves you more than you will ever know. You are precious in His sight!

If you would like to keep the conversation going, please email me at faith@faithklein.com. I look forward to hearing from you.

God bless,

Faith Herrgesell

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A Healthy Sense of SELF review

If you were with us at the Live Well Event on Saturday, October 01, 2011, welcome. If you weren't able to join us on Saturday, I'm glad you are here. Here is a review of the keynote session from our time together.

Theme verse:

Romans 12:2 "Don't copy the behavior and customs of this world, but be a new and different person with a fresh newness in all you do and think."

S – Stop Copying and Comparing "Don't copy the behavior and customs of this world"

E – Embrace a New Life "But be a new and different person"

L – Live it Daily "With a fresh newness in all you do and think"

1 – Acknowledge what is true

2 – Ask yourself "What is the wise choice?"

3 – Delight yourself in the Lord

F – Find Freedom in Christ Alone

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Day One: Stop Copying the World.

Romans 12:2 says that we must “Stop copying the behavior and customs of this world.”

What is one behavior that you have identified in your life that is a behavior or custom of this world?

We learned in our session on Saturday the importance of being honest with God about where you are on your life journey. One way to get that conversation started is by using this verse:

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8.

Answer the following questions about your current situation.

What is true about my situation? (Is it fun? Do I believe I NEED this situation? Does this situation make me feel important? What is desirable about this situation?)

What is noble about my current behavior?

What is right about this behavior?

Is this behavior pure? Does this behavior make me more pure, or tempt me into impure thoughts? (Impure thoughts can include: critical thinking about yourself or others, depressed thoughts, desire for sin)

Is this behavior lovely? Why or why not?

Is this behavior admirable? Who looks up to because of this behavior?

Do the words “excellent or praiseworthy” accurately describe your situation?

Now that you have taken an honest look at your current situation, spend a few minutes talking to God about this situation. Ask Him wisdom and guidance regarding your situation.

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Day 2: Embrace a new life!

In Romans 12:2 (our theme verse for the weekend) Paul says to stop copying the behavior and customs of this world. Next, he admonishes us to become new and different people.

I love getting my hair cut and colored. For many years I changed my hair so often that when my sister was picking me up from the airport she told her son, "I'll drive slowly and watch traffic, you watch for Aunt Faith." He simply replied, "What color do you think her hair will be this time?"

I loved the newness I felt as I walked out of the salon with a new "do." There is something about clean ends and a new color that makes me feel like a new person.

But this type of physical change is not what Paul is referring to here. He longs for us to experience this newness in our hearts! He wants us to become new and different from the outside in.

As you embrace your life the way Christ intended you will need to celebrate God's creativity and craftsmanship displayed in your life.

What is one thing you can celebrate today about how God made you?

Isaiah 40:26 says:

Lift your eyes and look to the heavens:

Who created all these?

He who brings out the starry host one by one,
and calls them each by name.

Because of his great power and mighty strength,
not one of them is missing.

In the Kansas sky, the stars are endless. Be intentional tonight about looking at the stars. Take time to literally star gaze. As you gaze at the stars, think about this verse. God placed each of those stars in its unique place and calls each of them by name. He cares for each star enough that He makes sure not one of them is missing.

If He spends that much time taking care of the stars how much more does He love you?

Spend a few minutes praising God for the way He cares for you. Be specific.

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Day 3: Live it Daily by Making The Wise Choice

When I moved to Nashville 5 years ago, I made many unwise choices. I had just finished working as the Women's Director for a non-profit youth organization. During my time there, I had to sign a code of conduct. In essence, they were paying me to be good and be a good role model. When I moved to Nashville I decided that since I wasn't being paid to be good anymore, I could make my own choices. I soon discovered that most of my choices would not fall under the "wise choice" category. Thankfully, by God's grace, I quickly learned that making the wise choice wasn't just what was best for me; it was what I wanted to do. My sense of self was much healthier when I made wise choices.

God's word says, "But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."

Today I want you to think of one decision you need to make that you are willing to ask God, "What is the wise choice?" As you listen for His answer, walk thru the verse above and answer the following questions regarding your situation.

In my decision, what is the pure choice?

What is the peace-loving choice?

What is the considerate choice?

What is the submissive choice?

What choice is full of mercy and good fruit?

Which choice would allow me to be impartial and sincere?

On Saturday, I told you that God's Word says that if we are unwise we can ask Him for wisdom. Today invite God into the decision-making process in your life. Ask for His opinion and wisdom. And then, FOLLOW IT!

Don't just let His opinion be one of many you consider, do what He says! Make the wise choice.

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Day 4: Delight Yourself in the Lord

What is something truly delights you? My husband and I live a plane ride away from each of our families, so one thing that truly delights me is seeing either of our parents when we arrive at the airport. We are usually exhausted as we walk off the plane having just packed ourselves and a little one, including the stroller, the car seat, a suitcase full of bottles, toys, and other such items. Then I have wrestled Janie Lou, trying to restrain her to our space on the plane, for 1 ½ - 3 ½ hours depending on whose parents we are visiting. So when I see the eyes of our parents, I am truly delighted! It delights me to be reunited with the people I love and to know I am now in a safe place.

What is something that truly delights you?

What feelings or emotions do you associate with this event, object, person, etc.?

Psalm 37:4 says, "Delight yourself in the Lord, and He will give you the desires of your heart."

Today, I encourage you to think of one characteristic you know to be true about God.

Write that one characteristic down here:

How can this characteristic help you delight in the Lord?

Spend a few minutes talking to God about this truth and how it specifically delights you. (For example: Knowing that God is always with me delights me because I spend a lot of time away from my spouse and I spent many years as a single person. Knowing that He is always with me is comforting and soothing when I am lonely.)

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Day 5: A Healthy Sense of S.E.L.F.

In our time together at the Live Well Event, we discussed how to have a healthy sense of self. Using Romans 12:2, we looked at the following steps related to that pursuit.

S – Stop copying the world “Stop copying the behavior and customs of this world”

E – Embrace a new life “But be a new and different person”

L – Live it daily “With a fresh newness in all you do and think.”

F – Find freedom in Christ alone

As we wrap up this week together, how have you learned to apply these steps to your life?

What is the result?

What part of Romans 12:2 encourages you in your pursuit of a healthy sense of self?

We discussed that finding freedom in Christ is the key to success. How have you engaged in a relationship with Him this week?

Using the steps above, what is one thing you can do this week to pursue a healthier sense of self?

What questions do you still have about finding freedom in Christ?