

Spend five days this week living with the weekend message.

## Keep the Chains Moving! Sept. 15–16, 2007

Just as most touchdowns aren't scored on 80-yard bombs but by sustained drives, so also we need to understand that success in life is achieved daily, not in a day. If we want to be successful, there are certain things we need to do to execute our game plan on a daily basis and keep the chains moving. Spend some time each day with the three B's!

### Bend down

#### START AND END YOUR DAY IN PRAYER.

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Use the P.R.A.Y. acronym:

Praise — Repent — Ask — You

### Build up

#### KEEP YOURSELF ENCOURAGED, AND ENCOURAGE OTHERS DAILY.

**2 Thessalonians 2:16-17** <sup>16</sup>May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, <sup>17</sup>encourage your hearts and strengthen you in every good deed and word.

**Hebrews 10:24-25** <sup>24</sup>And let us consider how we may spur one another on toward love and good deeds. <sup>25</sup>Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

**1 Thessalonians 5:11** Therefore encourage one another and build each other up, just as in fact you are doing.

**Jude 20** Build yourselves up in your most holy faith . . .

**Ephesians 4:29** Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

### Block out

#### LEARN TO LET GO AND FORGIVE.

**Luke 11:4** "Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."

**Luke 17:3-4** (Message) "Be alert. If you see your friend going wrong, correct him. If he responds, forgive him. Even if it's personal against you and repeated seven times through the day, and seven times he says, 'I'm sorry, I won't do it again,' forgive him."

**Luke 23:34-35** (NLT) Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice. The crowd watched and the leaders scoffed. "He saved others," they said, "let him save himself if he is really God's Messiah, the Chosen One."

### DAY 1

Read Mark 1:35. If Jesus was God . . . why do you think he had to sneak away and pray? Where do you think Jesus put prayer on His priority list? Explain your ranking.

The verse states Jesus went to a solitary place. What distracts you from having more heart to hearts with Jesus?

How could you reduce distractions and focus more on Jesus?

### DAY 2

Look over the promises in 2 Timothy 1:7; Philippians 4:13,19; Romans 8:37; Romans 15:13; 2 Thessalonians 3:16; 3 John 2. Speak these promises over your life.

### DAY 3

Read 2 Thessalonians 2:16-17; Hebrews 10:24-25; Luke 17:3-4 Encouragement is much more than "you look nice today." The Bible talks about encouragement as being focused on helping others know Jesus better and live for Him. Do you define encouragement differently? Write down your definition of encouragement.

Who are 5 people in your life that you could encourage this week? For each person on your list spend one minute writing down how you can encourage them?

### DAY 4

Read Luke 11:4; 23:34-35. What are your initial thoughts from these verses?

In Luke 23 Jesus is hanging on the cross as He says these words. He looks past the offense and forgives. Identify some "offenses" that you are hanging onto. Write them down. Take time to linger and ask the Holy Spirit to bring things to mind. Write these down and ask Him what He wants you to do.

### DAY 5

Re-read all the verses for this week and look back over your answers from Days 1-4; what comes to your mind as you re-read these scriptures and your previous thoughts? What might be one (or more) thing(s) that you could do in response to His Word? Be specific.

What specific plan can you make as a next step? (think actions like: keep a list of people I want to encourage in a place where I will frequently see it or list the first steps you can take toward letting go and forgiving someone . . .)

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