

Make a list of things for which you are thankful. It's a good practice to thank God for the blessings of each day.

Take the things you are concerned about to God as well. Prayer is much more productive than worry!

You might want to start a prayer journal to list your praises/thanksgivings/blessings and to list your prayer requests. Every now and then, look back on previous days to see what God has done in your life. (Or at least start with writing some below.)

## Day 6

*Isaiah 40: 28-31*

*Have you not known?*

*Have you not heard?*

*The LORD is the everlasting God,*

*The Creator of the ends of the earth.*

*He does not faint or grow weary;*

*His understanding is unsearchable.*

*He gives power to the faint,*

*and strengthens the powerless.*

*But those who wait for the LORD shall renew their strength,*

*They shall mount up on wings like eagles,*

*They shall run and not be weary,*

*They shall walk and not faint.*

With daily conditioning, athletes grow stronger and more able to face physical challenges. With daily conditioning, Disciples of Jesus Christ grow stronger and better prepared to face challenges in life, better prepared to live out Christ's mission and ministry in the world.

## Daily Conditioning Suggestions:

- Read a scripture and reflect on what God has to say to you through it.
- Spend time in silence in God's presence. Reflect on what God has to say to you.
- Interact with God throughout the day with thanksgiving, prayers for others and situations, as you read the paper or listen to the news or sit in a meeting, as you make decisions or pay bills or teach or discipline children.
- Seek ways to live out God's calling in your life and in the church. Serving God is a wonderful way to condition your heart!

## Weekly Conditioning Suggestions:

- Worship with your church family.
- Seek out a group of people for Bible study and prayer.
- Use your gifts to serve God in regular ministry and to live out Christ's mission and ministry.

## Conditioning for the Heart Scripture and Reflections

(This was developed by Kim and Greg Rea, Co-Pastors of First Christian Church of Salina, KS, as a means to lay a foundation for their congregation to utilize spiritual discernment.)

*Let the words of my mouth and the meditations of my **heart** be acceptable to you, O LORD, my rock and my redeemer. Psalm 19:14*

## Day 1

Deuteronomy 6: 4-9 - Hear, O Israel: The LORD is our God, the LORD alone. You shall love the LORD your God with all your **heart**, and with all your soul, and with all your might. Keep these words that I am commanding you today in your **heart**. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.

Make a symbol for your doorpost. It may be a traditional Mezuzah or a cross or a Disciples' chalice. Use face paint or washable markers to make a Christian symbol on your hand to remind you of God's love and presence with you all day long. Report to your pastor how it helped you remember God through the day and what difference it made.

Matthew 22: 37-40

*“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love our neighbor as yourself.’ On these two commandments hang all the law and the prophets.”*

## Day 2

Matthew 5: 8 – Blessed are **the pure in heart**, for they will see God.

Psalms 51:10-12

Create in me a **clean heart**, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.

Write a letter to God telling God what you know you need to change. Better yet, sit in silence and ASK GOD to lay on your heart what you need to change in your life. Then write a letter to God asking God to change your heart and show you how to live the change you need to make.

Take a first step toward the change God calls you to, whether it is writing a letter or calling someone to apologize or just make contact with someone... or to nurture your relationship with God... or your own health...

## Day 3

Luke 2:19 - But Mary treasured all these words and pondered them in **her heart**.

Proverbs 3:5-6

Trust in the **Lord with all your heart**, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths.

It's helpful to start the day off in scripture, listening for God's word for you today. Sit in God's presence, listen for God's word, ponder the words of scripture and how they apply to your life. Then, as you go through the day, interact with God and consider what it means to rely on God rather than your own insight. This is an opportunity to practice praying "without ceasing." Seek out God in each situation. Talk to God throughout the day, but also don't forget to listen!

At the end of the day, reflect on ways you sought out God's wisdom and insight and guidance through the day. Reflect on times you depended on your own insight and forgot to acknowledge God. It takes practice so don't give up after just one day! The goal is GROWTH!

## Day 4

Jeremiah 29:11-13

For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me **with all your heart**.

God has plans for YOU! What can you do to seek God with **all your heart**? Is there a daily spiritual discipline you can add? Weekly worship, daily scripture reading, prayer journaling, silence, caring for and serving others? Take some time sitting in God's presence, soaking in God's love and hopeful future. (You might want to put on some relaxing music or sit in a favorite place inside – or outside.) After some time in silence, ponder ways you can seek God with all your heart.

## Day 5

Philippians 4:4-7 Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your **hearts** and your minds in Christ Jesus.