

January 6 | Sunday

Habits for Spiritual Fitness: Workout Buddy

Read [Romans 1:12](#)



07 | Mon – Two better than one? | Read [Ecclesiastes 4:9-12](#) / [Proverbs 3:5-7](#)

This familiar passage illustrates why two are better than one. Whether it is a fitness buddy or business partner or trusted friend, all of us do better together. Why is that? Look at the idea outlined in Proverbs. It is human nature to believe you have the most complete understanding in any given situation. Maybe not. Do you have a relationship with someone committed to your spiritual well-being with whom you can talk over any issues you face?

08 | Tue – Promise #1 | Read [Matthew 18:20](#)

Loneliness can be a problem in current culture when we go for extended periods of time not being in the same room with other people. It was true in Jesus' time as well, but he gave us this promise. All it takes is getting together with one other believer. You don't always need to have a 'spiritual' conversation. Even if you just meet for coffee and share life, Jesus promised to be sitting at the table too. Who could you bless in this way?

09 | Wed – Promise #2 | Read [Matthew 18:19](#)

This promise is a bold one. But if Jesus made it, do believe it? Any request, coming from a heart truly wanting God's answer in His way and time, will be heard. What are the benefits of praying those requests with another believer you trust? What prayers have you seen God answer in your life or the lives of others close to you? And how do you deal with an answer that does not fit your expectations?

10 | Thu – Examples | Read [Mark 6:7-12](#) / [Luke 10:1](#) / [Acts 13:2](#) / [Acts 19:21-22](#)

Jesus modeled this idea by sending out his disciples, and later 72 others, in pairs. The early church followed Jesus' example when they commissioned Barnabas and Paul for service in ministry. And Paul continued the practice when he sent out his younger leaders, Timothy and Erastus. Was it for accountability, encouragement, support? Do you have someone filling that role in your life? Is it possible God can sometimes do more with two than one?

11 | Fri – Conflict | Read [Matthew 18:15-17](#)

Read how Jesus wants his followers to handle conflict with each other. While your *default* might be telling others how someone has offended you, there is a better way. More difficult but much healthier. Would you be willing to follow this example the next time you have been wronged? What about giving permission for a close, trusted friend to come to you when they see harmful behavior in your life? Think about who that person might be.

12 | Sat – The exception | Read [Matthew 6:24](#)

There is a place where two are *not* better than one. According to Jesus, no person can serve two masters. We like to think we don't serve anyone, that we are independent agents with free will and do as we see best. But is this really true? To find out who or what you may be serving, check out your calendar and bank statements. Could the most effective exercise in 2019 be to look carefully at everything in your life and answer the question "why?" You may not change a thing but you can be confident you are serving the right master.