

THE INTENTIONAL LIVING CENTER®



My
DAILY WALK

INSPIRATION *for* LIFE
IN *Jesus*

365 DAILY DEVOTIONS



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Introduction

Dear Reader,

Life often feels like a high-speed race to the finish line, doesn't it?

My Daily Walk was designed to help you take a few minutes – every day – to break away from the challenges and chaos of your sprint. It will help you spend quiet time with your Creator. It will strengthen your daily walk with Him.

The book is broken up into 365 pages, each one featuring a reading (or devotion) that rests on the solid foundation of God's Word. Each inspires you with insight and challenges you to action in the five essential areas of your life: faith, family, health, finances and work.

At the *Intentional Living Center*, it's our hope and prayer that the Holy Spirit leads you into the very presence of God through developing or continuing an intentional habit of daily devotions. Start now – don't wait another moment to surrender each step of every day to Jesus Christ.

Dr. Randy Carlson
President

Come, let us go up to the mountain of the LORD, to the house of the God of Jacob. He will teach us his ways, so that we may walk in his paths. Micah 4:2

HEALTHY RESOLVE

Rejoice in the Lord always. I will say it again: Rejoice!

Philippians 4:4

Surveys indicate that the two most popular participation sports in America are swimming and walking. What is it that motivates millions of people to get off the couch and push their bodies to better fitness? It's likely not the sore muscles or aching feet. Rather, it's the self-confidence, increased energy and improved physique that results from the active lifestyle. They've discovered exercise is its own reward.

In the same way, you should practice spiritual disciplines for the intrinsic satisfaction they can give you. Jesus taught something that should be obvious but is easily forgotten – knowing God is the ultimate reward. The disciplines of daily prayer, Bible study and rejoicing in worship are merely the participation sports of the spiritual life.

This new year, resolve to exercise physically and spiritually, knowing that doing so is not a duty or a requirement; they are ways in which God's joy is best experienced in your life.

Today's One Thing

Combine your exercise routine with the accomplishment of a spiritual goal (Example: praying as you walk or memorizing a Bible verse as you exercise).

WITH GOOD MEASURE

Give, and it will be given to you. Luke 6:38

You can't predict what life will bring your way in the next month. But you can choose to have an optimistic attitude because you never know what might happen. Christopher Columbus, searching for a direct route to Asia, stumbled onto the Americas. Thomas Edison invented a phonograph while looking to create an electric light. When Benjamin Franklin saw a spark while playing with a kite during a storm, he had no idea he was starting an industry.

The Bible also tells you to be optimistic, such as in today's verse. As you give of your time, talents and possessions, minus a selfish motivation just to get something in return, God promises you will receive, likely in ways you never dreamed.

Look forward to the days ahead, knowing:

- ◆ You can receive "a good measure, pressed down, shaken together and running over" as you give.
- ◆ "With the measure you use, it will be measured to you." (Luke 6:38)

Today's One Thing

Choose someone or something to give to generously. Be optimistic that your generosity will be used, and returned, in a wonderful way.