

JUST DO IT
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Day 1 // Cold Light-of-Day Decisions

We can be influenced by many things around us and this can lead to changing our thoughts and our actions. I believe at the most fundamental level of our existence lie our beliefs and these, in turn, determine our values and behaviour. So, what we believe is really important. Jesus said that if we know the truth the truth will set us free. The Greek word for “know” is “ginosko”. This means to personally, intimately, and experientially understand something - or in other words believe!

As already mentioned, however, other influences can attempt to alter our beliefs so we must sometimes be strong and single-mindedly cement what God says in our hearts. These are cold-light-of-day decisions.

In Psalms it often says that David had to “speak to his soul” – he had to tell himself and remind himself of the promises and truth of God’s word. He had to drag God into his world.

You may not feel like it, everything around you may be screaming the opposite, but we need to make the hard decision just to believe God’s word. In the end it is only the Word of God that endures and the only thing we can truly trust.

Whatever scripture you have read or whatever promise God has given you make the decision now, against all odds, to believe it.

Just do it!

Prayer: Father God I know Your word is truth and You can never lie. I make the decision here and now to believe You have the best for me and to believe You will fulfil all You have planned for my life. In Jesus name, Amen.

Day 2 // Blind Faith?

Blind faith is a frequent comment made against Christianity. The essence is that we believe despite the evidence and, in fact, choose to ignore the evidence. This is a point of view that I would refute. There is actually excellent evidence of the truth of the Word of God and of God's existence. This evidence can be drawn from science, history, archaeology, philosophy and many other disciplines.

The evidence that stands out above all else, however, is that IT WORKS! You can bring all kind of criticisms against something but if, at the end of the day, it produces great results those arguments fade away.

Let us remind ourselves that God's Word does work. It has been changing lives for thousands of years, it is changing lives now and will do so in the future. It truly is the answer to our human condition where we can find peace, love, purpose, fulfilment and more. Remember the only requirement God asks of us to access what He has for us is that we believe. So, let's keep our faith strong and not be swayed by forces that would seek to weaken it. We have all the evidence we need

Just do it! It works.

Prayer: Father God I pray You will help me to keep my faith strong. It is not blind faith; it is faith with abundant evidence. I understand that the more I can trust and believe the more I can access all the good things You have in store for me. I pray in Jesus name, Amen.

Day 3 // Acts

I have already mentioned that our beliefs are fundamental to our lives and influence many things – including, ultimately, how we act. We have examined how we can be firm in our beliefs and how we can stand on them. We will think today about allowing them to influence our actions.

If you are a Christian, Christ's death on a cross has opened up the way to your forgiveness, help, strength, provision and ultimately your destination. You are a child of God and stand in a very privileged position. We may want to think, therefore, how we treat others.

Jesus told a story about a man who had been forgiven a massive debt but then could not forgive someone else who owed him a small debt. We are the ones who have been forgiven the large debt – more than we could pay, so how should we be treating others?

We are also learning to believe God's Word that tells us everyone is made in His image and that He died for all. We must, therefore, have a responsibility to treat others well – as Jesus would, and show them the same love that He would.

This is truly allowing our beliefs to influence our actions, which in turn make a difference.

Just do it and change the world!

Prayer: Father God – help me to be aware of what I truly believe and then help me to have the courage to act on my beliefs to bring light and help to all around me. I pray in Jesus name, Amen.

Day 4 // Actions have Re-actions

It is a clear teaching of scripture that our actions have consequences. These can be good or bad. They can also be in our own lives or in the lives of others. Jesus told the amazing story of two groups of people – to one He said, “I was hungry, and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick, and you looked after me, I was in prison and you came to visit me.’ To the other group He said the opposite (they did not do these things). Both groups asked when this happened and the reply of Jesus is cutting: “whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

We cannot negate our responsibilities – we are put on earth to make a difference. The book of James highlights this by saying, “faith without works is dead”. We are not saved by our works, but our faith should be expressing itself in real actions.

Let’s determine to make a difference! This can start in our immediate world – the people we encounter every day, those who are closest to us. Just like the virus can be passed on by close contact so can the love of Christ. You will be surprised by the difference you can make in extending the Kingdom of God.

Just do it!

Prayer: Dear Lord Jesus – help me to make a difference in my world. If Your light is truly in me, then help me bring it all around me. You have given me authority and responsibility to spread Your kingdom and message. I pray in Your name, Amen.

Day 5 // Just Do It

Everything starts somewhere! Everything has a beginning. It is also never too late to start!

The Bible speaks a lot about starting and we could visualise it as being the most important step of any journey. When the people of Israel crossed the river Jordan God told them to just begin walking into the water! When Jesus healed people who could not walk He told them to stand. When God promised to give Israel “everywhere they placed their feet” they had to begin by placing their feet somewhere!

Many dreams and ideas can fail because of this first step – but in some ways it is the easiest. It is the step, however, that makes our dreams visible, it communicates our beliefs and ideas and it “nails our colours to the mast”.

Fear can be the enemy of starting. What if it goes wrong? What if people laugh? What if I am mis-understood? Jesus met a man by a pool at Bethesda who had been lame for decades. He had his own ideas about how he was going to be healed and that was to get into the pool first when the waters were stirred. When Jesus spoke to him, He healed him by just saying, “get up!”. In other words, “start!”

If we are looking to make a difference, or if we are hesitating over the next step God is asking us to take, let’s take encouragement from the words of Jesus and let’s “just do it!”

Prayer: Dear Lord Jesus, help me not to be influenced by fear. Help me take the next steps of my Christian life whatever they may be. I understand that if I want to walk, I must first stand up so help me not to be afraid to do so. I pray this in Your name, Amen.