

The In-Between

- During Christmas to New Year, people slept _____ more per day and sedentary time increased by _____ per day.
- On New Year’s Eve, TV viewers watched _____ minutes of programming. The second-most viewed day of the year behind the Super Bowl.
- Christmas holidays are a high-risk period for physical inactivity and weight gain, and research shows that people gain about _____ pounds over the holiday season.

Great #1:

Great #2:

Great #3:

Christianity is not _____. It is _____.

As you look toward next year, don’t ask, “What do I want to _____?”

Ask, “What do I want to _____?”

6 Scriptures to Follow the Jesus Playbook

Deuteronomy 6:5 (NIV) Love the Lord your God with all your heart and with all your soul and with all your strength.  **Goal:** Start each day by telling God, “You get my whole heart, mind, and strength today.”

Psalms 27:4 (NIV) One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

 **Goal:** Cut one distraction today so you can focus on the “one thing” that matters most—God’s presence.

John 13:34-35 (NIV) A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.

 **Goal:** Ask, “How would Jesus love this person?” and take one specific action to show that love today.

Philippians 2:3-4 (NIV) Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

 **Goal:** Put one person ahead of yourself today—listen longer, serve first, or let them go first.

Colossians 3:17 (NIV) And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

 **Goal:** Pick one ordinary task and consciously do it “in Jesus’ name” with gratitude.

Luke 9:23 (NIV) Then he said to them all: Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

 **Goal:** Ask Jesus, “What do You want me to say ‘no’ to and ‘yes’ to today?”—then obey one clear step.

START HERE

30 DAYS

THIS WEEK



TODAY - START HERE

Begins **NEXT WEEK!**
Get Unstuck! Don't Miss it!

DOWNLOAD
Start Here Journal



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Connect Groups start back in January



SIGN UP for
the 1st Semester

Mid Jan - April

We need...
Places
Leaders
New Groups

WE NEED YOU!

Ghana
4 Jesus



GIVE ONLINE
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Mission: Help people FIND & FOLLOW Jesus Christ.

 **Redemption**
CHURCH