Hopewell M.B. Church

400 E. Main Street Carbondale, IL

Christopher E. Swims, Senior Pastor



Life, Family & Ministry

#YearOfFocus



@ 7:00AM CST

VIA CONFERENCE CALL or FACEBOOK LIVE (605)-313-4818 Access Code: 534575# @hopewellmb

It's not about HAVING time. It's about MAKING time.

WELCOME

For the next 21 days your challenge is to connect with God for 15 minutes or more.

Each day you should spend at least:

- 5 minutes reading: the scriptures listed for each day (feel free to read the entire chapter)
- **5 minutes writing:** in this journal using the space provided or a journal of your own
- **5 minutes praying:** Create a list of the things you desire God to do in your life, your family member's life and your friend's life. Use this list during your prayer time.

For an even greater effect, invite your family and friends to participate in this challenge with you. To hold each other accountable, check in with each other when you've completed your daily challenge. Celebrate and congratulate each other when your prayers are answered. Keep the faith that something **BIG** is going to happen! If you miss a day (you're human and life happens) don't trip, start fresh the next day. No one is expecting you to be perfect. Everyone is striving for consistency. The end goal is that you will create a habit and continue to spend time with God throughout the year. Are you up for the challenge???

WHAT TO PRAY ABOUT?

Five minutes can seem like a very long time when you're watching the clock waiting for each second to pass. Praying does not have to be complicated. Give God permission to invade your personal affairs. Have a conversation with God and tell him the areas where you need His help. It may seem a little awkward at first, but **KEEP GOING.** If you get distracted, **DON'T FREAK OUT**, stop and start over.

Remember, the goal isn't perfection, but consistency. You're developing a new habit so it'll take some time to form it.

Here are few idea to help you get started

Say Thank You:

Think about how God brought you through 2019 into 2020. Think about His daily protection and provision for you.

Give Acknowledgement:

God is awesome!!! If weather permits, take a walk and admire His creations. He's shown His splendor through the trees, sun and moon. You'll be amazed at the craftsmanship of God.

Ask for Help:

Are there areas in your life that are too hard for you to handle? If so, that's a good place to invite God to lead you. He will either work it out for you or work through you. Just remember, help is available if you ask.

Be Honest:

A relationship will grow when there is honesty involved. The same applies with our relationship with God. If you're hurt, disappointed, angry or confused tell God. He's good at revealing Himself through disappointment and drawing us closer to Him. He knows the truth, we need to be honest with ourselves in his presence.

Pray for Others:

Spend time praying for family members, friends and even your enemies. Take time and think about areas that you know they need God's help. If you know scriptures that are promises from God in relation to the prayer requests be sure to include those in your prayer.

WHAT TO WRITE ABOUT?

WHAT TO WRITE ABOUT?

Writing isn't the same for everyone. For one, it may be writing a page and for another bullet points. Find what works for you. Your prayer could simply be writing a letter to God about what's on your heart. The point is to spend time thinking and capture what's on your mind through writing. Here are a few suggestions to get you started.

Write About the Scripture you Read:

- What caught your attention while reading?
- Was there something from the scripture that you wrestled with?
- What questions did you have?
- How did the scripture challenge you?

Write About God:

- What did you notice about God in the scriptures?
- How do you desire to connect with God more through year?
- What hinders you from connecting with God consistently?

Write About You?

- What's on your mind at the moment (good or bad)?
- What's making you anxious or nervous?
- What's an area you're currently struggling in?
- How do you desire God to change?



Martin Luther once said "To be a Christian without prayer is no more possible than to be alive without breathing." Take one step further in challenging yourself and join Pastor Swims on Sunday mornings at 7am for corporate prayer.

Matthew 6:25-34

Are you depending on resources such as your job, investments, etc.? Trust God as your source. What do you need to trust God to provide this year?

Pray for your faith to be increased.

Ephesians 5:15-17

God for it and he w	if you lack wisdom that you can ask vill give it to you. Taking personality you God's purpose for your life. Ask
-	d direction during every stage of life.

DAY 3

Proverbs 10:9

Hebrews 12:1-2

	7

Philippians 4:8-9

Thinking positive is not a new idea. This passage encourages us to keep our focus on good things. Take time to list a few today and thank God for them.

1 Timothy 4:8

People make changes to improve their physical health from time to time. The level of attention given for physical appearance and health should be increased when it comes to our spiritual life. How will you improve your focus on your spiritual health? What do you want to learn more of about God?

Psalm 23

As you complete week one of this challenge take time to reflect on the ways God has provided for you in the last year and thank him for his grace & mercy.

1 Corinthians 13:4-7

What do you need God to do in your heart for this love to be shown to your family?

Colossians 3:18-21

family roles what do you need God to help you to do more or less of as it pertains to being a husband, wife, child, or parent?

Proverbs 17:17

Family is a connection that we are born with. How can God help your family be present for each other in times of need?

Colossians 3:12-14

It is important to take time to reflect and think about our own character and actions. How can you challenge yourself to show these virtues to your family more? Ask the Holy Spirit to help you.

Romans 12:17-21

Mark 10:6-9

nusband a e as an inc couples, h	oray for those who are aoing life tog nd wife. It can be challenging enoug dividual. If you are married or know ow can you be an encouragement to t do you want God to do in their live	gh to d marri o them

Proverbs 18:21

The words we speak are powerful and hold weight. How are you speaking to your family members? How do you want the Holy Spirit to help you in this area?

Hebrews 6:10 The key to serving anywhere is to do it unto God and not

for people. People may forget what you have done, but God will NEVER forget! Have you refrained from serving because of something someone said or did in response? Have you made people feel that their service is not enough in your eyes? Ask the Holy Spirit to help you.

Joshua 22:5

We can make living for God more complicated than it really is sometimes. Keep God as your focus and serve him from your heart. How can God transform your life as you fixate your focus on him?

_	

Luke 6:38

Even when we feel we have nothing worth giving, there is still something that we can sacrifice to bless someone else in need. What are you willing to let go of this year in order to be a blessing to someone else?

1 Peter 4:10-11

God has given everyone gifts within the body of Christ. How can you challenge yourself to volunteer with the church ministries to exercise your gift/gifts for God's glory?

1 Thessalonians 5:12-19

This passage gives us so many things to pray for, including everyone from leaders in the church to lazy helpers. Where do you think you fall short in those categories? What is your prayer for this today?

Mark 10:43-45

Working for a title/position is not something anyone should be striving to achieve when it comes to the body of Christ. We should be seeking to be of service as Jesus was of service when he was on Earth. How can you challenge yourself to serve more? Ask God to help you.

If Jesus can be humble and wash the feet of others, what more can we do to show humility and service to those we come in contact with on a daily basis?

The 21 Day Focus Challenge is over; now what?

Don't stop just because the challenge is over. We encourage you to purchase a notebook/journal and continue setting aside time everyday to read, write and pray. If you don't know what to read there are devotionals available online and or in bookstores. You can even find the Daily Bread devotional at the welcome desk as you enter Hopewell, while supplies last.



Morning Worship Sevice Sunday @ 10am

400 E. Main Street Carbondale, IL 62901

ehopewellmb