

Week One

Warm Up

START YOUR DAY OFF WITH GOD

DAY ONE

“O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is.” –Psalm 63:1

I’ve learned that whatever I think the most about in the morning is at the forefront of my mind for the rest of the day. Thus, I have asked God to remind me to seek Him first and to acknowledge Him early.

All of our souls long for something that only God can give. We may not recognize this as truth until we realize we *are* seeking after *something*. Honestly, think about it in your own life. Are you seeking acceptance? Fame? Money? Popularity? Love? Hope? Good feelings?

For a long time, I thought I had no problem with this. I knew God was the most important part of a Christian’s life, but as time went on, I realized my life did not reflect this.

Our goal in life is to chase after our God-given desires *by His side*. Not to fall behind Him, not to go ahead of Him, but to walk beside Him.

CHALLENGE

This week's challenge is the most important one throughout the entire program. If you only remember to do one thing each day, it should be this:

TELL GOD GOOD MORNING AND ASK HIM TO RUN WITH YOU TODAY.

PRAY FOR PROTECTION

DAY TWO

“And lead us not into temptation, but deliver us from evil: for thine is the kingdom, and the power, and the glory, for ever. Amen.” –Matthew 6:13

I feel more secure, peaceful, and safe if I trust God to protect me. There are so many dangers and temptations in the world and just because you are a Christian does not make you immune to them.

God promises to protect us if we dwell in the secret place, trusting in Him and allowing Him to protect us. Psalm 91 is a great example of this truth. There are countless promises of God in the Bible, but we sometimes forget to do our part.

PSALM 91

“He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

“Surely He shall deliver thee from the snare of the fowler, and from the noisome pestilence. He shall cover thee with His feathers, and under His wings shalt thou trust: His truth shall be thy shield and buckler.

“Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day: Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked.

“Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling. For He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone. Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

“Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known My name. He shall call upon Me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him. With long life will I satisfy him, and shew him my salvation.”

ASSIGNMENT

1. Highlight what God promises you in the above passage.
2. Circle what your part is in obtaining these promises.

CHALLENGE

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TELL GOD GOOD MORNING AND ASK HIM TO RUN WITH YOU TODAY. ALSO, PRAY FOR PROTECTION.

EXTRA: Sometimes personalizing a passage of Scripture makes the Bible come alive. Try replacing each I, Me, and My in Psalm 91, with your name, and turn it into a prayer.

WALKING

DAY THREE

"He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" -Micah 6:8

Everyone is different. Period. No one person is the same. Therefore, no one relationship is the same either. Through Christ, God reconciled you, but just like every other relationship, it has to be two-sided in order to work. All God requires of His children is to do justly, love mercy, and walk humbly with Him. You have no other responsibility in this life.. The goal is to have a heart that longs to please God rather than a heart that strives to be perfect. A heart that does justly, loves mercy, and walks humbly with God will desire to obey Christ's other commands spread throughout Scripture.

God blesses each of us with a gift; a gift we must take into consideration. He gives us *the privilege* to choose what we do on this earth. He does not force us to do anything. God is focused on is our heart. He is more concerned with *how* we fulfill our desires and with which *character* traits we allow Him to develop within us. God gives each one of us different desires, interests, and passions. Though these may change overtime He *will* guide us through them if we focus on Him.

For example, walking is the perfect warm up for runners. Many of us, though, avoid it like the plague because we feel we should do more. The fact is that walking is one of the best ways to prepare the body for a run, since the exercise uses many of the same mechanics. We seem to have this image of an ideal runner so etched into our mind that this false image often destroys our creativity and uniqueness. We compare ourselves with others and lose focus on who God created us to be.

Remember:

YOU ARE NOT THE SAME AS ANYONE ELSE

And you never will be. (See Psalm 139)

Your body, soul, heart, and mind all function in unity, making you unique and different from anyone else. No one before you was created identically, and no one after you will be your identical twin.

Online Edition, Week One of the B2B Workbook

One of the most important things I want you to focus on during this course (and ideally the rest of your life), is to BE YOURSELF! Be who God created you to be and stop comparing your life with others. When you truly grasp this concept, it will give you a whole new level of freedom you'll wish you had many years ago!

CHALLENGE

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TELL GOD GOOD MORNING AND ASK HIM TO RUN WITH YOU TODAY. ALSO PRAY THAT GOD PROTECTS YOU AND HELPS YOU HUMBLY WALK BESIDE HIM.

WHY?

DAY FOUR

“And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry wait for it; because it will surely come, it will not tarry. Behold, his soul which is lifted up is not upright in him: but the just shall live by his faith.” -Habakkuk 2:2-4

Passion and desire drive you to get things done instead of just *wanting* them to be true in your life. You need to remember that your life is reality, YOUR reality. Unlike a TV show or novel, you can't will anything to happen. You must act.

In order to become passionate about an idea or goal, you need to know “why” you do what you do.

Why did you decide to sign up for this course? Something obviously sparked your interest and gave you a desire to join—which you acted upon.

Your “whys” do not have to be intricately detailed, nor do they have to be an entire paragraph long. But, on the flip side, the more detailed you can get, the more motivation you have when times get difficult.

I mention knowing your “Why” very often throughout this course because I believe it is essential for success. I want you to be passionate about whatever God has put into your heart! I want you to find the same enjoyment I have found in fulfilling the calling God has created you to accomplish!

ASSIGNMENT

Write down why you joined this course. My goal is to keep you motivated and encouraged throughout the entire 12 weeks, but sometimes you may need to remind yourself “*why*” you are doing this.

CHALLENGE

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BE PREPARED

DAY FIVE

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about seeking whom he may devour.” –1 Peter 5:8

Warming up prepares our muscles for the work we are about to accomplish. Every runner is different. Some use dynamic stretch routines, which we will cover in Week Four. Some walk for 5 minutes. Others use a variety of static stretches, which I would not recommend using on cold muscles, because of susceptibility to tearing muscle. People who run regularly do a light jog for a mile or two. Others add in looseners to get fluid moving to their joints.

The purpose of warming up is to get oxygen to your blood, which flows to your muscles, increasing flexibility, power, and efficiency. All this equals better circulation. During your warm up, you also move the fluid in your joints, helping to cushion and protect them during your workout. Have you ever noticed how different objects can lose a lot of elasticity in the cold? Muscles are much the same way, which is why we call it a *warm up*.

Warming up our spiritual muscles in the morning prepares us for the battle we face as Christians every day. We must keep our eyes open to the attacks of the enemy. Satan is out to steal, kill, and destroy everything and anything good in our life, but Jesus wants to give us anything that creates life.

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” –John 10:10

You must keep in mind this truth. Not every good-looking thing is good either. As you grow closer in your relationship with Jesus, all the promises of protection we looked at on Day Two can be yours.

For me personally, I have found praying the last part of the Lord’s prayer in Matthew 6 to be very helpful: “Lead us not into temptation, but deliver us from evil.”

ASSIGNMENT

1. Write down why it is important to have warm muscles before a run.

2. Write down why it is important to start your day off with God.

CHALLENGE

This week's challenge is the most important one throughout the entire program. If you only remember to do one thing each day, it should be this:

TELL GOD GOOD MORNING AND ASK HIM TO RUN WITH YOU TODAY. ALSO PRAY THAT HE PROTECTS YOU AND HELPS YOU HUMBLY WALK BESIDE HIM.

Make sure to complete all the assignments in this week's section if you haven't already.

WEEK ONE MEETING SHEET

Please try to elaborate and avoid using one-word answers. Come up with at least one thing to say about each topic.

PRAISE THE LORD

PRAYER REQUESTS

WHAT HAS GOD BEEN TEACHING YOU?

WHAT HAS STOOD OUT TO YOU THE MOST THIS WEEK?

HOW DID THE ASSIGNMENTS GO?

HOW DID THE CHALLENGE GO?