

DAY 7

RHEMI NATION 30 DAY FAITH & FITNESS CHALLENGE

SCRIPTURE: Luke 6:38 KJV-Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Luke 6:38 CEV “If you give to others, you will be given a full amount in return. It will be packed down, shaken together, and spilling over into your lap. The way you treat others is the way you will be treated.”

DEVOTIONAL:

MAKE GOD BIG IN THE WAY YOU GIVE

When you live a life of giving, you live the best possible life there is. But we all find ourselves in situations where we know someone has a need that we don't think we can meet. They may have even asked for our help, and we know that we don't have enough to help them financially, or we can't provide them with what they need. That doesn't mean you're empty-handed. You always have something to give.

There was a young boy who decided he was going to go see Jesus, so that morning he packed his sack lunch of five barley loaves and two fish, thinking it would take care of his hunger through the day (John 6). But later as he stood in a crowd of thousands watching Jesus, one of Jesus' disciples approached him and said, "Son, I see you brought a lunch, and Jesus is asking for it. We have to feed all these people." I'm sure the boy

thought, "Are you kidding? This is just enough for me."
Nevertheless, he placed what he had in the hands of Jesus and that little bit of food was multiplied and fed the huge crowd.

You may not have exactly what someone is asking you for, but do you have a hand you can lend? Can you give a little help, perhaps share your lunch? Do you have an encouraging word to put someone on their feet? Maybe it's just your time. Sometimes, time is more valuable than money. Perhaps your sister/brother just needs an encouraging word. Does he or she need you to sit down for fifteen minutes and be a listening ear? Maybe they just need you to nod and say, "Yes, you can do it."

We are never empty-handed because we serve the Creator of the world. We need to have the abundant mentality of an extravagant giver, because when we put what we have in the hands of Jesus, no matter how great or small, it makes a difference in people's lives. It might be holding the door open for a stranger and saying hello. It might be giving a bold prayer for them in the name of Jesus. Maybe it's paying it forward while in a drive Thru line. Just let your light shine, and you're going to see relationships mended, breakthrough, open doors and so much more.

If you want to make a real comeback,
MAKE GOD BIG IN THE WAY THAT YOU GIVE.
When you give of what you have (Time, Talents, Money, Service) it places a demand on Heaven on your behalf.

PRAY 10 MINUTES

FITNESS : 15 MINUTES

~Walk 5 Minutes

~Rest 1 Minute

~Toe Touches 3 Minutes (Standing or Seated)

~Rest 1 Minute

REPEAT one more time