

DAY 15~ 30 DAY FAITH & FITNESS CHALLENGE

SCRIPTURE:

"This is the day the Lord has made; let us rejoice and be glad in it" (Psalm 118:24)

DEVOTIONAL

MAXIMIZE THE MOMENT

So often our mind is either in the past, focused on what didn't work out, who did us wrong, mistakes we've made, or it's in the future, thinking about our goals, worried about our finances, anxious about our health. The problem with being in the past or being in the future is that you miss the present. David said, "This is **the day** the Lord has made; let us rejoice and be glad in it" (Psalm 118:24). Today is a gift from God. Are you fully engaged, making the most of each moment, loving your family, appreciating the simple things in life? Or are you in yesterday? Are you in tomorrow? The reason some relationships are not healthy is that you come home from work, but your mind is somewhere else. You play with your child, but you are in tomorrow, thinking about how you are going to accomplish that goal. You go to work, and your body is there, but your mind is in yesterday, thinking about what you should have done better.

If you're going to make a complete comeback, you have to show up for life, meaning you have to be there when you get there. Don't show up and be in the future, worried about how it's going to work out. Don't show up and be in the past, living in regrets, dwelling on your disappointments. **Come into today.** Yes, it's good to have goals and vision, **but you can't be so focused on what's next that you miss what you have right now.** I know people who **lost what they had while going after what they wanted.** They were so intent on doing great things that they took their family for granted. They came home, but they weren't there. They were distracted, thinking about what's next. Always planning for the future, they never came into the present.

Are you in yesterday, upset over the disappointment, bitter over who hurt you, thinking about what they said? You're missing the beauty of this day. Once we live this day, we can't get it back. Don't take for

granted all the good things in your life right NOW. Get connected NOW! DON'T WASTE TIME! Enjoy where you are NOW. Take time for the people God has given you NOW. The dreams will come to pass in due season. The problems will resolve in God's timing. Worrying about them or your goals doesn't make them work out any sooner. THIS IS THE DAY! NOW IS THE TIME! MAXIMIZE THE MOMENT!

PRAY 10 MINUTES

FITNESS 15 MINUTES

- ~Stretch 2 Minutes (Arms, Legs, Back)
- ~Arm Curls 2 Minute (With weights or without)
- ~Toe Touches 1 Minute
- ~Sit in Chair & Stand Up 1 Minute
- ~Rest 1 Minute
- ~Fast Walk 5 Minutes
- ~Walk 3 Minutes