

KTSY.ORG  
PRESENTS

# NEW ME *In* 23

WEEK 4:

## SPIRITUAL HEALTH



### MONDAY: *Read the Bible*

- Get a Bible that you understand the language it is written in. Start with the story of Jesus in the books of Matthew, Mark, Luke, and John. Read a little bit at a time and think about how what you are reading applies to your life.
- **Bible verse:** All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. *2 Timothy 3:16-17*

### TUESDAY: *Pray*

- Talk to God like you would talk to a close friend. Don't hide how you are feeling, whether it is good or bad. You can also talk to God in your mind throughout the day.
- **Bible Verse:** Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. *Ephesians 6:18*

### WEDNESDAY: *Pay Attention*

- God is always at work around you. If you keep your eyes and ears open you may recognize his power working in you or in others.
- **Bible Verse:** Then Joshua told the people, "Purify yourselves, for tomorrow the LORD will do great wonders among you." *Joshua 3:5*

### THURSDAY: *Praise God*

- Learn to praise God with your thoughts. Some like to do this through music and others through prayers. Either way, it is important to give God his props when he comes through for you
- **Bible verse:** Sing a new song to the LORD, for he has done wonderful deeds. His right hand has won a mighty victory, his holy arm has shown his saving power! *Psalms 98:1*

### FRIDAY: *Plug Into A Faith Community*

- You are going to need people around you who are pursuing a relationship with God just like you are. These are going to be the people that will be there when things get difficult.
- **Bible verse:** Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together as some people do, but encourage one another, especially now that the day of his return is drawing near. *Hebrews 10:24-25*

### SAT/SUN: *Get Consistent*

- Whatever you decide to do to grow spiritually, do it consistently. Start small and if you do it for about two months consistently it will become a habit and become part of your normal routine.

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