

## Day 6 Pack Your Time

For some leisure activities, there's no need for a watch, but hiking isn't one of those activities, especially if you go a long way. Time is important. Hiking should be fun. The goal is to see new things, so don't rush. Take your time, enjoy the journey, move safely, and avoid injury...but, don't lose track of time. It will get dark, the storm that was forecast for late afternoon will blow in, or there may be a certain point you were supposed to reach by lunchtime.

Earlier this week you learned your physical and financial disciplines are connected to your overall spiritual wellbeing. Your time is also crucial.

**Today's Challenge:** Reflect on the story about putting in the "big rocks" first. If you're not familiar, Google it. Evaluate how you spend your time. You might also benefit from the Priority Matrix below.

|            |      |                               |                              |
|------------|------|-------------------------------|------------------------------|
|            |      | Urgency                       |                              |
|            |      | Low                           | High                         |
| Importance | High | Do Next<br>Ex. Major Deadline | Do Now<br>Ex. Put out a fire |
|            | Low  | Do Never<br>Ex: Some Meetings | Do Last<br>Ex: Some Calls    |

There are several different versions of this matrix available, but if you can make wise decisions about what's urgent and what's important, this simple concept can really change your life.

As you go through today, make a mental note of where your activities fit in this matrix, especially the ones that consume large blocks of time.

## Day 7 Pack Your Binoculars

Definitely pack your binoculars and camera. We talked yesterday about finding the balance between staying on schedule while still enjoying the journey. As you attend worship today, here's your reminder to enjoy the journey. The hike is important. You will move. God will challenge you and stretch every area of your life—prayer, physical disciplines, financial stewardship, and time management, but this journey is not just about the destination.

**Today's Challenge:** Don't miss things along the way. Stop. Breathe. Have that "me" time. Sit in silence. Experience the solitude. Let God speak. Give your emotions a rest. Enjoy God's peace.



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DAYS 1-7  
PACK UP

# PRESS ON

A FORTY DAY  
SPIRITUAL JOURNEY

*It's time to go  
where you really want to be.*





## Begin!

We're going to compare this 40-day spiritual journey to taking a serious hike. The goal is to go where you really want to be. Every Sunday will be a checkpoint on the journey but there will be an activity for you each day of this journey. I hope you will come along with the rest of us as we "forget what is behind and press on to the goal before us."



Every journey starts somewhere and takes preparation, and it wouldn't be smart to take off without getting all your "stuff" together. Gather everything you need to make it through all 40 days of this trip. Each week's brochure will include assignments for everyday. Most can be completed in just a few minutes, but plan now. Make it a priority so you don't short-change the renewal journey God wants to take you on. So...let's get packed!

## Day 1 Pack Your PPE

You might have heard those letters a lot lately. For a hike, Personal Protective Equipment (PPE) might include things like sunscreen, sunglasses, insect repellent, or a First-Aid kit, and you absolutely never wander off alone.

So, let's add a layer of personal protection by choosing a partner. It's time to find a prayer partner to go with you on this journey. This person needs to be someone you can confide in and someone you can talk to about your struggles and successes along the way.

**Today's Challenge:** Don't hike alone. Add that layer of protection and find your partner for this 40-day journey. Pick someone that you know will pray for you and cheer for you on this journey. Message them right now! Also, if you're in a small group, ask them to pray for you on your journey when you gather this week.

## Day 2 Pack Your Rope

Carry a rope. If you walk through the woods, parts of the path will be easy to navigate, and parts will be more challenging, but there's one thing that's never an option—you can't just quit in the middle. You might have to crawl under a limb or climb over a rock. You might even need a rope to get to places that are very difficult to reach.

Part of this week is about starting or shoring up some basic spiritual disciplines like a consistent prayer life. Your rope is like prayer. Prayer is the tool you use in traveling to places you couldn't get to on your own. So on this journey, you have to ask...where do you want to go? Where do you need to go? Where do you need to be? Reaching those places will be impossible under your own power.

**Today's Challenge:** Make a commitment to let this whole thing play out, go the distance, and block off the time every day for prayer and devotion so God can take you somewhere new. Pray right now and make a promise to God—you're going to talk to Him every day during this journey. You're going to need your rope.



## Day 3 Pack Your Navigational Tools

Don't forget to take along navigational tools like a map, a compass, and a flashlight. If you're going on a hike, it's really important to know the trail and how your skill level compares to what that trail actually requires. Once you move into unfamiliar surroundings, even the most skilled hikers can get turned around and lose their way. If the trail isn't clearly marked, a map and a compass are absolutely crucial, and if you're out a little later than you planned, a flashlight wouldn't hurt either.

**Today's Challenge:** In this journey of life, your navigational tool is God's Word. It's the Holy Scripture that will help you navigate the path ahead of you. Add Scripture to your backpack and read Psalm 119:105.

## Day 4 Pack Your Clothes

Dress for success. If it's hot and humid, you'll know it. If it rains, you'll feel it. If there are briars, you'll snag them all. The clothes and shoes you wear will make you or break you. You'd better wear a hat, and before the day is over, you might even need a tent. When you're exposed to the elements and pushed to your limit, it will definitely reveal the areas where you are most vulnerable.

**Today's Challenge:** This journey is about your soul, but the clothing for your soul is your body. Take a look at your physical condition, because it will affect you emotionally and spiritually. If you're not getting enough sleep or your nutrition is poor then you're not going to be at your best. You may not feel good. A little exercise, even a 30-minute walk, can have the opposite effect and lift your spirits. It's time to be honest. Are you taking care of you? If not, then start right now. Make this 40 days a spiritual AND a physical journey. Today, go take a walk and talk to God while you do. Talk to Him about a renewed commitment to ALL of you.

## Day 5 Pack Your Food

Here's the part everybody loves. You have to take some food. A car won't run if there's no gas in the tank.

On your journey, resources are critical, but don't overpack. Yesterday's devotion talked about physical discipline and how it affects your spiritual health. Financial discipline or stewardship also plays into your overall faithfulness to God. You might get so busy and so consumed with material things that you wind up overextending yourself. You worry too much, try to have too much, and at times do too much...burning the candle at both ends. Over time, this can take a toll on your spiritual health. Don't underestimate the value of simplicity. So practice contentment and trust God with your resources.

**Today's Challenge:** Take a few minutes to evaluate your current financial position and spending, by asking yourself the following questions: Do I spend money on things that really matter? Do I honor God with my finances and support Kingdom work? Am I saving enough for retirement and emergencies? What would my budget look like without debt? Am I setting a good example for my children? Where do I want to be one year from now?