

# Monday 1

## I will not fear!

"For God did not give us a spirit of timidity" - 2 Timothy 1:7

Fear robs many people of their faith.

Fear of failure, fear of man and fear of rejection are some of the strongest fears employed by Satan to hinder us from making progress.

But no matter what kind of fear the enemy sends against us, the important thing is to overcome it. When we are faced with fear we must not give in to it. It is imperative to our victory that we determine, 'I will not fear!'

The normal reaction to fear is flight. Satan wants us to run; God wants us to stand still and see his deliverance.

Because of fear many people do not confront issues; they spend their lives running. We must learn to stand our ground and face our fear, secure in the knowledge that we are more than conquerors (Rom 8:37).

Fear of failure torments multitudes. We fear what people think about us in general and then we fear also about what people will think if we fail. It is better to try something and fail than to try nothing and succeed. Let us approach life with boldness. The spirit of the Lord is in you – so make up your mind not to fear.

*Dear Lord Jesus, thank you for always protecting me against the enemy who comes to only kill, steal and destroy. Help me today not to fear about anything, but rather to be still in your presence and know that you are God.*

Suzanne Van Dam

Short, Afrikaans and in love with Jesus. Netball lover and actually other sports too! There is nothing better than a cup of tea after a long day.

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### Set Apart to live in His image

Chris DC

Wat up! My name is Chris aka Fish aka Mr DC aka Flash aka Junior aka I make things up as I go. I enjoy singing Justin Bieber songs in the rain and when I was 5 I wanted to be an electrical engineer.

Matthew 16: 24 "Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself, pick up his cross and follow me.'"

Jesus lived His life in a way that glorified Father God, He showed us what it meant to deny ourselves daily. He calls us to FOLLOW Him, our ways to become His. It was why we were made. We were made for the image of God (Genesis 1: 27), Jesus guides us by saying that it is

possible when we deny ourselves. Before Jesus, we lived our lives for ourselves by pure instinct, not necessarily wilful evil or wickedness but we were under the fall of man in Adam. He wants us to come out of Adam (instinct/sin) and into Christ. Christ in us the hope of Glory (Colossians 1:27). Glory being the outworking made known, made seen attribute of God.

Christ in us is the hope of others seeing God. HIS IMAGE. It is a beautiful thing that our lives are made for, walking in love, surrendering our lives to our loving Daddy. This takes away self-pressure and reduces self-consciousness. We find ourselves in His image, His love, in Him.

Hebrews 4: 16. "Let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in time of need." Our time of need is every day, it is waking up with our hearts and minds open to being transformed into His image.

*Lord thank you that you love us, thank you that your mercies are new every morning. Thank you that you are transforming us by renewing our minds. Thank you that you will complete every work you have started in us. We receive your grace, we seek to walk in love, and we seek to FOLLOW you. Help us know what It means to deny ourselves and display your image in us. Amen*

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# Wednesday 3

## Set Apart because of Hope

Read: Titus 2:11-14 & Hebrews 10: 22-25

Anton van Dam

Tall, Afrikaans,  
Sport-lover, Christ-  
follower.



Focus verse:

"...we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ" - Titus 2:13

"Let us hold unwaveringly to the hope we profess, for he who promised is faithful."

- Hebrews 10:23

Ever thought about what goes through the mind of an atheist when they think about why they are on earth; eternity; the meaning of life; etc?

If we are just on earth to just live a bit and then die, this all seems pretty silly and futile, doesn't it? But, there's a voice deep inside of each us that seems to whisper: "There must be more to life than this!"

As Christians we believe that is the way God has designed us—with an eternal perspective—and that there definitely IS more to life than this! We can summarize it as follows:

'God—the creator of the universe—wants you to sit in His lap and love you as a Father for all eternity! (Okay that may be hard to grasp in one sentence: take a few seconds to look around you—see the trees, rocks, mountains, birds, grass, people? He designed that all from scratch! And that's really only the very beginning).

WOW!! Isn't that just an incredible thought? We can live every day with that great hope and even start to participate in that relationship with Him right now! When Jesus died for our sins and rose again He made it possible for us to communicate directly with the Father because God sent His Spirit to come and live inside of those who believe in Him (so that's you and me too).

It is this hope in an eternal God that sets us apart from many in the world: it has given us hope—so now go and share that hope with the world! Think about your perspective about life. Do you look at life in view of eternity—or are you more worried about what you can get/achieve/make/do/experience here on earth?

*God, thank you that You love me and want to be in relationship with me forever. Thank you also that I can live each day in genuine hope. Help me to view this life in light of eternity with you and not to get caught up in the things of this world that distract me from following you.*

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# Thursday 4

## Forgiven and so Set apart

Jason

Esson



“For I will forgive their wickedness and will remember their sins no more” (Hebrews 8:12).

God talks here about forgiving our wrong doings and old life and will remember these things no more. Let's take a look at the Apostle Paul (Paul of tarsus) as an incredible example.

You might not have known this but before Paul became an apostle; he was a very evil man who was determined to eradicate Christians. Acts 8:3 states, “He began ravaging the church, entering house after house, and dragging off men and women, he would put them in prison.”

But then one day something happened. On the road to Damascus a bright light from heaven caused Paul to fall off his horse to the ground. Jesus confronted him asking why he persecutes Christians and is doing so much evil. From this point on, Paul went on to Proclaim Jesus and saying He is the Son of God. This is the Paul that we know of and read about today.

Isn't this awesome? Somebody who was so wicked in their ways could turn their life upside down for the good. I encourage you to do this... no matter what you have done in your past let God turn it around. He can forgive you for your sins and remember them no more if like Paul you turn to Him, ask for forgiveness and then follow Him.

*Father, today I choose to let go of my past mistakes, failures and setbacks. I choose to set my eyes on You and move boldly into the good future that you have prepared for me. Forgive me for all wrong I have done, help me to walk your ways, Amen.*

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## Set apart for Sanctification

*Friday 5*

Anton van Dam

Tall, Afrikaans, Sport-lover, Christ-follower.

**Random fact:** I took on a bakkie and won. Anton 1-0 Bakkie

1 Thessalonians 4:3-7

**Focus:**

“It is God’s will that you should be sanctified...For God did not call us to be impure, but to live a holy life.” (1

Thessalonians 4:3a, 7)

'Sanctification' is a big word that refers to the process of being made Holy. We are taught often in the bible and by the church about the idea of becoming Christ-like/more like Jesus. Part of this includes being made holy as He is holy.

Many of the verses relating to sanctification speak of being cleansed/washed from sexual immorality-which in our society is massive! This includes lust, sexual experimentation before marriage, pornography and many more.

Most of these things are promoted as acceptable, normal and even desirable! They're all around us-tv shows, movies, Internet, billboards, magazines, EVERYWHERE!!

Yet, God still calls us to rise above those things and discover what purity looks like. Jesus died so that we could give Him all our impurities, too!

Being sanctified involves asking His Spirit to fill the 'holes' in our hearts where we have been hurt (we often use these impure thoughts/actions to try to cover up/escape these hurts), and also trusting that what God offers is truly MORE rewarding than these things that satisfy just for the moment. We allow God to take the heavy weight that we carry around everyday from us so that our "burden is light."

This process starts now in our little time on earth, but one day as we enter His kingdom it will be made complete!

Ask God to reveal the areas in your life where you may not be living purely. Confess this to God and ask Him to take it from You. Choose to accept His forgiveness (it is a 'choice'-not a 'feeling')!

I encourage you to find someone trustworthy who you can speak to and pray through those things with you!

*“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” -1 Thessalonians 5:23*

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## *Saturday 6*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

This is just a tool that might be helpful in bulking up our prayer lives and something we might find helpful.

Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first 😊.

Go on a prayer walk around your block or in a park or safe area and talk to God about whatever is on your mind, thanking Him, adoring Him, confessing and asking and chatting in general. He might bring other people or situations to mind that you can pray for. If you run out of words on your walk, great! For the rest of the walk enjoy His presence and chilling in Him. If you can't go on a walk, spend some time briefly going through the weeks devotions, remembering what you have learnt.

Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

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Enjoy going to church,  
Make some notes after  
the sermon.

## *Sunday 7*

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Leigh-anne Wiehan

My desire was always to get to know WHO the Maker of the Universe is ?? I became a committed Christian at Varsity and my experiences of getting to know God's voice and walking close with Him, started here. Focus not on others but on your relationship with Him. Then God will start using you....and His WILL, will be done in your life. He has the PERFECT PLAN, just for YOU!

They asked Him, "What must we do to do the works God requires?" Jesus answered," The work of God is this: to believe in the one He has sent." John 6: 28 - 29

As a teenager, I always asked the questions: What must I do Lord? What do you require of me? What is your will for me this year?

It seems like a few BIG questions for a Big God. And they are, but the answer Jesus gives to His disciples in John 6, is that we need to believe in Jesus.

When I meditated on God's word, I did a little check list....and perhaps you would find this useful too.....

The starting point-

# Do I have faith to accept that God our Father sent Jesus to the world to reconcile all people (including me and all my sin) to God? ☐

Then:

# Am I committing and surrendering myself to Him as my personal Friend and Redeemer? ☐

# Do I acknowledge and accept the LORDSHIP of Jesus over my life today and everyday? ☐

# Am I following the way of living that is in agreement with the teachings of Jesus? ☐

# Am I reading the WORD daily? ☐

It is important to realize that following Jesus, doing His will and building a relationship with Him is not as far-fetched and out of reach as we think it will be. I made a life changing choice as a teenager to surrender to God in everything and in every area of my life. I followed the simple check list daily and my relationship and faith in God grew daily.

Take one step at a time - a relationship with Jesus is a journey. As you draw close to God, He will draw close to you.

*Saviour and Friend, may my faith in you increase daily so that I can do the work you have planned for me and Your kingdom. My choice is You, GOD, first and only. Thank you that I am YOUR choice! Thank you that You love me just as I am and that You will walk with me daily. I surrender my life to You. Use me Lord. Amen*

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### **Set apart in troubles**

**Michael Darby**

I love cricket, started a school at the age of 26 and now run a non-profit organisation aiming to help thousands of South Africans improve their education and develop the skills needed for employment.

## ***Tuesday 9***

"But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." 2 Corinthians 4:7-10

People often say that others should know we are Christ followers by how we live, but often it's hard to do so. Standing out is harder than it seems when the real world hits us!



When we go through difficult times, we can really stand out by how we deal with it: in faith that Jesus is with us, and cares for us, and loves us, whatever is happening.

*Lord, let me live my faith by trusting you even when times are tough. I know you will never leave me or forsake me.*

**Notes:**

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### **Actions that are Set Apart**

## ***Wednesday 10***

**Jean MacCullum**

From Natal and have worked in churches and Christian NGO's. I have a passion to see people grow in their relationship with God and their understanding of His Word.

Matt 1:19

"Because Joseph her [Mary's] husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly."

Have you ever been let down by someone? In Joseph's case it appeared that he had been betrayed in one of the worst possible ways. His fiancé, it

seemed, had cheated on him. How must Joseph have felt when he first heard that Mary was pregnant? Hurt? Rejected? Humiliated? Angry? Devastated? He could have done everything in his power to hurt her like she had hurt him, or spoken badly about her so that everyone would have sided with him. According to the law he could have even had Mary stoned. But he didn't. He did not let her supposed actions determine his own, but instead treated her with kindness and grace. This verse tells us why. Because he was "a righteous man." He loved God and it showed in his actions.

As followers of God we are set apart and called to act differently. This is not always easy, especially when we have been hurt deeply. But the Spirit can help us to respond with love even when others don't deserve it, because that is how Jesus always treats us.

*'Father, please help me to show Your love to people even when they don't deserve it. Help my actions to show others the difference Your love has made in my life so that You are glorified.*

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## SET APART TO LOVE EXTRAVAGANTLY

*Thursday 11*

Verse:

Mark 14:6 ..."she has done a beautiful thing to me."

In this chapter of the Gospel of Mark, extravagant love and devotion for Jesus moved the woman to pour a whole bottle of perfume over Jesus' feet and then to dry them with her hair. This would have been considered both a waste of money as well as undignified. Jesus considered it neither because He saw her heart!

Leanne Woolnough

Fashion designer. Married.  
Grew up with a dad as a pastor.

"If love doesn't take us beyond ourselves, it is not for His Highest.

Where is love calling you?

Does it look like reaching out to a family member you've been having conflict with? Or giving up your time or resources to help out in your community? Or simply (most importantly) spending more alone time in His presence everyday?

*LORD, You have called me higher... You have called me deeper... show me where it is that I can go deeper into Your love so that I can in turn love You and love others more extravagantly, all for the display of Your splendour King Jesus.*

**Notes**

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## Set Apart by GRACE

*Friday 12*

Genarize Pretorius

Love being married.  
Enjoy reading, knowing God deeper, TV (especially Friends) and time with friends & family.

*John 3:16-17 "For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life. For God did not send his Son into the world to be its Judge, but to be its Saviour." (NLT)*

If I had to sum up grace in one line it would be, Gods love, forgiveness and compassion all wrapped into one. Grace is a simple gift that can be difficult to grasp (when we look in the wrong place). If we run into the arms of Jesus we can receive Grace, being what we need but don't deserve.

God showed us his sacrificial love by letting his one and only son die on the cross for our sins so that we won't be punished or condemned (this is the essence of God's grace). Some of us may feel that our sins are too big or too bad for God to forgive.

In the book of Acts we see that Paul, a man once consumed by a mission to rid the world of all Christians by torturing and killing them, was convicted of his wrongdoing and is now seen as one of the greatest ambassadors for Christ. If God can love *that kind of person*, maybe, just maybe, he can love the likes of me and you. He definitely does.

What are some things (sins, thoughts etc.) you feel are standing in the way of you fully accepting God's love and grace?

Place these things before God today, if God can love and use someone like Paul to advance His kingdom, he can definitely use you. Ask God to forgive you for your sins, bring healing to any hurt you have as well as surround you with his peace.

*Lord I pray that you would wrap me in Your love and grace and that I would know the fullness of Jesus' sacrifice and be able to comprehend and accept your grace.*

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## *Saturday 13*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

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Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first 😊.

Go on a prayer walk around your block or in a park or safe area and talk to God about whatever is on your mind, thanking Him, adoring Him, confessing and asking and chatting in general. He might bring other people or situations to mind that you can pray for. If you run out of words on your walk, great! For the rest of the walk enjoy His presence and chilling in Him. If you can't go on a walk, spend some time briefly going through the weeks devotions, remembering what you have learnt.

Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

guide me and be with me as I pray and listen and chill with you.

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Enjoy going to church, Make some notes after the sermon.

## *Sunday 14*

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## Be set apart in our minds

*Monday 15*

Chantelle Fletcher

Enjoy small groups,  
music and spending time  
with teens

**“Since then you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things” (Colossians 3:1-2)**

Paul writes to the church of Colosse and encourages them that as believers in Christ Jesus, they should be seeking to set their hearts and minds on Jesus. There were many false teachers at that time who tried to take the focus off of Christ, and onto other things.

What does it mean to be set apart by our minds? There might be the temptation to believe that what we think about doesn't really matter because no one can read our minds right? And if no one can see what we think about, then it doesn't really matter. But it does matter. As followers of Christ Jesus we are called to be set apart for Jesus, and this means that what we think about, matters.

There can be moments when what we are thinking about is really unhelpful. It may start out as a small passing thought, but then it begins to become a habit, and before you know it - you are allowing yourself to continually go back to this unhelpful thought pattern. It could be about a person, a situation or maybe even something you watched or read.

The Bible gives us great practical insight on how to set our minds and hearts on Jesus. Romans 12:1-2 tells us to renew our minds in Christ. Philippians 4:8 tells us to think about what is good, and pure, and lovely, and admirable, and excellent and praiseworthy. And Paul encourages the church of Colosse to set their minds on things above.

Let's be challenged today to be set apart for Jesus in our minds. What unhelpful thought pattern/s may have developed in our minds that we need to lay at the foot of the cross? Be encouraged to share this with a friend, or mentor. Take time to pray together and bring unhelpful thoughts before the Lord.

*Father God, thank you for your love and grace in our lives. Setting our minds on You can be difficult, there is a temptation to think it doesn't matter because no one can see. But You can see. And You know that what we think about affects us, and those around us. Please help me today to focus and set my mind on You Jesus. Thank you that You help me to do this. In Jesus Name, amen.*

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Genarize Pretorius

Enjoy my career as a teacher and my favourite season is Spring.

Random fact: One of my favourite things to eat are tomatoes.

*Psalm 119:41 "Let your love, God, shape my life."  
(MSG)*

Once we have fully accepted that God's grace is enough for us, we then need to become ambassadors of grace (sharing his grace with others). When we are ambassadors, our actions speak louder than our words. Grace must transform who we are and how we see others. We must live, walk and breathe grace.

We can only truly give grace when we've made a grace-exchange, once we've been willing to trade our hurt for God's healing, our anger for his peace, our hurtful acts for forgiveness and our self-centeredness for God-centeredness.

Grace is free to flow through us to others in the form of prayers (praying for other people's needs), forgiveness (forgiving others sins against you just as easily as God has forgiven you) and fellowship (spending time with people and sharing God's love with them through hospitality, kindness, patience etc.)

Who is God calling you to extend grace to?

How can you extend grace to them (prayer, forgiveness or fellowship)?

*God I ask that you would allow Your grace to flow through me to others, including the person you are calling me to extend grace to... I ask that You would create opportunities for me to show this person grace, in Jesus name amen.*

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Tina Smith

My husband and I have lived in South Africa for 3 ½ years. I serve with J-Life International and my husband works with those addicted to alcohol and drugs by starting AA (Alcoholics Anonymous) groups in the local townships. We love South Africa and the people here.

Genesis 12:1

“The Lord had said to Abram, “Go from your country, your people and your father’s household to the land I will show you.”

There are many times that I wish God would speak directly, clearly, and loudly to me as he did with Abram of the old testament so that I could be

sure, without a doubt what he wants me to do, where he wants me to go and how he wants me to respond to the promises he has given me. I am sure there are many times that you too do not know how or where to hear God’s voice and direction.

In Richard J Foster’s book “Celebration of Discipline” he gives us a clear picture of God using the Spirit, angels, visions, dreams, signs and more as guides for us. He also challenges us to listen to the “body”, to groups of people and to those in leadership within the church. He believes that God works through a body united by the Holy Spirit and that individuals need to hear and respond to the voice of the community.

If you do not already attend church, find one. If you don’t belong to a small group, get one. If you like to go it alone, don’t. If you want to hear God, listen to others who love and know Him.

*Dear Lord, I pray that your Spirit will guide me daily. Do not let my opinions or arrogance hinder your message spoken to the “body”. Let me hear your guidance in the voices and decisions of others. Let me be open to listen to others who know you well. Amen*

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Annésuli Jansen van Vuren

I have seriously chosen to pursue being a child of God this year after I began to question if I was living life to the fullest and living according to God’s original design. Although the journey has sometimes been painful or difficult it has been so rewarding.

**NOTE:** Scripture uses the term “son” or “sonship” but the positions and relationships apply equally to men and women. We are all the ‘bride of Christ.’ We are all children of God (Those who believe)

‘Because you are His sons, God sent the Spirit of His Son into

our hearts, the Spirit who calls out, “*Abba*, Father.” So you are no longer a slave, but God’s child: and since you are His child, God has made you also an heir.’ **Gal**

**4:6-7 NIV**

The table below shows a few examples of how slavery and sonship differ.

HEART OF SLAVERY		HEART OF SONSHIP
I see God as a [task] master.	IMAGE OF GOD	I see God as a loving Father.
I feel like a slave.	POSITION / RELATIONSHIP	I feel like a son/daughter.
I live in bondage.	CONDITION	I live in liberty/freedom.
I am insecure and have little peace.	SECURITY	I live in rest and peace.
I reject myself when I compare myself to others.	SELF-IMAGE	I feel positive and affirmed because I know I am valued by Father God.
My love is guarded and conditional; based on others’ responses as I seek to get my needs met.	EXPRESSION OF LOVE	My love is open, patient, and affectionate as I lay my life and agendas down to meet the needs of others.
My spiritual ambition	VISION	My spiritual ambition is



is driven by the desire for spiritual achievement and distinction. I strive to be seen and counted among the godly and mature.		to daily experience the Father's unconditional love and acceptance and then be sent as a representative of His love to family and others.
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Put a tick mark on the left or right side of each row to indicate where you 'live' most of your life. Do you live more as a slave or as a son/daughter?

Prayer: (Note: Go to a quiet place and pray, asking the Holy Spirit to guide you and minister to you for a while before you pray.)

*Father, I thank You that You have created me to be your Son/Daughter, to be your child. Daddy, I know being a Son/Daughter is a choice that I alone can make. Nobody can force me to accept your Fathering in my life. Only I can do that. So, I choose to be Fathered by You. Father, where there are parts of me that are stuck in slavery, I ask You to move me into being a Son/Daughter with You. Where I have willingly chosen to be a slave, I repent and ask Your forgiveness. Please change my slave mentality. Change my slave heart. I want to be the person You've created me to be – Your child. I want more of You. May Your will be done in me. Amen.*

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Michael De  
Oliveira

I am structured yet  
chilled, love art and  
solving/evaluating  
things, as well as  
seeking to serve  
God.

Then the devil took him to the holy city and had him stand on the highest point of the temple. *"If you are the Son of God,"* he said, *"throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'*

Jesus answered him, *"It is also written: 'Do not put the Lord your God to the test.'*" **Matthew 4:5-7 NIV**

With Jesus' first temptation, Satan seeks to attack Him at the point of his "weakness" – His hunger and waning physical strength. When this fails, Satan moves on to attack Jesus at the point of His strength – His sincere reverence and trust in

the Father and His commitment to obey God's Word. Satan's second temptation might seem super random. Doesn't Satan want to keep people from coming to church, rather than test trust in the Father?

You probably know of someone who has had a freaky past but now comes to church. But that doesn't necessarily mean there has been a transformation. For some people it wasn't about fulfilling their sinful desire, it was about their influence. And when that door of influence shut, they found an open door at a church. They say, "Hey, this is great! I can just come here, feel loved and people will look to me and need me."

Jesus warned that there would be people who come to church and gain religious status, but they would turn out to be wolves in sheep's clothing.

**If Satan cannot get you to fall in secular society, he will get you to rise in religiosity and our eyes turn onto righteous us and not sincerely trusting and having reverence for our Father.**

Sometimes people are "tempted" to trust in Christ because of all that He can and will do for them, instead of because He is God and Father. Just ask a simple question: "Who is serving whom?" Am I trusting God and seeking to serve Him, or am I demanding that God serve me?

*Dear Lord, thank you for always guiding and protecting me. Reveal to me any sinful desire that has influence over me. May I always sincerely trust in your strength and seek to serve you with all my heart.*

*Amen*

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## *Saturday 20*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

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Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first 🤔.

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Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

Notes: \_\_\_\_\_  
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Enjoy going to church, Make some notes after the sermon.

## *Sunday 21*

Notes: \_\_\_\_\_  
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With all the voices in your mind, which are you going to believe and allow to define you?

*Monday 22*

My name is Graham Freeman, married to Daphne. We have two sons, two daughter-in-law's and four grandchildren, soon to be five. I worked for South African Airways in the technical department for just on 45 years and love big passenger aircraft. More importantly, I surrendered my life to Jesus at the age of 30. Much of our ministry has been to youth, including kids in a detention centre and so called, "place of safety," from broken situations, broken homes, broken by drugs, alcohol and criminal actions by them and against them.

Revelation 12: 11. *They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.*

We were created for a unique purpose. Unfortunately, even though we have become followers of Jesus Christ and are saved from this very broken world by His blood, there are other voices speaking to us that get us away from living a victorious life, like a son or daughter of King Jesus. One of these voices is Satan's and he often uses people, even ourselves, to say negative and untrue things to us. This has led some people into rebellion away from God again, even suicide, hating everyone and everything, in some cases even God Himself. Rebellion is the soil that Satan

comes and plants seeds of destruction in and which grow into us living in deep darkness again, doing things that we should not.

The **very good news** though is that God tells us in His word, the bible, exactly how to identify, overcome and silence these voices! In fact, even to enter into the power of Jesus Christ and use His authority and power made available to us over them. One word of warning though, watch out for pride and believing that you in yourself have power over them. Even Satan, never silent, will come and praise you for being so amazing! Don't believe him. As we believe Jesus and do this by the power of the Holy Spirit, we see the walls of his evil city and stronghold come tumbling down and all the powers of darkness trembling and fleeing from you in fear of the LORD.

The bible is full of scriptures that tell us of this truth. Two of these scriptures are Revelation 12:11 and James 4:7-8. Read in context, in other words, it is not a stand-alone verse, but has ideas and a truth into which it is written to you and fits so well into the whole passage and even the bible.

Revelation 12: 11. <sup>(NIV)</sup> They (you) triumphed over him (Satan) by the blood of the Lamb (Jesus) and by the word of their (your saved self) testimony; they did not love their lives so much as to shrink from death.

Make this scripture your own, live in it and apply it to the way you think and live. Do not be afraid, Jesus is faithful!

Notes: \_\_\_\_\_  
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### WHO AM I AND WHAT SHALL I HOLD ONTO?

**1Tim 4:12** Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

1Tim 4:13 Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching.

Ps 119:9. "How can a young person stay on the path of purity? By living according to your word".

Hello there, who are you and who am I?

These are questions that young people very often ask?

Mainly in adolescence but also at different times in our lives we might question the positive attitudes you might have had. During this time you might want to have more "alone time"; being accused of being lazy; become easily bored and restless; have a heightened emotionality (jealousy, resistance to authority); a lack of self- confidence because of pressures; positive and negative day dreaming. **You enter a period where you make social adjustments and develop new sets of positive interests in activities you enjoy most.**

In the world of today there aren't many positive role models. Yet people who we admire, specifically those with a successful career, will have a major impact in and on your life. There are many pressures in society and especially on younger people to be successful, to make others proud, to accomplish tasks well and to be liked by others

Having had a look at all of the above, Paul says to Timothy "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity." Paul then called him to live a life so that was so godly that no one could despise his youth. He needs to be an example by what he (you) say (**word**), what he (you) do (**conduct**), in **love**, in attitude (**spirit**), in **faith** (in the sense of *faithfulness*), and in **purity**.

Everyone can be assessed on this, older people and even those in religious positions like pastors. If you are smart, funny, dresses sharp, popular, the life of the party, intellectual or if you are any number of other things, this matters little. You must be a person who is an example in **word, in conduct, in love, in spirit, in faith, in purity**.

When you were born, you were not able to speak or read. To create a pleasant atmosphere your mom and dad used words to soothe you. Words were followed by emotion. Now that you are older you still

## *Tuesday 23*

Hi, I am Johan von Backstrom. I am an ex-Psychologist specializing in working with the sub or unconscious mind.

I belong to the Gideons since 1987 and it is my passion to share God's Word.

make use of words to create emotion. What is the speech you use? How good is your word to you?

When I received my very first Bible my parents wrote Ps 119:9. **“How can a young person stay on the path of purity? By living according to your word”**. This was no less a difficult question then as currently. You have your own challenges in living a pure life.

What does the world tell you, “Have a good time when you are young; get it all out of your system. When you are older you can settle down and be religious and proper.” God’s answer is quite different. God says, If you are going to live for me, you must begin at the earliest possible moment, without delay, preferably when you are very young, and no matter your age, this is to be a continual pursuit and something that even those who are older still need to be aware of.

What are the difficulties you experience in trying to live a pure life? Youthful energy and sense of carelessness; lack of life wisdom; a desire for and gaining of independence; physical and sexual maturity that may run ahead of spiritual and moral maturity; money and the freedom that it brings; women who may – knowingly or unknowingly – encourage moral impurity; a spirit that both expects and promotes moral uncleanness for young men; a desire to be accepted by peers who face the same challenges; success; fame; career goals and objectives.

**“By living according to your word.”** What does Gods word do? God’s word shows us the standard of purity, so we know what is right and wrong; It shows us the reasons for purity, to understand the wisdom and goodness of His commands; It shows us the difficulty of purity, and reminds us to be on guard; It shows us the blessings of purity, and gives us an incentive to make the necessary sacrifices; It shows us how to be born again – converted, so our inner man may be transformed after the pattern of Jesus Christ; It shows us the way to be empowered by the Holy Spirit, so that one has the spiritual resources to be pure; It is a refuge against temptation, to escape enticement; It is a light that clears away the deception, seduction and temptation; It is a mirror that helps us to see our spiritual and moral condition, and thus walk in purity; It gives us wise and simple commands, such as to “Flee youthful lusts” (2Ti 2:22); It washes us from impurity, and cleanses our life in a spiritual sense (Eph 5:26, Joh 15:3); It is the key to renewing of our mind, which in turn is a key to personal, moral, and spiritual transformation (Rom 12:1-2); It gives a refuge against condemnation when one has sinned, and shows us to repent when we have sinned, and how to return to a pure life; It shows us how to live our life so that we are an encouragement to others.

The Bible must be your guide, your life map and the direction you want to take and follow. This will have a direct influence in the words that you should and will speak and write daily.

#### **My Prayer for you:**

Prov 2:10 That wisdom will enter your heart, and knowledge will be pleasant to your soul.

Prov 2:11 Discretion will protect you, and understanding will guard you.

Prov 2:12 Wisdom will save you from the ways of wicked men, from men whose words are perverse,

Prov 2:13 who have left the straight paths to walk in dark ways,

Prov 2:14 who delight in doing wrong and rejoice in the perverseness of evil,

Prov 2:15 whose paths are crooked and who are devious in their ways.

Notes: \_\_\_\_\_  
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## The truth and nothing but the truth!

# Wednesday 24

"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly." - 1 Timothy 4: 7

If you haven't noticed- I like Batman.

If you told me that Batman is a fictional super-hero that someone made-up, then I'd say that you speak the truth. However, if you told me that Thor or Superman can beat Batman in a fight, well then I'd say that you are lying! Sometimes it's hard to tell whether something is true or false, but Batman can beat these guys any day of the week and that's a fact.

You see, what we believe or perceive to be the truth has great influence on the way we think and the thoughts that enter our minds. Our thoughts then spring to life and impact our actions. If I believe I'm a monkey, I will think I'm a monkey and thus I will act like a monkey. Now, the reasoning behind our belief and the source that influences our belief is vital, and therefore the truth is so important! Lies are terrible things, many people live with insecurities and hurts because of the lies they believe.

When it comes to the knowledge about God, there are as many lies in the world as there are the birds and the bees! When we follow a myth, lie or false god then naturally this influences our minds and actions and thus it is shown in our lifestyle.

Although we cannot truly believe in God without faith and it is difficult to prove God exists purely from an analytical perspective, God has not left us in the dark. The gospel and the accounts of Jesus' death and resurrection are trustworthy (more trustworthy than many of the things we learn at school or in the world). God has given us His Word and His Holy Spirit to guide us in discerning what is true and what is false. And when we fill our minds with God's Word (the truth) then that will influence our minds and bring about good character in our actions and lifestyles.

As a Christian, we should live in the light and devote ourselves to Jesus' teachings. We should also believe in what God says; so that we may establish our identity in what is true (and in what is good) and so that we may respond to situations in a Christ-like manner.

Do you believe in Jesus? Do you believe He is the truth?

If so, it is our responsibility (and privilege) to help those who are trapped in darkness and deceived by lies; by telling them the truth about who God is, expelling myths and false teachings about God and by teaching the correct meaning of scripture.

*Dear Jesus, Thank you that you are the truth, the way and the life! You have revealed to me who I am, and I no longer stand in the dark, but in the light!*

*Please help me to believe what you know about me instead of what others say about me and help me to teach others about your truths and what you say about them.*

Teano van Zyl

I think that Batman is the coolest super-hero!



## Notes

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# Thursday 25

## I lift my eyes

Chiné Kinsey-Ahlers.

Teacher.

I grew up in a Christian household.

Remember that God is always waiting there for you with open arms. Cling to him with all that you have. A life pursuing Jesus is a life worth living.

*I lift up my eyes to the mountains—where does my help come from?*

Psalm 121:1 NIV

"It matters what we look at, because we become what we behold. There are some days where we need to adjust our vision. We need to look up and fix our eyes on someone greater than ourselves."

As I read this passage tonight from a devotion I am following, this line jumped out at me, "we become what we behold". I just thought, wow, that is an incredibly powerful statement. If we keep our eyes on everything that's going on around us, there is no doubt that we would be swallowed up by fear and anxiety. That's what we will become, fearful and anxious people.

But what if...what if we lifted our gaze upwards. To the only one who can light up this darkness. The one who holds the sun, the moon and all the stars. The one who is the beginning and the end. The one who knows what happened in the past, what is going to happen in the future and at this very moment knows exactly what you are feeling and thinking.

Let us turn our gaze to the one who knows our hearts fully because he is the one who created them. Let us turn to the one certain thing in this life, a loving father that is looking down from heaven waiting for you to invite him to be your comforter. He will give you the strength to carry on, he will give you the hope and peace you need, he can give you joy like you have never experienced before. All you have to do is look up. He is waiting there with open arms for you, his child, to run into his arms and look to him for help.

As we lift our eyes from the chaos around us, where does our help come from?

Our help comes from the LORD, the Maker of heaven and earth.

Psalm 121:2 NIV

*Lord, through all the generations you have been our home! Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God.*

Psalms 90:1-2 NLT

♡

*Dear Lord Jesus*

*Thank you for your love. Thank you that in times of trouble all we need to do is look up. You are always right beside us. Please help us to keep our eyes fixed on you. In Jesus name we pray. Amen.*

## Notes

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## Friday 26

### Be the Light

My name is Richard Coull. I love surfing and fishing. I work with cars.

*'Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'* –  
Matthew 5:16

In this life temptation is inviting and sin is seen as so normal. Maybe you have friends who enjoy talking badly about others, swearing or talking perversely.

You might find yourself being pulled into these situations and joining in because you fear judgement, rejection or simply being left out if you don't.

But odds are, so do they. God puts you in these situations so you can *be the light*.

Being the light to others can often be seen as bringing a lamp into a dark room where the light illuminates the whole room, allowing everyone to see the darkness they were once living in. This is so important because God calls us to share His light with others.

Doing this at times may mean you won't fit in, people (even those close to you) will judge you for being different. That's ok because we are meant to stand out so others will look at us and see God. God even gave us the perfect example of someone who let their light shine no matter what others thought – Jesus. He shows us that all of the judgement we receive on earth won't matter.

Ask yourself is your light shining for God? Are you being the light at school, at home, at work? Are you being the light among your friends and family? If not ask God today to give you the strength to share your light with others.

*Dear Lord Jesus,*

*I thank you for being a perfect example of what it means to be the light. I thank you for giving me the strength when I ask for it. I ask that you give me courage in situations where I need to be the light because I know you have put me there for a reason and wouldn't give me anything I can't handle.*

*Amen.*

### Notes

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## *Saturday 27*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

This is just a tool that might be helpful in bulking up our prayer lives and something we might find helpful.

Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first 😊.

Go on a prayer walk around your block or in a park or safe area and talk to God about whatever is on your mind, thanking Him, adoring Him, confessing and asking and chatting in general. He might bring other people or situations to mind that you can pray for. If you run out of words on your walk, great! For the rest of the walk enjoy His presence and chilling in Him. If you can't go on a walk, spend some time briefly going through the weeks devotions, remembering what you have learnt.

Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

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Enjoy going to church, make some notes after the sermon.

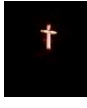
## *Sunday 28*

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## Handle it with the Fruits of the Spirit!

Jade Barnes

I love cooking and baking. But most importantly – I love Jesus!



**‘But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.’ – Galatians 5:22-23**

In life, no matter what age we may be, we are always going to face many situations that will challenge us – especially as Believers. Situations like finding ourselves caught up in drama with our friend group/family, having to choose God over something (or maybe someone) else, or even having to be around someone you don’t really get along with so well.

Unfortunately these challenges are promised to happen. But if we choose to tackle them the right way – with God – we WILL overcome them and we WILL grow in our faith.

You might be asking yourself how exactly to handle the situation you may currently be facing. The answer is in today’s verse – **handle it with the fruits of the Spirit!** Now, this sounds easy. But as we all know – nothing is as easy as it sounds. Which is exactly why we need God’s help and guidance to show us the way.

If you are finding yourself in a challenging situation, I encourage you to **talk** to God. **Allow** Him to show you exactly which fruit you need in your current situation. **Pray** to Him. **Ask** Him to give you the fruit that you need. **Ask** Him for guidance. And most importantly – **thank** Him when you’ve found that He has helped you overcome your challenge.

### **Prayer:**

Lord, I would just like to thank you. Thank you that no matter what I may be facing, you are with me. I pray that I remember this and always turn to you when I am anxious or confused. I pray for your guidance and that I always handle everything using the nine fruits of the Spirit. Amen.

### Notes

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## What do we need to throw off?

*Tuesday 30*

*Cameron Mayer*

*Huge Man United and  
CR7 fan. Love drama and  
youth ministry.*

"But now you must also rid yourself of all such things as these: anger, rage, malice, slander and filthy language from your lips" - Colossians 3:8

Before I surrendered my life to God and even early in my faith, I thought that God would not be angered with me if I allowed filthy language and coarse humour to fill my speech, oh how wrong I was in my ignorance.

The scripture above is a message of what is almost expected of us when we have committed our lives to Jesus, Romans 12:2a describes it best when it tells us that we should "not conform to the pattern of this world, but be transformed by the renewing of your mind".

The question that we can take away from Romans 12:2 is "What does this transforming look like?" A small part of that answer is Colossians 3:8.

Sometimes things feel like they aren't going your way and the temptation to lash out in anger will be high in these times but has ungodly anger ever truly solved an issue? Looking at the scripture we see anger can turn into uncontrolled violence in our actions and the destruction of ourselves and others with our words. Even dodgy jokes should be kept away from our lips, as described in Ephesians 5:4.

So how can we take care of these shackles of sinful acts?... By turning to God, by praying for his strength while in devoted time to him and by exercising the fruit of the Spirit, especially self-control!

*Dear Lord Jesus, thank you for being patient with us and being slow to righteous anger. Help us in our times of temptation to not react in anger but to rather step out of the situation and turn to your word and peace. Amen.*

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## Watch your mouth!

## Wednesday 31

Hey my name is Jono Fraser.

I love surfing and have a thousand other hobbies. Currently working at CFC ministries near Southbroom ☺ Ask me any question on Lord of the Rings and I'll prove to you I'm a nerd.

1 Timothy 4:12-13

*...but set an example for the believers in speech...*

When we think about speech, we often don't think about it having much of an influence. 'Sticks and stones' never came from insults; and no matter what I say to someone else, it will all eventually be forgotten in time. Or will it?

The Bible compares the tongue to the rudder of a ship or the bit on a horse's bridle (James 3:3-5). A rudder is rarely seen, and a bit sits square in the horse's mouth, but they have more control over the movement of both than any other mechanism.

Think of the sad history of World War II, which, in many ways, was fueled by the rantings of a gifted public speaker. Many men have tamed lions, bears, tigers and birds; but nobody can tame the tongue (James 3:8).

How then, can 1 Timothy 4:12 say that young people must set an example in their speech? Where do we attain this skill that deep down, if we're honest with ourselves, we know that we struggle with? The answer lies in many places in the New Testament, but especially in verse 9 and 10 of the same chapter: "This is a trustworthy saying that deserves full acceptance (and for this we labour and strive), that we have put our hope in the living God, who is the Saviour of all men, and especially of those who believe." It is very important that we rest in the knowledge of the grace of God, asking Him to give us the strength through HIS power (not our own) to speak in a way that brings glory to Him (Zechariah 4:6).

*Thank you, Lord, for your grace. I wouldn't be anywhere without it. I come before you and admit that I don't always speak in ways that glorify you. I've hurt people in the past and caused harm where healing was needed. Forgive me, and help me to speak in a way that glorifies you. Amen.*

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## What our speech should be like.

Guy Dudley – Husband, Father, Friend.

A common guy powered by Team  
G.L.L.D (God, Liezle, Luca and Drue).

Enjoys the freedom of time out on my  
mountain bike. Passionate about the  
magnitude, tranquillity and splendour  
of God's creation.

*The soothing tongue is a tree of life, but a  
perverse tongue crushes the spirit*

*Proverbs 15:4*

Consider the serpent, with its forked tongue constantly challenging the air in a never-ending flurry of flicks. The snake uses its tongue to smell and it is said the fork facilitates detecting the direction of the scent. It can track its prey based on where the smell comes from. Now

think of that same snake, representative as the devil, "*craftier than any of the wild animals*". That fork tongue quick, sharp, testing, dividing, easily able to identify the difference between good and bad, able to allow its master to take direction...*Did God really say, "You must not eat from any tree in the garden?"* It is no wonder American Indians coined the phrase, "you speak with a fork tongue". When you deliberately say one thing and yet mean another.

In Paul's letter to Timothy, 1 Timothy 4:12, he instructs first and foremost for believers to set an example in speech. Why? Well let's revert to the garden of Eden. Where the first and ultimate transgression played out in the fall of man. Was it not the fork tongue that did the damage here? Consider this... out of all the things the devil could do to Eve. There was no force, no violence, no magic, Satan simply employed "*a perverse tongue*". With spoken words alone he "*crushed the spirit*", and with that Eve took the fruit and bit into it. But there is more here. I believe Paul leads his instruction with the word, speech, purposefully. There is intention in his writing. Does speech not proceed conduct in reality? Sure, it does. In the real world; harsh words would typically proceed a brawl. Similarly, softly spoken words of love would warm the heart. In prayer we proclaim our faith. Conversation promotes understanding, understanding leads to respect and when you respect one another, direct words are no longer required around the topic of purity.

How often have you heard the commentary, "and he/she professes to be a Christian"? And how often did that commentary follow words heard of profanities spoken or the Lord's name used in vain? This is the example around which Paul writes. When a person professing to be Christian proceeds to punctuate sentences with expletives. When that

person vocalises hate through the likes of racist remarks or inflicts hurt not by their fists but rather with words, then the light, that candle flame deep within that person's soul flutters as if blown by a breeze. This speech, these words spoken are like those iron rods, fashioned into nails, and driven through the broken hands and feet of the very person a Christian seeks to follow. By failing in example through speech, the words travel like arrows shot from a bow. They travel fast and inflict damage way before action is even recorded. And to the observer, the outsider, that person considering a possible relationship with Christ...these word projectiles breakdown and push away. It is then that we, Christians, are labelled, no branded as hypocrites and Satan smiles.

What then to add about Proverbs 15:4. I am talking about a husband scorning the wife, parents oppressing the child, a teacher ridiculing the student or that bully belittling the fraught. In every scenario the perverse tongue crushes the spirit. There is no love here, because we have already established that loving words warm the heart. Loving words flow from a soothing tongue and a soothing tongue is a tree of life. There is not a person on earth that does not flourish when they are spoken to with words from a soothing tongue. But beware the serpent, beware the fork tongue. Do not stumble to ill learnt behaviour on your growth path. *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour (1 Peter 5:8).* Set the example first in speech, because they will establish the path for your actions to follow.

### **Prayer**

Lord, "We thank you for all we have. We acknowledge before you the power of the tongue. Please help us to build with our words and not break down. Jesus please help us to honour you through our speech and in so doing may we be a sound example to others.

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## To be pure or not to be pure?

## *Friday 33*

Bronson  
Pretorius

Love God and all He has  
planned for me and with me.  
Love people and enjoy almost  
any sport.

*Fun fact:* Married to  
Wonder-woman

Read Psalm 119:9 and Philippians 4:8

In today's society it might seem that trying  
to be pure or live a pure life is...  
Well- pretty much impossible.

We know that we are made right with God  
through Jesus and what He did for us, but we  
know God now calls us to be living set apart  
for Him, to be living a life dedicated to Him, to be living a life of  
purity.

The reason for the cheesy Shakespearean title at the top is because  
Ultimately, it is our choice!

We have the power to choose each day what we will allow in to our  
minds and lives. If we will think deeply on what's just come in to our minds or what has passed  
through our minds, this usually leads to us acting on our thoughts.

Firstly choose what you allow in. You can choose to watch dodgy tv programs or listen to dodgy music.  
You can also choose to read God's word.  
Allowing the right stuff in puts you in a good starting place.

After this you can choose to think deeply on it or not. Some things you see or hear during the day are  
out of your control (more than not it is in your control). When these dodgy things come, don't think  
deeply on them. Pause, pray and give them to God and ask Him to help you think on something else,  
to think on His word. When you can through the day, think on what you read in God's word that  
morning or the night before. Think deeply on what you read and what it means and how you can be  
applying that to life.

Lastly, if you have processed dodgy stuff and thought deeply about it, now you need to urgently go to  
God and confess it to Him and spend time with Him and in His word- if we think on it too long,  
normally we end up acting on it in some sort of sinful way. If you have been thinking on God's words  
and His ways, then ask for His help in how to act it out.

Being aware of these 3 choices we have and choosing right in each one, will help you in following  
Jesus' example and start living a life of purity in a crooked and twisted generation.

It is a process and you will still get some things wrong but keep persevering each time, training  
yourself more and more to be taking in the right stuff, thinking on the right stuff and living out the  
right stuff, and you will with the Holy Spirit's help be living more purely and honouring God in your life.

*Dear Lord Jesus, thank you for showing me an example and Holy Spirit I pray that you strengthen me  
and help me to live a life of purity. When I get things wrong help me to come to you quickly Lord and  
ask for forgiveness and guidance going forward, but help me to live in accordance with your words and  
learning to control what I allow in my life and what I think deeply on. In Jesus name, Amen.*

Notes:

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## *Saturday 34*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

This is just a tool that might be helpful in bulking up our prayer lives and something we might find helpful.

Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first ☺.

Go on a prayer walk around your block or in a park or safe area and talk to God about whatever is on your mind, thanking Him, adoring Him, confessing and asking and chatting in general. He might bring other people or situations to mind that you can pray for. If you run out of words on your walk, great! For the rest of the walk enjoy His presence and chilling in Him. If you can't go on a walk, spend some time briefly going through the weeks devotions, remembering what you have learnt.

Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

Notes: \_\_\_\_\_  
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Enjoy going to church, make some notes after the sermon.

## *Sunday 35*

Notes: \_\_\_\_\_  
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# Monday 36

## Checking Ourselves

### **Stephan Smit**

Young Adults pastor in  
Alberton, with a serious  
passion for God, His  
Church and coffee.

*“Watch your life and your doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers” - 1 Timothy 4:16*

Recently I tasked two upstart Youtubers to dig into this verse. They have been sharing the good news and the Biblical

perspective concerning relevant topics. It was a natural reaction to what Jesus did in their lives. A week into their campaign I asked them to study 1 Timothy 4:12-16 and to give everyday examples of how to be an example in “speech, conduct, love, faith and purity” (1 Timothy 4:12), as well as the question: “How do I watch my life”?

The Youtubers are currently in grade 10 and their answers and passion for diligent research surprised me. I wonder if they put so much effort into schoolwork! They had supporting verses and cross-references making one point: “you act the way you are”. We all have the ability to act. Many of us “fake it until we make it”, but when the rubber hits the road – when you’re at home with your family, when you are tired of acting, truth comes out. Sometimes truth slips past our defences anyway and the world catches a glimpse of “the real you”. Or when you’re tired of acting, the real you comes across more negative than intended. I’m picturing Elsa having her winter tantrum singing “conceal, don’t feel, don’t let them know // well, now they know // LET IT GO, LET IT GO”. Ahh, *Frozen*. . .

Like Elsa, we are expected to act in a certain way. Society (this includes our boss, friends, parents, teachers and even the church) expect us to be something or, at least, act that way. Giving into subtle forms of pressure we “flex for the gram” follow a trend on TikTok, and dress fancy for church. I am being awful at generalizing here. Some of us may do all those things for perfectly noble intentions. But, most of us fake a personality to fit an occasion or an environment and as a result hide our real self.

When we’re sick, our bodies display signs of the sickness – called symptoms. When we cough everyone around us suspects one thing . . . Doctors look at the symptoms to diagnose something that is generally invisible to the naked eye. They look at your outside to find out what’s going on inside. In the same way, we act the way we are. Even our fakeness gives hints to what’s going on inside of us. The very fact that fakeness exists may suggest the need to be accepted or crippling insecurity. More professional observers will see right through fakeness and see the problem. Unfortunately, our true selves often display more than what we care to admit. Our filthy language, weird jokes, time on social media, or even our whereabouts when people think we’re somewhere else, all tell stories of what’s going on inside of us. To treat a sickness, good doctors do not treat the symptoms – that wouldn’t do much. Instead, they treat the problem that causes the symptoms. In the same way, if we treat the symptoms of who we are without changing who we are, we’re just faking.

So how do we change ourselves? Well, that's a job reserved for God! When we gave our lives to Jesus, we committed ourselves to following Him and being more like Him. Now we can have this epic relationship with God – the One who perfects us. By spending time with God, He will transform us to look more like Him. This means talking to Him by praying, listening to Him by reading the Bible and putting into action what He is teaching us.

The Youtubers (they call themselves the 'Truth Seekers'), made the point that whatever is in your heart will overflow into your speech, like Jesus said (Matthew 12:34), but will also overflow into how you behave in public (conduct), how you display love as described in 1 Corinthians 13 (GO READ IT), how we keep on hoping in hard times (Hebrews 11:1 – GO. READ. IT.) and especially how you keep yourself pure – and by pure we meant sexually. All of which indicate how we are doing. With that said, to "watch our lives" means looking at the symptoms – it means looking at how we speak, behave, love, believe, and maintain purity.

God is constantly busy changing us. We do not have a back seat in the process but are at the wheel, in partnership with God. He reveals our faults and we decide how to react: change or stay the course and accept the consequences. For that reason, we still have responsibility to watch our lives and if we persevere (which is a Bible word for "continue to") we will save ourselves and others. That means it is not a once off thing. We will do this for as long as we live. Right now, we can resolve to stop faking and addressing what is the root of the problems. We should be ourselves proudly, as a "work in progress" and we must never forget to progress in that work. Changing the way we speak, act, love, believe, and keep ourselves pure.

"Lord, thank You for making us who we are. Thank you for revealing our symptoms to us. Make us confident enough to change in the face of society. Make us proud to be who we are. Make us aware of our sins constantly so that we can continue to change and be less of what we used to be."

### Notes

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## He is for you

### Christiaan du Preez

I am always the shortest in the room, I love to play with kids for hours, love movies, and being outdoors and doing adventures activities. I am a big family person.

"What shall we say about such wonderful things as these? If God is for us, who can ever be against us?" -Romans 8:31

This really is a wonderful thing, just think about this verse for a second. The creator of the world, the One who named the stars and commands the oceans, our Lord is for you and me. So it is almost silly of us to ever fear anything because the God behind us is bigger than anything that could ever stand in front of us.

We should always remember this verse and know the power behind it, also trust God with everything inside of you, truly believe that He is for you.

What really can stand against us?

Death, temptations, the devil, loss and sickness? All big things, but not one of them is bigger or stronger than our God.

Jesus rose and raised others from the dead, He will never give us temptations we cannot overcome, He already defeated the devil, He rejoices with us after loss, comfort us and reunite us with our loved ones and He can heal every sickness. All we have to do is just believe in our Almighty Heavenly Father is always for us and never against, and when he is for us nothing in this world can stand against us!

Let's challenge ourselves and our friends to acknowledge that God is always for us and to live like it. Without fear, worry or any empty thoughts. He now stands behind us and has our backs and we can trust in Him always. So go and be the light of the world, shine so that people can see Jesus inside of you and believe He is by your side.

*Dear Heavenly Father thank you that you are always by our side and will never let us go for you are the Shephard that will go after his lost sheep. Help us to remember that You are always for us and that nothing can stand against us. Father I thank you for the life you have given me, Holy Spirit help me live it to the fullest and to the Glory of Jesus Christ our Lord. Amen*

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## SEARCH?

"Coach" Callum McLeod  
I am married to Mrs. McLeod and have two boys, Cole and Cruz.



Today we are going on a treasure hunt! I don't know about you but I love treasure hunts, for two reasons. One; the prize! I love getting to the end and winning the prize, no matter what it is. I could be on a hunt around the house for the last piece of chocolate, or in the Amazing Race racing around the world for \$1 Million. The prize is still worth the hunt! But for me the greatest part is the hunt! I love *searching*. I love the thrill of finding each clue and figuring out how that clue leads to the next and the next. So today let's go on a little treasure hunt, let's search the scriptures for the prize. Ready! Let's GO!

### **Have a Read: Acts 17:11.**

*"And the people of Berea were more open-minded than those in Thessalonica, and they listened eagerly to Paul's message. They searched the Scriptures day after day to see if Paul and Silas were teaching the truth."*

**\*\*You might need to read the beginning of chapter 17 to understand what's going on here\*\***

### **Treasure Hunt Clues:**

1- What was the difference between the people of Berea and Thessalonica?

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2- What did they do differently to the Thessalonians?

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3- Why were they *searching*?

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### **When you hear a *teaching* (Sermon/ Preach) what do you do?**

- Listen to what is being said, then InstaStory #thelifechange and move on
- Take in what is being said, and say that must be the truth, "it is from the Pastor after all"
- Run to the Bible, the living word of God and ask Him if this is true? And if it is take it in and apply it?

Rather than reading the scriptures most of us would choose to scroll through Instagram, TikTok or another social media platform searching for likes or following. We find reading the scriptures frustrating at the best of times, because we don't understand the names, places and people that are mentioned.

**"THE GREATEST TREASURE YOU WILL EVER FIND, ARE THE TREASURES  
BURIED DEEP WITHIN THE PAGES OF YOUR BIBLE!"**

If you watch a pirate movie, the one thing that all pirates do with their treasure is bury it. They either dig a massive hole or find the deepest jungle or cave and place their valuable treasure there. They make a map, that most of the time only they can understand. This is to stop anyone else finding it and taking it for themselves.

There are many amazing treasures hidden in the scriptures and God wants to reveal them to you, BUT how can you find these treasures without looking. You need to dig into and search the scriptures and God will reveal the treasures to you.

In the beginning of the hunt you might not understand the map, you might get frustrated because you can't put all the parts together, but before you give up ask the Holy Spirit to show you what to look for. Ask Him to reveal the truths that are within each page. Ask the Living Word, Jesus, to give you His understanding.

Nothing worth doing is going to be easy. This treasure hunt will help you see right from wrong, good from evil, light from dark, but most of all when you scroll through the constant information on the internet you will be able to see the truth through all the other things that this world will throw at you.

Lean on the teachings of the Bible, and GO AND TEACH THEM TO YOUR FAMILY & FRIENDS

**Prayer:**

Father, thank you for your word. Thank you for each of the teachings within the Bible. Holy Spirit please help me to be like the church in Berea and be eager to hear your word and search for its truth. Help me to hold onto your teachings, the real truth. Teach me to love you more every day. Amen.

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### Standing strong in love.

Nicola Elliott

Farmers wife and  
mom to Paige, Grace  
and Nathan. Grade 2  
teacher at South City.

Funky and cool! Great  
with kids

“Be on your guard, stand firm in the faith, be courageous, be strong. Do everything in love. - 1 Cor 16:13 & 14

This scripture holds nothing back but jumps straight into action. As Christians, both young and old, God calls us not to live a passive life floating among the flowers and butterflies but to always actively strive to live for him.

This world we live in is constantly looking to trip you up, lead you down the wrong path or distract you. Never be fooled that Satan won't target you because you are young in years or new in the faith. The devil knows how dangerous a young, passionate, faith-filled person can be. When you give your life to Jesus and seek to live for him you have in reality just painted a huge target on your back. Satan needs to discourage you, confuse you, lead you off track or cause you to doubt before you start achieving great things for the kingdom.

You must actively be on your guard. Test those thoughts that come into your head and don't just accept them. Ask someone to have your back and pray with you and over you. Read your Bible, build your faith and strengthen your armour. Be strong and brave as you stand tall against all that this world and the devil may throw at you.

The most important thing to remember is that all your words, actions and thoughts need to come from a place of love. You are a new creation in Christ, born out of His great love. Whatever you may have to face or fight in this world must be done in Christ's love. Make sure you never walk into the battle and leave God's love on the sideline. It is first and foremost God's love which will lead you in his ways and give you courage and strength. His love will enable you to move forward in the calling he has placed on your life. Don't allow other people to discourage you, Satan to distract you or the

ways of this world to pull you off course. Cling to God's love so that you are able to shine bright for Jesus and stand firm as a beacon of hope in this world.

*Father God thank you for first loving us. Thank you that it is in your love we find strength and courage. Please open our eyes and increase our wisdom so we can see the Devil's schemes for what they really are. Help us to grow in our faith as we seek to live our lives sold out for you.*

*In Jesus' Name Amen*

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**Put together by purity**

Shanna Taylor

I have a heart for children and passion for Jesus. I am fascinated by nature and am devoted to my family. I feel excited about growing children in their faith.

***Friday 40***

"Keep your heart with all vigilance, for from it flow

the springs of life."

-Proverbs 4:23

Just the word purity probably makes you want to run or think up a million excuses of how we need to "live it up" when we are young or old. I beg you to give this a few minutes of your time as we have so much to gain from purity and equally much to lose if we don't strive for it.

Purity is a command for total abstinence from all immorality. Yes that's right, God wants us to be totally separate from sin. God didn't sacrifice his Son and change us into a new creation so that we could wallow in the same kind of immoral filth as the world.

Living a life of purity in a sinfully stained flesh is no task for a coward but from it we receive treasures immeasurable. A life of purity flows from an intimate relationship with our Creator. We need to take a good hard honest look at our motives. It is the Lord who searches our hearts and examines our mind. There is no motive He has not weighed in our hearts.

God's will is for our sanctification and spiritual growth. Our will constantly searches to satisfy and elevate ourselves, even when we think we choose to do righteous acts we are



quick to note any onlookers. We should not engage in “eye service, as men pleasers.” Beside aren’t we set a part for God? The only way to get our motives right is to bring them before Jesus. This journey begins in the earnest seeking of our Lord. It is He who does the heart change. What good news! The commands God sets for us are attainable so how do we live in purity?

The bible tells us that we should seek the Kingdom of God first so this is a great place to start. When we place God first in every part of our lives we see him working in all events and circumstances for our good. The Lord promises “Come near to God and he will come near to you. Wash your hands you sinners, and purify your hearts, you double-minded.” – James 4:8. This brings us to the next step in our journey of living in purity and it is having a Godly attitude to his sanctification in our lives. How do we react to God making us more holy? Do you humble yourself and repent before the holy and pure Lord Jesus?

We learn to live in purity through our helper the Holy Spirit. The key is self-control in all areas of your life. Personal discipline helps to guard you from all sorts of immorality. Self-control is about becoming master over your body, thoughts and actions, bringing these under submission to God (Romans 6:12).

Next we need to feed on the riches of scripture which sharpen our minds and strengthen us against temptation. Let’s train ourselves to live and think biblically. Make sure you starve yourself of opportunities to sin. You know what your temptations are. Flee!

It is Jesus who sets the example to follow, the example of a spotless pure lamb. Proverbs tells us to keep our heart with vigilance. In other words guard your heart. Your heart of purity can easily be devoured by the enemy’s empty promises. We are to keep ourselves unstained from the world.

So why? Why pursue this life of purity which is so contraflow to what the rest of the world is doing? There is no one to receive your inheritance in eternity before a mighty God one day but you. Cultivating self-control and aiming for purity leads to the living of a holy life that God commands us to live. He wants to protect his children from the consequence of a life lived in sin. A sin that is intolerable to Him. He knows a life of impurity blocks our spiritual growth. Purity is not a man-made standard but is established by God according to His design. When we don’t live according to his blueprint we open ourselves up to the wages of sin. I pray that you choose the way to the springs of life as you set an example of purity. We are no longer bound to sin so live like it!

*Dear Lord Jesus*

*I ask you today for the forgiveness of my sin. Lord wash me clean and put inside me a pure heart seeking to know you more. Help me to take up this command and to see it not as burdensome but life giving. Place my feet in your footsteps Jesus and enable me to do this through Your Holy Spirit. Amen.*

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## *Saturday 41*

### Prayer walk and reflection

There is nothing in the bible that says we need to go on prayer walks, But 1 Thes 5:17 calls us to pray without ceasing. It is important to know that we can pray throughout the day and to practice this.

This is just a tool that might be helpful in bulking up our prayer lives and something we might find helpful.

Make sure the route you choose is safe, if you want take someone with you and if you are younger ask your guardians/parents if its ok first 😊.

Go on a prayer walk around your block or in a park or safe area and talk to God about whatever is on your mind, thanking Him, adoring Him, confessing and asking and chatting in general. He might bring other people or situations to mind that you can pray for. If you run out of words on your walk, great! For the rest of the walk enjoy His presence and chilling in Him. If you can't go on a walk, spend some time briefly going through the weeks devotions, remembering what you have learnt.

Pray: Lord, I pray that in this prayer walk I might encounter you, Holy Spirit would you guide me and be with me as I pray and listen and chill with you.

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Enjoy going to church, make some notes after the sermon.

## *Sunday 42*

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## Looking down on myself

## *Monday 43*

Chris Anderson, AKA, PC.  
Tall, dark and handsome.  
Just kidding!

1 Timothy 4:12 "Don't let anyone look down on you..."

Sometimes it's not the things other people say about me that limits my ability to live out

strong in my faith- it's my own poor self-image! I can spend a lot of time and energy looking down on myself.

"I'm short...skinny...fat... ugly... slow... stupid..."

"I've got pimples... horrible teeth... no friends..."

When I look down on myself and believe Satan's unspoken lies, it's the opposite of pride but it's not humility- its telling God he made no mistakes making the universe, but he made a lot of mistakes making me!

Prayer: "LORD Jesus, thank you for telling me that I am 'wonderfully made' (Psalm 139:14). Help me to believe it and live it. Loving You LORD means I can love me. Amen."

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## Picking up my cross

## *Tuesday 44*

Teano van Zyl

I love my God, my family,  
my friends and my country.  
Nothing better than rugby  
and a lekker braai!

"Then He said to them all: If anyone would come after me, he must deny himself and take up his cross daily and follow me." Luke 9: 23

Discipline. Ahh we all seem to have a love-hate relationship with this cruel word. I mean, have you ever tried to not eat cake! Its near impossible, or have you ever tried to not laugh when all you want to do is burst

out laughing! Especially at

(I mean, with) your friends! Although discipline is a cruel cookie, it's also incredible. Think about it: Did Christiano Ronaldo become one of the greatest soccer players of all time by eating chips and sitting on the couch all day? No way! He got off his butt and worked hard! In order to pursue something worth pursuing, sacrifices need to be made.

There is nothing more worth pursuing than the pursuit of Jesus. Nothing's more rewarding and nothing's more fulfilling than following Jesus! When we give our lives to Jesus and become children of God, we start to notice just how broken the world really is and just how thankful we are that God would save us by sending His Son to die for us. Even though following Jesus is worth it, it's not easy. Going against the tide of the world and even our very own nature is extremely difficult. Following Jesus requires sacrifices and therefore, it's important for us to be disciplined in our walk with Jesus so that we can remain faithful and devoted to God.

Jesus says that if we want to follow Him; *we need to deny ourselves.*

This is like when Cristiano Ronaldo chooses to train instead of sitting on the couch eating chips. It requires us to sacrifice our own desires, wants, rights and sometimes even our needs. Jesus also says that; *we need to take up our cross daily and follow Him.* Every day we need to decide that we are going to follow Jesus, it is a genuine commitment that we make to God. Not just a one-time thing that we quickly forget about. Its saying that even though following You Jesus is a

road marked with challenges, I am going to be obedient because I love You and because You walked it for me. Even if I am mocked and even if I am persecuted because of Your name's sake, I will remain faithful.

One of the greatest things about following Jesus is that we are not alone, God promises to be with us through every step of the way.

Just like Cristiano Ronaldo's discipline pays off when he wins a trophy. We too will inherit a trophy called eternal life. It cannot be destroyed by rust or be stolen by robbers. We might make mistakes as Christians; we might sin, say and do things we don't mean and even though this is wrong, God is a kind Father and He will forgive us if we come to Him. His grace is more than enough for all our mishaps and failure, but therefore discipline is so important, so that we may walk the narrow path, in the Light and remain in Jesus.

*Dear Jesus,*

*Thank you for your love and grace! You are an awesome God!*

*I want to be a true Christian and I want to follow you with all my heart. Please help me to be disciplined along this journey and I know that I can overcome any challenge because you are with me and will empower me.*

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