

JANUARY DEVOTIONAL - SPIRITUAL

We are on a journey to make One Degree of change each month in one of four categories:



This is our first mid-month devotional! We will focus on some insights and action steps that can be applied or taken for your implemented degree of change in the *SPIRITUAL* area.

In the book, *The Life You Always Wanted*, John Ortberg discusses the significance of spiritual practices, or disciplines, in enabling followers to develop a pathway to being more like Christ. The author uses a very simple concept of training over trying. If a person were to try and run a marathon without training for a marathon the results will be less than desirable.

However, anyone can train to run a marathon, and if given enough time, could eventually accomplish the seemingly insurmountable task. In other words, we all can eventually accomplish what we train to do but could never accomplish if we simply try to do it. This is a perfect picture of what One Degree change can accomplish.

Our first area of change was in the *SPIRITUAL* area of living. We called it *First Thing Living* based on the teaching of Jesus in Matthew 6:33, "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Here is a list of some of the areas to focus on in 'seek first living.'

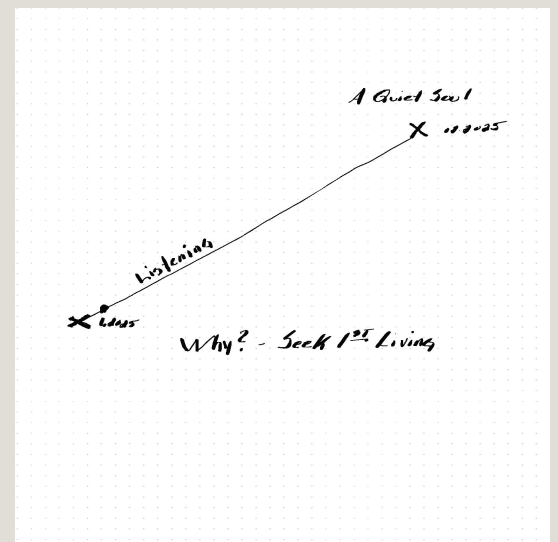
Praying	Reading	Singing	Connecting
Listening	Serving	Writing	Drawing
Creation	Fasting		

TASK

1. Have you chosen your one area?
2. Have you implemented the one-degree change?

Draw an X on a piece of paper and then draw another X a good distance away on the same sheet of paper. Draw a line between the two. On top of the line, write the name of the practice you have chosen from the list above. On the second 'X,' name the destination you are aiming for. Where do you want to be because of this practice?

Now, place a dot on that line that represents where you think you are on that journey.



To the right is a picture of Gregg's one-degree and his drawing! If you would like to share yours, please email onedegree@crossland.tv!

God Bless!