

It's Bigger Than You!

Building Foundation



31-Day Journey

Janine N Davis, ThM

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A 31 Day journey

First Edition

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The foundation of the Christian walk is very important. Just as you wouldn't want to build a house on a faulty foundation, you shouldn't want to live your Christian life with a faulty foundation. Faulty foundations create cracks later. There are certain things that are true about us as soon as we enter into a relationship with Christ. Some times it takes years for us to be exposed to these truths.

While listening to a program, a neurosurgeon made the statement that it takes 21 days to retrain your brain. I thought what could happen if a Christian spent 31 days retraining their brains with foundational truths. It could revolutionize our lives and relationship with God.

My prayer is that you will be changed through these truths. I don't expect for your house to be completely built in 31 days, but I do expect that exposure to these truths will help you build a lasting foundation. Some of these truths may take years for you to fully grasp. That's okay. You are not engaged in a sprint, but a marathon. Our relationship with God is a lifelong pursuit. A strong foundation will help you build for a lifetime.

Enjoy the pursuit. It is the most worthwhile endeavor you will ever undertake.

Janine N. Davis

It's Bigger Than You is designed to help build a strong foundation for Christ followers. It is a 31-day devotional with five themes. The themes are: Your True Identity, Your New Life, Forget The Past, and Embrace the Future, Next Steps. Each theme is a stepping-stone to your life in Christ. The appendices also have helpful information to assist you in building your foundation.

Don't expect your life to change overnight. This is a lifelong journey. The purpose of It's Bigger Than You: Building Foundation is to begin the process of equipping you for this adventure. I suggest you pick a place and time that you can utilize consistently to complete the daily readings. The prayers listed are the beginning. Don't feel obligated to stop praying after the devotional stops. If there are other things you would like to pray, simply continue talking to God in your own words. I also suggest that you get a devotional or study Bible to help along your journey. Make sure the version of the Bible is one that you can easily understand; this will help you stay motivated.

For further devotional reading, you may want to read Proverbs. It is known as the book of wisdom. There are 31 Proverbs, which correspond to the number of devotionals you are reading. Appendices 2 and 3 have biblical truths that would be good for meditation. You may want to rotate reading through the lists daily. Finally, you may want to keep a journal of your thoughts and what God may be speaking to you. If a particular scripture or prayer really resonates with you, you may want to mark it in your book.

Enjoy the process. Think of the next 31 days as an adventure. As with all adventures there will be some things you really like and some things you don't. Keep in mind to reach God's purpose for you some things need to change. Change is good. Get ready to begin changing your life through a firm foundation.

It's Bigger Than You: Building Foundation assumes a relationship with Jesus Christ. If you are not a Christian, we would like to give you an opportunity to become a Christian. Jesus Christ came to earth to give us the most amazing gift, an opportunity to have a relationship with the God of the universe. We all have fallen short of God's plan. We are all in need of a savior, which is why Jesus came to earth. He came and died for us so that we may have access to the Father. If you would like to enter a relationship with God, see Appendix 1.

WHO ARE YOU?



How you answer the question 'who are you' determines what you believe about your identity. Do you answer with your name, ethnicity, occupation or familial ties.

I would suggest that your true identity has nothing to do with any of these things. Your true identity is only revealed through your relationship with Jesus Christ.

As you discover your true identity you won't allow people to define you. For further information see Appendix 2 to learn more about your true identity.

Getting to know Jesus, will help you get to know who you truly are

Day 1

THE REAL ME

So God created man in his own image, in the image of God he created him; male and female he created them ~ Genesis 1

Some of us live our entire life without knowing our true identity. We allow our past, family, circumstances, or society to define us. You are more than what you do, where you live, and your family of origin. You will only know who you are as you grow in your relationship with God. Imagine a new invention that has never been seen before. People can guess its purpose, but only the creator knows its purpose. It is the same way with us. God made you, He understands you, and He knows what you were created to be and do. God created you in His image. He made you exactly as He needs you. Rejoice that the God of the universe chose to make you in His image. Don't allow people's wrong perception of you to define you. Allow the God who made you to reveal your purpose.

Questions to Ponder

How do you see yourself?

What defines you?

Do you need to adjust the image you have of yourself to better align with your true identity? If so, how?

Prayer

Father, I pray that you will reveal to me the wrong perceptions I have of myself. You created me in Your image. As a result, I am inherently important, worthy and loved. Reveal to me all it means to be created in Your image. Lord, I commit to this journey of discovery. I may not always understand the journey, but help me trust You as the creator. Show me the beauty of me. In Jesus' Name. Amen.

Continue to pray in your own words.

Day 2

NEW CREATION

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! ~ 2 Corinthians 5:17

When you give your life to Christ something miraculous happens. You are not the same You. Your spirit is made alive. The God of the universe becomes your constant companion... able to assist you at a moment's notice. You are able to fellowship or commune with God in a way that was impossible to you before. You became a child of God with all of the rights and privileges that children possess. You may still have the same tendencies, but you now have the ability to chose to live the life God created you live. Before Christ you had no choice, you were bound by only what you could do. Now you have God as your companion to assist you. Think of yourself as someone new, think of yourself as able to do all things, think of yourself as a child of Almighty God. As you grow in your relationship with God, these truths will become tangible realities in your life.

Question to Ponder

What do I need to let go from my past?

How would I like this new reality to change my current situation?

What would I do differently if I really believed God was my constant companion?

Prayer

Father, I don't fully understand what it means to be a new person through my relationship with Jesus. I pray that you will help me to understand and live out this new reality. There are some things I need to let go of, but I know that I can't do it without Your help. As my constant companion, I am asking you to help me live as a new creation. Help me to change my thoughts, attitudes and actions. I want to fully embrace the life You have for me. I commit myself to this new life in You. In Jesus' Name. Amen.

Continue to pray in your own words.