

#ONETEAM Challenge

21-Day Devotional

by

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#ONETEAM CHALLENGE: 21-Day Devotional

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FOREWORD

The good news: Children who had a religious upbringing are likely to be healthier and have a higher degree of well-being in early adulthood than those who did not. *The bad news:* Conversations between Gen Z'rs are often peppered with jokes of self-harm, anorexia and suicide.

These represent the realities of 21st century youth culture. You have been called to provide ministry to these precious ones and there is only one unquestionable remedy – the saving grace of Jesus Christ. And thankfully, youth and young adult leaders in the Seventh-day Adventist church are not alone in the quest to demonstrate the love of God to new generations. We are part of #oneteam!

North American Division leaders Tracy Wood, Vandeon Griffin and Armando Miranda have joined voices to share examples from their own journeys about the power of #oneteam. Through a lens of experience representing 52 years of

ministry, you will read their perspectives of how biblical writers have influenced their lives and how it can be applied to yours.

Why should all of us take the #oneteam challenge? Because the forces seeking to destroy our leadership and our young people are so compelling, we must fully engage in devoting our minds to God's Word. This 21-day journey of reading scripture together, as written by your colleagues in ministry, will inspire and encourage you.

Some of us are called to be leaders where we are the lone champions for youth, where we face tests that sometimes seem insurmountable. Be assured, you are part of #oneteam, where others understand and appreciate your faithfulness, and join you in the vital work of ministering to the young people God has entrusted to you.

*Debra Brill,
VP for Church Ministries
North American Division of Seventh Day
Adventist*

Day 1

WEIGHT LOSS

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins.

Hebrews 12:1 MSG



It goes without saying that every year people make all kinds of resolutions from eating healthier, to saving money for Christmas, to starting an exercise plan, to losing weight. I desperately try to keep my resolutions to a minimum—eat healthier than the year before. It starts out great, but by the time I hit the third week of the year I am back to my old habits that eventually chase me down and send me back into an eating slump. It's not a good thing nor is it a healthy thing to do, but it happens.

The result of my challenging eating habits is weight gain. I pick up more than I ever hope to and add to it yearly. Isn't that your story too? We tend to start a project, a new habit, ritual, and then in less than 30 days, we give up and throw in the towel only to attempt the exact same thing a year later. However, I do believe I would do better with accountability. Additionally, I am inspired by others who have gone before me and have accomplished the same goal I am seeking to accomplish.

These stories give me hope that I too can make it. I can experience weight loss and keep it off. Paul gives a motivating admonishment to the believer when it comes to weight loss. Paul says, many have already been successful in losing weight. We have pioneers that have run the Christian race and are winners.

They have blazed a trail so that we may follow in their footsteps and they are cheering us on to victory! You can do this! Paul paints the picture of an Olympic race taking place and in order for

the Christian to run the race and complete it there must be weight loss. The Christian must lay aside anything that will prevent them from running the race successfully. Maybe the things that are preventing us to run the Christian race are bad habits that are weighing us down. Maybe we have negative attitudes that hold us back. Maybe we are involved in tasks in ministry that we are not called to be a part of; maybe we overrate relationships that inhibit our ability to move forward. Whatever it is, we are charged by the Word to lay it aside and experience weight loss. This weight loss gives us the ability to make the race doable. We don't have to be the first ones across the line, the goal is to simply finish the race.

I have heard from so many ministry leaders who have experienced burnout and the challenges associated with burnout result in marriages being strained, parent—child relationships becoming rocky and a spirit of resentment towards God and anything remotely spiritual. Simply because we are too weighty in

our spiritual life. The things of this world will put so much unnecessary weight on us and for many of us we can manage it but only for so long and then it breaks us. Whatever is keeping you from running this spiritual race in ministry, with Jesus along with your family I charge you to lay it aside. The answer is not quitting but unloading the parasites and even the extra spiritual fat so that real weight loss can be accomplished, and ultimately you finish the race and the kingdom is realized. Weight loss is possible starting today!



#ONETEAM Challenge

- How committed are you to living a healthier spiritual life?

- What parasites and extra spiritual fat are you willing to let go of?

1. _____

2. _____

3. _____

- When will you start your spiritual weight loss program?



SOCIAL SHARE

I am taking the spiritual weight loss challenge starting today by releasing the negative people and things that are preventing me from running the God race.

[#oneteam](#) [#weightloss](#) [#acceptchallenge](#)