



## 21 days to a better me...day 1

**“I know that you can do all things; no purpose of yours can be thwarted” Job 42:2**

**We should all strive to be the best “us” that we can be. In my effort to finally get myself together (for real this time) I asked God to show me how to get it done. I believe that He reminded me of the 21 day thing...that it takes 21 days to start or break a habit...thus the 21 Day Challenge. Let’s do this together. Let’s become the best people of God that we can be! Rome wasn’t built in a day, but a journey of a hundred miles starts with the first step. Come on...we’ll help each other!**

**So today I start with the challenge of putting procrastination far behind me. I believe that I need to focus on 6 areas of my life and I am trusting the Holy Spirit to lead me to any other areas that I may have forgotten. My list may look like yours, and if so, I pray that God helps you too.**

- 1. Spiritually**
- 2. Mentally**
- 3. Physically**
- 4. Emotionally**
- 5. Financially**
- 6. Relationally**

**Spiritually, I know that i desire a closer walk with God. But, the ball is in my court. God has already done all that He needed to do to insure my salvation....He gave His only begotten Son to die in my stead. Jesus paid everything that needed to be paid for me. The rest is up to me. I have to make the effort to walk before Him and be holy. I have to crack the Bible and study the Word. I have to stand on the promises of God in order to live the life that He said I could live. I have to put forth the effort to be the disciple that He called me to be. This is on me. How important is God to me is the question of the day. Is He important enough for me to make time for Him in my busy schedule? Is He important enough for me to turn off the TV and get off Facebook? Is He important enough for me to rise an hour earlier so I can have devotion time**

with Him? Is He important enough for me to cut that conversation short, you know, the one that I have waited for all day? Today I say yes. Today I say, Lord help me keep this commitment to get closer to You and learn of you. Today I say Lord help!

How do I become a better me? Surround myself with anointed music.

1 Samuel 16:23 New International Version (NIV)

23 Whenever the spirit from God came on Saul, David would take up his lyre and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.

Anointed praise and worship music will drive out evil spirits of fear, doubt, depression, anger, etc. When negative feelings abound and you don't know how to get rid of them, your mind is working against you and the more you try to change your mind the more depressed you become...turn up the praise! I can sing myself happy and so can you! Isn't it wonderful to know that the enemy has to flee when praises go up!