



The Best News EVER

By The Apostle John

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world, but to save the world through him.

Whoever believes in him is not condemned... This is the verdict: Light has come into the world... whoever lives by the truth comes into the light...

continued in John chapter 3

By The Apostle Paul

encouragement and wisdom for the journey : a devotional


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FITNESS

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The Best News **EVER**

Hope, strength, and good news. Though these words do not describe many of the headlines we read in today's news, at Body & Soul Fitness we have a message of hope to share with you, and it is **The Best News Ever**. Our session verse is Luke 2:10b- ***"I bring you the most joyful news ever announced, and it is for everyone! The Savior – yes, the Messiah, the Lord– has been born tonight in Bethlehem."***

As you read through these devotionals, we invite you to explore the following themes:

The Best is Yet to Come

Good News

Be Strong

Have Hope

Bring it On

We are eager to share The Best News Ever with you!

Blessings,

Amy & Jeannie

Amy Stafford

President,

Body & Soul Fitness

Jeannie Blocher

Director of

Spiritual Impact

Best is Yet to Come	Group 1 Crew
Rest of My Life	Jasmine Murray
Bring it On	Kutless
Child of Heaven	Calling Glory
Open the Clouds	Unspoken
Now	Mallory Hope
Impossible	1GN
Just Hold On	Citizen Way
Can't Be Moved	Jeremy Camp
Heaven's Here	MercyMe
Bulletproof	Citizen Way
The Best is Yet to Come	Matty Mullins
What You're Worth	Mandisa
Lifer	MercyMe
Never Gonna Let Me Go	Tauren Wells
Best Day Ever	KJ52
Unfinished	Mandisa
Best News Ever	MercyMe
Hills and Valleys	Tauren Wells
All That Matters	Colton Dixon
There Will Be a Day	Jeremy Camp
Endless Praise	Planetshakers
Good News	Mandisa
Til The Day I Die	TobyMac
Me Voy P'al Cielo	Franklin Valverde



WHAT'S YOUR DREAM?

What do you dream about? What is it you hope for? What seems impossible and out of your reach? Ephesians 3:20 reads: *“Now to him who is able to do far more abundantly than all that we ask or think”*. Your dreams can come to life and you can hope for the impossible because God has even higher hopes for you. Dreams are hopes for the future. Dreams represent what we anticipate, what is yet to come. Seek those hopes and anticipate those things that God has for you. Matty Mullins sings: *“Better than we ever imagined. You are the God everlasting. To see the impossible happen. Oh the best is yet to come.”*¹ Keep dreaming. Keep hoping. Keep talking to God about it all. Believe that the impossible is possible. Trust Luke 1:37, believing that “nothing will be impossible with God.” Trust Him with your dreams and never give up. Trust that God has good things for you, especially in the eternal life that is to come. What are you dreaming about today? The best is yet to come!

¹ *The Best is Yet to Come*, Matty Mullins



THE BEST IS YET TO COME

When you have one of those days when you're feeling discouraged, frustrated or worried, you may relate to the words of the song by Group 1 Crew: *"If this is as good as it gets, don't you really wish everybody had a redo?"*¹ We've all experienced times when we've wished for that redo. And there is good news about what "is yet to come" if we believe in Jesus as our Savior. He DOES give us a redo when we say yes to him. It is an opportunity to live by faith, fixing our eyes and our hope on him. The same song goes on to say this: *"I know there's a future for me, and I know it's gonna be bright...because the best is yet to come."* Heaven awaits! Let's thank God for the redo of being reborn through faith in Jesus!

Colossians 1:4b, 5 "We have heard of your faith in Christ Jesus and of the love you have for all God's people—the faith and love that springs from the hope stored up for you in heaven"

¹"Best is Yet to Come" by Group 1 Crew

JESUS FOR THE WIN!



Part of the thrill of athletic games is not knowing which team will win. We dress up in our team colors and cheer loudly for our side, while hoping our opponent has an “off” performance. We believe that our cheering encourages our team to fight a little bit harder to win. We high-five our friends when things are going our team’s way, and we boo the refs when they aren’t. For the sports-lovers, the outcome either makes our day or ruins it, and that’s the thrill of the game. For those who follow Christ, the fight is already won. MercyMe sings *“What if I were the one to tell you that the fight’s already been won. That the work’s already been done. It’s not good news, it’s **THE BEST NEWS EVER!**”* Christ defeated the enemy when He died on the cross and rose again to life. He paid our penalty for sin and won our souls. 1 Cor 15:57 reads *“But thanks be to God, who gives us the victory through our Lord Jesus Christ.”* Not only is this thrilling news, this seals our victory over the enemy and gives us reason to cheer!

Best News Ever, MercyMe





WHAT IS THE GOOD NEWS?

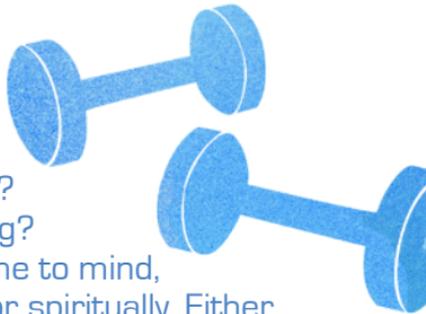
Is it good news when things are going well at home with the family, at work, with your finances, and your health? Absolutely! When we get this kind of daily good news let's be grateful and not take it for granted. **But the good news of the Gospel of Jesus Christ is the best news ever.** Mandisa wants to shout this news from the rooftops with a

microphone, a megaphone and a telephone. In

her song Good News, she says it this way: *"Good news, got that old made new. Got that joy coming through...got that skip in my step...got that love in my life. I'm talking about good news."* The Scriptures say: *"...If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."*¹ So the good news is this: God loves us so much that he sent his Son Jesus to die in our place, covering our sins and saving us. When we take the step of faith to believe in Jesus as our Savior, we receive new life in him with the hope of heaven in our future. Now that's good news! Join in and shout it from the rooftops so others will know the good news, too!

¹2 Corinthians 5:17 ESV

STRENGTH TRAINING



Imagine the strongest person you know. Are they physically strong? Emotionally strong? Spiritually strong? They likely inspire you since they came to mind, whether it's physically, emotionally, or spiritually. Either way, they've made an impression on you and perhaps have encouraged you to be stronger. If you compare yourself to them, you may feel weak, but if you follow their lead, you'll likely get stronger by their example, one step at a time. Mallory Hope sings a song titled *Now* and listening to it you'll hear this: *"I'll put one foot in front of the other, take one breath and then take another. Lead the way, God, I'm gonna follow you 'cause you're faithful every moment. You've never led me wrong, never let go. Your love is STRONG."* If you've experienced God's faithfulness, you know it's sure and constant. If you've experienced His love, you know it's unconditional. And if you've experienced God's strength in tough circumstances, you know it's more than enough to get you through. Let's follow His example and let His strength inspire us. Let Him lead the way. And though we may be weak, for the sake of Christ, we are strong.

2 Cor 12:10

STRENGTH IN THE LORD

*"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*¹ God spoke these words to Joshua when he stepped up to lead the Israelite people, and we should take them to heart personally each and every day. God will be with us in each "today" as we wait for the glorious tomorrows that he has in store for us. He will be with us during all the hills and valleys of our life. Tauren Wells sings it so well: *"On the mountains I will bow my life to the One who set me there. In the valley I will lift my eyes to the One who sees me there. When I'm standing on the mountain I didn't get there on my own. When I'm walking through the valley, I know that I am not alone. You are God of the hills and valleys, and I am not alone."*² It makes it a lot easier to be strong and courageous when we know that God is with us. He will help us conquer our fear and replace discouragement with gratitude. As we live each day looking forward to heaven but also focusing on today, let's *"be strong in the Lord and in his mighty power."*³

¹Joshua 1:9b

²*Hills and Valleys* by Tauren Wells

³Ephesians 6:10

ARE YOU BEING ROBBED?

Security. We all want it. Many of us pursue it. For some, no matter how much security there is, it's never enough. There may be fear when you think about your health. There may be doubt when you consider whether or not you have enough money in your savings account. Perhaps you have regrets about your past and you worry that they define you. All these feelings – fear, doubt, regret, worry – they are hope-stealers! Hope is defined as a feeling of expectation and desire for a particular thing to happen. Citizen Way sings *“I got my armor now. No fear no doubt can shoot me down. Now I’m not afraid. I don’t have to fear no more, worry no more.”* Don’t let fear or regret steal your hope. Defend against doubt and worry by trusting God with your security. He is trustworthy and our true security. Meditate on His promise written in Isaiah 41:10, *“Fear not, for I am you God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”*

Bulletproof by Citizen Way

HAVE HOPE

*“Troubled soul. Don’t lose your heart, ‘cause joy and peace he brings and the beauty that’s in store outweighs the hurt of life’s sting. But I hold on to this HOPE, and the promise that He brings—that there will be a place with no more suffering.”*¹The words of this song by Jeremy Camp remind us to hope in the midst of this broken world. And they are true— there will be a day when Christ returns, when there will be no more suffering, a day when we will see Jesus face to face. He will wipe away all of our tears; there will be no more pain and no more fear. What a world it will be! But until that day, choose to live with hope. Grab it as an anchor amidst the storms of life. As the Scriptures say— *“we have this hope as an anchor for the soul, firm and secure.”*² As you wait, anchor your soul with hope!

¹*There Will Be a Day* by Jeremy Camp

²Hebrews 6:19

A decorative sunburst graphic in the top left corner, consisting of several blue lines radiating from a central point.

THE PROMISE OF HEAVEN

*"We're looking on to the glorious day. A brighter morning when the sky rolls away. We've got a ticket into heaven that's already been paid. Open the clouds, see the sun break through, shine down on you."*¹ Remember a time when you found yourself captivated by the view of the sky as the clouds opened up in such a way that the rays of light streaked down from the heavens, splitting the sky into radiant slices of blue. It's as if heaven opened a window to shine its light to the earth, reminding us of the promise of heaven. Many of us wonder what heaven will be like. We wonder what our bodies will look like. Some of us already have some questions formed in our heads we're eager to ask those we know from the Bible. And likely, all of us long to see someone who has gone before us. **The promise of heaven is real.** Revelation tells us of a new heaven and a new earth. These verses describe much about heaven, yet it's hard to imagine what it will be like. This we know: God's promises are true and He is faithful. Look to the sky often, anticipating the opening of the clouds. Bring it on!

¹*Open the Clouds*, Unspoken ²Revelation 21:1



BRING ON THE PRAISE!

The song *Endless Praise* by Planetshakers makes me think of what heaven will be like. We will be able to jump, dance and leap for joy with no worry of aches and pains. We will be able to sing with all our heart even if we can't carry a tune or hit the high notes here on earth. We will be able to wholeheartedly praise our God— endlessly. Sounds like a fantastic heavenly party to me! But we don't have to wait— let's get the praise party started here and now. **Let's bring on the praise** as we exercise in Body & Soul. Sing along: *"You are God, and we lift You up. We'll keep singing; we'll keep praising. We won't stop, giving You all we got, 'cause You're worthy of all glory. To You let endless praise resound!"*

Psalm 41:13 "Praise be to the Lord, the God of Israel, from everlasting to everlasting. Amen and Amen."

Are you looking for some good news?

When life is full of hard things—bad news about health, the state of the world, the economy, and personal relationships, we all could use some good news! God not only gives us good news, he gives us the best news ever! It all started long ago in Bethlehem. In the Bible we find this message: *“I bring you the most joyful news ever announced, and it is for everyone! The Savior— yes, the Messiah, the Lord— has been born tonight in Bethlehem.”* (Luke 2:10b)

Why is this birth announcement the best news ever? Because it reveals God’s plan to rescue and redeem all of us who listen and take to heart his message. God sent Jesus on that night long ago to rescue us and save us from our sins. When we admit our sinfulness and believe that Jesus died in our place, we receive the gift of eternal life. This gift is given to us by grace, through faith. We cannot earn it— it’s not about being “good enough.” That is why this is such good news. It’s not about what we do or what we have done. It is about belief, surrender and faith alone.

Take a step of faith to ask God to take control of your life, and allow him to guide you to a new life of belief and surrender.

Admit your faults and mistakes- things that have made you feel unworthy of God’s love. He reaches out to you, just as you are.

Accept God’s grace and forgiveness. He offers this grace to you in a supernatural way. He does not ask you to earn it. He knows you don’t deserve it; he offers it as a free gift. This is the best news ever!

You can be assured of this supernatural grace if you put your faith in God and allow him to take control of your life. He loves you so much that he sent his son to cover your mistakes and open the door to everlasting life. God's son Jesus bridges the gap between you and God. Choose, by faith, to believe that Jesus is the only way to ensure your eternal life in heaven. Once you have made this decision, your new life will start and you will begin to experience the faithfulness of God, even in hard times.

Ephesians 2:8-9 "For it is by grace you have been saved, through faith— and it is not from yourselves, it is the gift of God— not by works so that no one can boast.

The following is a suggested prayer:

Dear God, thank you for the good news that Jesus came to rescue me. I am taking the step of faith to believe in you. I open the door of my heart and accept you as my Lord. Thank you for forgiving my sins and giving me life that is everlasting. Take control of my life. Make me the person you want me to be. Thank you for your grace and your love.



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where faith and fitness meet

By The Apostle Paul

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—by the right hand of God and

is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ... No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

continued in Romans ch 8

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