



**Manage ALL eating....**

## **FOCUS**

In a world filled with distractions, maintaining **focus** on what truly matters is a challenge faced by many. Fortunately, the Bible provides timeless wisdom on the importance of focus and where to direct our attention. The first of the year is when we, at KAINOS, have our 21DAY CONSECRATION! We will go through Bible verses that offer insights and guidance to help navigate the journey of life with purpose and clarity.

Perhaps you're facing situations now that you dread, and you're gearing up to endure it. But when God says He will go before you and make the crooked places straight, that means what should be overwhelming is no problem at all. Where you don't see a solution, (Ephesians 2:14), suddenly things fall into place. When you don't have the right connections, (Ephesians 2:14), out of nowhere someone shows you favor. When you think it is going to be a long drawn-out process, (Ephesians 2:14), it turns out easier than it looks. There's going to be a supernatural grace, a supernatural favor, a supernatural strength for you. Start expecting that the Lord is going before you.

It's Ephesians 2:14, "A NEW WAY OF LIVING, PRODUCED BY A NEW CHARACTER IN GOD!"

Get Ready....

Get Set....

## **FOCUS!!!!!!**

In Him,

Dr. Carol E. Dixon, CA

# DAY 8, January 12

## Stay Positive

### TODAY'S SCRIPTURE:

John 16:33, NIV

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

### TODAY'S WORD:

It's easy to be positive and encouraging when everything is going your way, isn't it? But everyone is going to have obstacles to overcome in life. Problems have a purpose, and part of God's purpose for allowing you to face obstacles is to test your attitude. That's why you need to be positive even in negative situations. Remember, God wants you to live life to the fullest. And He has provided a way for you to enjoy your life, even when you're going through hard times.

Look closely again at John 16:33. Jesus has just told you that you will face tribulation. But then He says, "Take heart!" That's the secret. One translation puts it this way: "When you have trouble, cheer up." What God is saying is that you can choose to be joyful and positive no matter what happens. The reason you can do that is because Jesus has already won your battle, whatever it may be!

### PRAYER FOR TODAY:

"Lord, thank You for the trials that strengthen my faith. I know that all I need to do is look up to You when troubles come, and claim Your victory over them. In Jesus' name, Amen."

**DAY 9, January 13**

## **Keep Looking Ahead**

### **TODAY'S SCRIPTURE:**

John 2:19, NIV

*Jesus answered them, "Destroy this temple, and I will raise it again in three days."*

### **TODAY'S WORD:**

When Jesus spoke today's Scripture, He was referring to His coming death. At the time, people thought He was talking about the actual temple building, but He was talking about Himself. He knew that His end had been established. He was saying that His final scene was not one of being betrayed and mistreated, hanging on a cross in great pain, or being buried in a tomb wrapped up in grave clothes. He knew that His final scene was that of being seated at the right hand of His Father, with all power, with the keys of death and hell. That's why the Scripture says, "For the joy that was set before Him He endured the cross, scorning its shame."

Now in the tough times, don't let the twists, the turns, or the things that don't make sense cause you to get discouraged. The way to keep your joy is to keep looking ahead, knowing that you will have a flourishing finish, knowing that God always causes you to triumph. God has established your end.

### **PRAYER FOR TODAY:**

"Father, thank You that Your plans for me are for good. I may not understand everything along the way, and it may not have been fair, but I'm not going to live worried, upset, or discouraged. I know You have established my end and are bringing me to a flourishing finish. In Jesus' name, Amen"

**DAY 10, January 14**

## **Whosoever**

### **TODAY'S SCRIPTURE:**

John 3:16, NIV

*“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.”*

### **TODAY'S WORD:**

When God sent His Son Jesus to the earth, He opened the door of salvation to whoever would believe. That means anyone can come to Him and become a child of His and have everlasting life! He didn't just come to save certain kinds of people. He didn't have a bunch of rules and conditions for salvation.

Before Jesus came, people had to observe many laws in order to be holy enough to go into the temple. They were constantly performing sacrifices to pay for their sins just so they could be around the presence of God. And even then, their sins weren't washed away; they were only covered up. But when Jesus came, He was the final sacrifice. His blood didn't just cover up our sins; His blood washes us clean!

Now, instead of just going to the temple to be near God, the Bible says we are the temple, and He chooses to live inside of us. Do you receive Him today? If you've never asked Him into your life, there's no better time than right now.

### **PRAYER FOR TODAY:**

“Father, thank You for sending Your Son Jesus so that I can be free. Thank You for opening the door to eternal life. I accept the sacrifice Jesus paid. Come into my heart. Be my Lord and Savior in Jesus' name, Amen.”

**DAY 11, January 15**

## **God's Perfect, Indescribable Gift**

### **TODAY'S SCRIPTURE:**

John 3:16, NIV

*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.*

### **TODAY'S WORD:**

Beyond the Christmas lights and presents, beyond the music and great food, God reminds us of the most wonderful gift that has ever been given...this gift is Jesus. The babe in the manger. The Savior of the world, who brought the promise of unconditional love, unending hope, and eternal life to every person who believes in Him. The apostle Paul was so overwhelmed at the thought of all that God has given us that instead of trying to put it all in words, he simplified it this way: "Thanks be to God for his Son—a gift too wonderful for words" (2 Cor. 9:15).

Jesus is God's perfect, indescribable gift. And the amazing thing is that not only are we personally able to receive this gift that is too wonderful for words, but we are able to share Him with others today and every day. We need to make sure our hearts are ready, both to receive Christ's love and to extend it to others. This is what Christmas is all about.

### **PRAYER FOR TODAY:**

"Father, thank You for Your amazing love and the indescribable gift of Your Son, Jesus, who is too wonderful for words. Thank You for the gift of eternal life and the unending hope I find in Jesus. I receive Your love right now and look forward to sharing this gift with others. In Jesus' name, Amen."

# DAY 12, January 16

## Love Gives

### TODAY'S SCRIPTURE:

John 3:16, NIV

*“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.”*

### TODAY'S WORD:

Have you ever thought about how love affects giving? Someone once said, “You can give without loving, but you can’t love without giving.” Love prompts us to give of ourselves, our time, abilities and resources. The Bible tells us that God is love, and the world will know that we are His followers by the love we show. Giving is what shows our love!

We are entering into a time of the year that the world knows as the season of giving, but let’s remember to take time to focus on the greatest gift of all, the gift of eternal, abundant life through Jesus. If you’ve never received this gift, open your heart and pray this simple prayer: “Lord Jesus, I come to You today, giving You all that I am. I repent of my sins and confess that I need You. I believe You died and rose for me. Be my Lord and Savior and make me new today. I receive Your love and Your gift of eternal life.” Then, go out and share the gift of love with someone else because it’s the gift that will last in eternity!

### PRAYER FOR TODAY:

“Father, thank You for loving me and setting me free. I choose to serve You with my whole heart all the days of my life. Help me to love others the way You love me. Give me opportunities to be a blessing everywhere I go in Jesus’ name, Amen.”

# DAY 13, January 17

## It Is Finished

### TODAY'S SCRIPTURE:

John 19:30, NIV

*When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.*

### TODAY'S WORD:

We all have things that are trying to hold us back, whether it's guilt from past mistakes, temptations that we can't seem to overcome, or a dysfunction that's been passed down to us. When Jesus hung on the cross, before He took His final breath, He said, "It is finished." He wasn't just talking about His life and how He had finished His purpose. He was putting an end to all the negative things that could keep us from our destiny. He was saying, in effect, "The guilt is finished. The depression is finished. The low self-esteem is finished. The mediocrity is finished. It is all finished."

Are there things you're living with to which you need to say, "It is finished"? Whatever that negative thing is, announce to it, "It is finished. The price has been paid. I am free," and in the unseen realm, strongholds are broken, chains are loosed, and favor is released.

### PRAYER FOR TODAY:

"Father, thank You that when Jesus declared "It is finished" on the cross, it included all the negative things that are holding me back from becoming all that You want me to be. I believe that the price has been paid, I am free, and I am Your child. In Jesus' name, Amen."

# DAY 14, January 18

## It's Time To Thrive

### **TODAY'S SCRIPTURE:**

3 John 1:2, NKJV

*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*

### **TODAY'S WORD:**

Many people today are living in "survival mode." If they can just make it through the day, they've accomplished their goal. And, there are times when circumstances can seem overwhelming. There are seasons that are more difficult than others. But God doesn't want us to just survive, He wants us to thrive. He wants us to prosper in all things.

One definition of the word "thrive" means "to realize a goal despite circumstances." That means you can prosper in all things no matter what is going on around you. You don't have to settle for an average year; you can have an extraordinary year. You may be planning on just getting by, but God is planning on abundance. He's planning on overflow. It's time to get into agreement with God. It's time to walk in His ways. It's time see your dreams come to pass. It's time to thrive because God has a plan for you to prosper in every area of your life!

### **PRAYER FOR TODAY:**

"Father, thank You for the gift of today. I choose to cast my cares on You knowing that You care about me and for me. Help me to see the good plan You have for me so that I can thrive the way You intended in Jesus' name, Amen."