



30-DAY
Spiritual
BOOT CAMP



WARM*Up*

SCRIPTURE

Begin your time by reading the provided Bible verse a couple of times.



WORK*Out*

DEVOTIONAL

As you read the devotion, ask God to open your heart and your mind to what He wants you to learn from it. Prayerfully consider the connection between the verse of the day and the devotion before you read the provided prayer.



COOL*Down*

PRAYER

You can use the provided prayer as a starting point to talk to God. Tell Him what's on your heart, bring your requests to Him, and praise Him for what He's doing in your life.

DAY 1

by **BILLY GRAHAM**

WARM^{Up}

“The day of the Lord will come as a thief in the night.”

—2 PETER 3:10

WORK^{Out}

The flood was the greatest catastrophe in the history of the world. Scripture says that the flood destroyed everything. The importance of Noah and the flood is emphasized by the many references to it in the Bible. The flood was both a warning and a promise. God warned that He would not always strive with man. Then He made a covenant with Noah and his sons that He would never again destroy the world by flood, and He gave the rainbow as a promise.

The Apostle Peter wrote that in Noah’s day *“the world that then existed perished, being flooded with water”* (2 Peter 3:6). But he also wrote that *“the day of the Lord will come as a thief in the night, in which the heavens will pass away with a great noise, and the elements will melt with fervent heat; both the earth and the works that are in it will be burned up”* (2 Peter 3:10).

We do not know at what hour the Lord is coming back again. But we are told in Scripture that there will be signs pointing toward the return of the Lord. I believe that we see those signs in the world today. I believe that the coming of the Lord is near.

People today are concerned and frightened as they look at world conditions. Many things seem to be pointing toward that time.

The flood was not a natural catastrophe. The flood was a moral catastrophe. It came as a result of God's judgment on the attitudes and actions of the people in the world of that time. God has set a time limit for our day as well. God has "*appointed a day on which He will judge the world in righteousness by [Jesus Christ] whom He has ordained*" (Acts 17:31). We don't know when it is, but Jesus said the hour is coming.

COOL *Down*

Father, thank You for Your promise that Christ will return. Remind me daily that the hour of judgment is coming, so that I live in preparation for that day.



DAY 2

by FRANKLIN GRAHAM

WARM *Up*

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

—ROMANS 12:2, ESV

WORK *Out*

An individual with a Biblical worldview looks at the world and sifts all information through the lens of God’s Word. Scripture informs his thinking and behavior, guiding his intellect and moral determinations. The Bible is the bedrock that undergirds his entire life.

The secular worldview dismisses God as irrelevant in the affairs of men and government, and views critical moral issues as independent of God’s moral character and principles. Clear definitions of right and wrong are impossible to determine. Over and against every competing worldview, the Bible forcefully declares, *“Do not be conformed to this world, but be transformed by the renewal of your mind”* (Romans 12:2, ESV). In other words, the only way to see all of life accurately is through the transforming lens of Scripture.

The Biblical worldview says there is a God—One who is personal, powerful and caring—who created the world and everything in it. Mankind—born and unborn, rich and poor,

able and disabled—has intrinsic worth. Almighty God is a sovereign God, ruler over nations, states, empires, and governments. He is to be worshiped and obeyed through the precepts and principles revealed in His infallible Word.

The Biblical worldview also asserts the existence and reality of sin and evil. *“All have sinned and fall short of the glory of God”* (Romans 3:23). War, disease, violence, injustice and the myriad problems that beset the world are the result of man’s rebellion against God. Any attempt to create a utopian society, to permanently solve global problems, is doomed to fail.

For now.

But one day soon, as the Biblical worldview triumphantly proclaims, the Lord Jesus Christ will return to earth, meting out eternal judgment to those who have rebelled against Him while gathering to Himself the saints, who will rule along with Him in a new heaven and a new earth. There will be no more sickness, no more death, no more disease, no more violence, for our enemy will be cast into an eternal lake of fire, and sin will be no more (Revelation 20:10).

This is the only worldview that sees clearly and rightly, causing the heart to rejoice for eternity.

COOLDown

Lord, transform me and renew my mind as You wash it by Your Word. Help me to see all of life through the lens of Scripture and give me the power to live each day in obedience to You. I pray in Jesus’ Name. Amen.

DAY 3

by WILL GRAHAM

WARM^{Up}

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.”

—MATTHEW 7:24, ESV

WORK^{Out}

I have a colleague who recently built a deck on the front of his house. He diligently figured his budget, planned his design, ordered the lumber, and excitedly waited for the day when the truck would pull up with the materials. He enlisted the help of friends and family to dig the post holes, mix the concrete, and build the frame.

Everything went according to plan, until all of his friends had gone and he was left alone to secure the deck planks. Only then did he look more closely at the lumber, and realize that all of the wood was wet, twisted, and warped. Boards 16 feet long would bend several inches in the middle. His deck was going to be a chaotic and unstable mess.

A funny thing happened, though, as he began to screw the boards into place. He realized that there was a lot of flexibility over the course of 16 feet, and he could push the pieces into place and then screw them in tight. Even if the board naturally wanted to bow outward, he could force it inward and secure it. And once it was secure, it would naturally conform to the rest of the deck.

You and I are very much like those boards.

First, when we aren't anchored, we're twisting and turning with no clear direction. We're like the crowd in Matthew 9:36: *"But when [Jesus] saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd."* We're hopeless and helpless, apt to follow whatever path feels right at the moment. It can leave us literally and figuratively broken.

Second, we need to be aware of where our hearts are anchored, and how that affects us spiritually. Romans 12:2 says, *"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*

If we claim to be followers of Jesus but are anchored to the things of this world, we will ultimately conform to *"the sin which so easily ensnares us"* (Hebrews 12:1). But if we are anchored in the Word of God, secured by His presence in prayer, we will be transformed and renewed—conformed into His image.

Today, examine your own life and priorities, and make sure that your heart is anchored in the One who saves.

COOL *Down*

Lord, help me anchor my heart and my mind in Your Word. Align my priorities daily with what You want from me. I pray in Jesus' Name. Amen.

DAY 4

by **BILLY GRAHAM**

WARM^{Up}

“Holy, holy, holy, Lord God Almighty, who was and is and is to come.”

—REVELATION 4:8

WORK^{Out}

God is unchanging in His holiness. God is a holy God, a righteous God.

God is unchanging in His judgment. A day is coming in which all of us will stand before the judgment of Almighty God to give an account of our lives; we will give an account of what we did with His Son, Jesus Christ, and of our response to Him when He said, “I love you, I want to forgive you, I want to change you, I want to be your friend.” What will we answer? What will we do with Christ? The Bible says, *“The Lord will judge the ends of the earth”* (1 Samuel 2:10).

God is also unchanging in His love: *“God demonstrates His own love toward us, in that while we were still sinners, Christ died for us”* (Romans 5:8). God loves us! God is interested in us. He has the hairs of our heads numbered. He knows all about us, and He loves us!

God loves us with a love that we do not understand. When we come to Christ and give our hearts and lives to Him, He will give agape love—His love—to us so that we can

love people whom we usually don't even like. He will give us a supernatural power to love.

COOL *Down*

Dear God, I am grateful for Your unchanging holiness, righteousness, and love. Thank You for loving me. Give me Your love for the people that You bring into my life.



DAY 5

by **FRANKLIN GRAHAM**

WARM^{Up}

“Our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.”

—PHILIPPIANS 3:20-21, ESV

WORK^{Out}

In virtually every sector of public life today, the veracity and relevance of the Scriptures is being questioned. Scholars and theologians constantly cast doubt. Such is the state of affairs in our land, where the Pew Research Center found that fewer than half of adults could name all four gospels, and only four in 10 knew that Job was a Biblical figure known for following God in the face of great suffering. Nearly 40% of American adults seldom or rarely read the Bible.

What a tragedy!

Many years ago, when I was a young boy, my mother taught me the importance of memorizing key Scriptures. To this day, I can recall many of them, and the promises of God’s Word have sustained and guided me through the years.

I love the Bible. I love how the Lord speaks to my soul as I begin my days reading passages of Scripture. I love to preach its transforming truths.

That's why it's my fervent hope and prayer that we will have a resurgence of interest and esteem for God's Word. Any renewal or revival movement must have the Bible as the centerpiece, for *"faith comes from hearing, and hearing through the word of Christ"* (Romans 10:17, ESV). God saves us from sin, and He does so as the truth of God's Word is clearly proclaimed.

And that is why there is no other book on earth that can even compare to this Book—the inspired, infallible, inerrant Word of God.

COOL*Down*

Lord, please help me make reading my Bible a priority every day, give me the wisdom to understand what I read, and guide me as I apply Your truths in my life. Remind me of the promises found in Your Word whenever I face challenges or temptations. I pray in Jesus' Name. Amen.



DAY 6

by WILL GRAHAM

WARM^{Up}

“You are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.”

—1 PETER 2:9, ESV

WORK^{Out}

Things were going wrong in his personal life. He was immersed in a society that valued everything that he stood against. He was pressured to bow down and worship things that he knew were wrong. There was constant temptation to succumb to the worldliness around him.

Sound familiar? No, I'm not talking about the world in which we live today, but rather a young man from the Old Testament who was captured and taken into captivity in Babylon: Daniel.

Daniel's home of Jerusalem had been overthrown, and he'd been carried off into a foreign and godless land as a slave of King Nebuchadnezzar. He endured a “reeducation program,” meant to assimilate Daniel and the other young men into the culture and prepare them to serve the king. He was taught astrology and magic, as well as Babylon's Chaldean language.

However, Daniel “*purposed in his heart*” (Daniel 1:8) that he would not disobey God, even amid the pressure and

temptations. Because of his faithfulness and obedience, “God gave [Daniel and his friends Hananiah, Mishael, and Azariah] knowledge and skill in all literature and wisdom; and Daniel had understanding in all visions and dreams” (Daniel 1:17).

Fast forward through the centuries to today. You haven't been captured and carried into a far-away land, but the society around you perhaps looks unfamiliar and troubling. Young people—like Daniel in his day—are especially being led astray and indoctrinated by a culture that is largely opposite of the life we're called to live as followers of Christ.

With so many prevalent temptations all around us, it would be easy to assimilate and enjoy all that the world has to offer. However, like Daniel, we must purpose in our hearts to serve Jesus and Him alone. We must feast on the things of the Lord rather than the evils of this age.

How do we do that? When I want to improve my health, I not only eat good things, but stay away from bad. It's the same thing spiritually. We must consume the Word of God and talk daily to our Sustainer in prayer, while pursuing righteousness and avoiding worldly temptations.

As we do, God will not only give wisdom and understanding, but, I believe, opportunities to share His hope with those around you.

COOL *Down*

Lord, give me the strength to remain different from the culture I live in and help me serve You alone. Remind me to rely on You when I face temptations and distractions. I pray in Jesus' Name. Amen.

DAY 7

by **BILLY GRAHAM**

WARM *Up*

“Without faith it is impossible to please [God].”

—HEBREWS 11:6

WORK *Out*

Humans have five physical senses: We can see, hear, taste, smell, and touch. We have a body with eyes, ears, a mouth, a nose, hands, and feet. But we are more than a body; we are a living soul.

Our soul is that part of our being which possesses intelligence, conscience, and memory—the real personality. Your body will die, but your soul lives on. And that soul has a “sixth sense”—the ability to believe, to have faith.

The Bible teaches that faith is the only approach we have to God. *“He who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him”* (Hebrews 11:6). Faith pleases God more than anything else.

Cliff Barrows and I have been close friends for years. Suppose I went to him and said, “Cliff, you are a wonderful person, but I don’t believe a thing you say.” How would he feel? That is the way some people treat God.

You may be saying, “God, I believe You are great, but I do not believe Your Word; I do not believe what You say.”

In order to please God you must believe Him. God and God's Word are inseparable.

COOL *Down*

Dear God, I believe You are great, and I do believe what You say. I want to live in a way that demonstrates that I trust Your Word.



DAY 8

by **FRANKLIN GRAHAM**

WARM *Up*

“Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross.”

—HEBREWS 12:1-2, ESV

WORK *Out*

There is nothing more fundamental to the Christian faith than the death, burial, and resurrection of Jesus Christ.

When Peter stood in Jerusalem immediately following the outpouring of the Holy Spirit on the day of Pentecost, he preached the cross of Christ and thousands were converted. Soon after, while preaching at Solomon’s Colonnade, Peter was arrested by the temple guard and hauled off to jail because the apostles were *“teaching the people and proclaiming in Jesus the resurrection from the dead”* (Acts 4:2, ESV).

When warned not to speak again in the Name of Jesus, Peter and John replied, *“We cannot but speak of what we have seen and heard”* (Acts 4:20, ESV). There was absolutely no way the disciples of the Messiah would ever stop talking about the most marvelous, supernatural event in history.

While believers in Christ are commanded to pray for all

those in authority, and to honor the Lord by obeying the laws of the land, the Scriptures also make it clear that the exception is when those laws violate the principles of God's Word. We are citizens of two kingdoms: the civil kingdom of this world as well as the heavenly kingdom. *"But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ"* (Philippians 3:20, ESV). As citizens of that heavenly kingdom, our allegiance lies with the kingship of the risen Christ, to whom belongs all rule and authority and might and dominion.

In the resurrection power of the Lord Jesus Christ, we live not in the fear of man, but in the holy fear of Almighty God to whom belongs glory and dominion forever. We want to *"know [Christ] and the power of His resurrection, and the fellowship of His sufferings"* (Philippians 3:10).

COOL *Down*

Lord, please give me a renewed passion for the Good News of Jesus Christ and the boldness to tell others about His life, death, and resurrection. Help me to overcome any fear I have of sharing Your truth with those around me. I pray in Jesus' Name. Amen.



DAY 9

by WILL GRAHAM

WARM^{Up}

“A man without self-control is like a city broken into and left without walls.”

—PROVERBS 25:28, ESV

WORK^{Out}

“They aren’t Christians,” my friend shared, explaining why he spends his evening drinking at the bar instead of at home with his family. “In fact, I’m the only Christian they know. How am I going to witness to them if I’m not where they are?”

I replied, “How did your friends respond the last time you shared your faith with them?” The question was met with a sheepish glance and a quick change in the subject.

While I have my doubts, let’s take my friend at his word and assume that he was building a bridge in order to lead others to Christ. The problem is that his drinking buddies see no difference between themselves and my friend, because my friend does the exact same things they do—and yet he claims to be a follower of Jesus. If Christ hasn’t changed my friend’s life, why would his buddies need Jesus in theirs?

If you truly want to lead others to Jesus, you must live a victorious Christian life above the fray of this broken world. Your life should be proof that God is living in and working through you.

Consider the words of Paul in Romans 12:1-2: *"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect"* (ESV).

Paul calls on each of us to be a *"living sacrifice,"* and commands us to not be *"conformed to this world."*

Let me get straight to the point: As you go through your days, do your actions exhibit sacrifice—avoiding the sinful pleasures that surround us—or do they scream conformity and lack of self-control? If your answer to that question is the latter, you can bet that your friend is going to use those things against you as you attempt to share how God has changed your life.

My challenge to you is this: Examine your life and intentionally seek to be a living sacrifice for Christ; not conformed but transformed, for the glory of God. If you do that, my guess is that your friends will notice that change in you, and you'll finally have the opportunity to truly tell them about the transformative power of Jesus.

COOLDown

Lord, help me take a careful look at my life. Show me the areas where I need to rely on You for self-control and make me a shining light for You to my friends and loved ones. I pray in Jesus' Name. Amen.

DAY 10

by **BILLY GRAHAM**

WARMUp

"Faith is the substance of things hoped for, the evidence of things not seen."

—HEBREWS 11:1

WORKOut

Faith implies four things: self-renunciation, reliance with utter confidence on Christ, obedience, and a changed life.

To have faith implies self-renunciation. The problems of the world are not from without. They are not political, social, or economic in origin. Christ said that all of these evil things come from within. Our soul has a disease called sin.

What is sin? Sin is transgression, lawbreaking, coming short of God's standards. You break a law of your country and you are a lawbreaker. You break the moral law of God and you are a lawbreaker. Every person who has ever lived is a lawbreaker; he or she is a sinner in God's sight.

Christ did not die by accident. He died voluntarily in our place. God took all of your sins and laid them on Christ. God says He will not forgive you, He will not transform you, He will not give you the peace and joy that you search for, until you choose between your sins and Christ. The moment you turn from your sins and turn to Christ, you are forgiven.

He can break the chain of every sin that binds you if you are willing to give it up. The moment you receive Christ by

faith, He comes into your heart and gives you power to overcome sin.

Second, faith implies reliance with utter confidence in Christ. Although we cannot see Him, hear Him, or touch Him, we can believe in Christ and rely upon Him.

Third, faith implies obedience; and obedience implies action. We must be faithful to put the teachings of Christ into practice in our daily lives.

COOL*Down*

Heavenly Father, forgive me for the times when I fall short of Your standards. Show me how I can obey You more fully and more faithfully each day.



DAY 11

by FRANKLIN GRAHAM

WARM *Up*

“Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

—JOSHUA 1:9, ESV

WORK *Out*

There will be many obstacles, temptations, trials and tribulations that the believer in Christ must negotiate along the course that God has appointed for us.

The Apostle Paul frequently used athletic imagery in his letters to churches and epistles. To the Corinthians, Paul wrote of the transient nature of physical pursuits when compared to the incredible rewards that await the serious, zealous pursuit of Christ Jesus.

“Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable” (1 Corinthians 9:25, ESV).

Like a motivated, disciplined athlete, the follower of Jesus Christ trains his soul and body to *“run in such a way that [he] may win”* (1 Corinthians 9:24, NASB). But unlike the fading prize of a merely physical endeavor, the disciple of Jesus Christ receives—by grace—the unfading, enduring reward of eternal life with the Savior.

The Scripture says that we all are to *“run with endurance the race that is set before us”* (Hebrews 12:1). There will be many obstacles, temptations, trials, and tribulations that the believer in Christ must negotiate along the course that God has appointed for us.

But we run, and finish, and win by constantly fixing our eyes on *“Jesus, the author and finisher of our faith”* (Hebrews 12:2). We bow humbly before Him in prayer learn of Him through the Word, and worship Him as the Spirit of God reveals the sufficiency, majesty, and glory of our Savior and Lord.

I trust that our lives will be marked by such devotion, godly character, and sacrificial service for the sake of the Gospel.

COOL*Down*

Lord, please remind me to focus on You whenever trials and temptations threaten to discourage and distract me. Help me remember that Your strength is sufficient for me no matter what I face. I pray in Jesus' Name. Amen.



DAY 12

by WILL GRAHAM

WARM^{Up}

“Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.”

—PROVERBS 19:21, ESV

WORK^{Out}

The truth of Proverbs 19:21 was revealed to me clearly several years ago, as I held a one-day evangelistic event in the town of Thunder Bay, Ontario. It was part of a larger youth tour we were doing across Canada. Starfield—a Canadian Christian band—performed each evening, and then I would get up and share the Good News of Jesus.

It was a great tour overall, but on that particular night I was sick with a nagging cold, and deflated by the low turnout. The crowd was sparse, and I placed the blame on myself and our team. We didn't do our part for the sake of the Kingdom. We could have done more. In my mind, I moved on to the next city. “We'll do better there,” I promised God.

Have you ever noticed that God shows up when we get to the end of ourselves? He sure did that night in Thunder Bay! Despite my weak, uninspired preaching and discouraged point of view, the Holy Spirit moved powerfully in our midst. Though the crowd was small, 20% of the teens responded to the Gospel and placed their faith in Christ.

Afterwards, I sat down and I cried. I was convicted. Without even realizing I was doing it, I had fallen into the trap of thinking this was about me; that the harvest was my responsibility. It wasn't. God handled that, and in the process taught me that my plans don't amount to much, *"but it is the purpose of the Lord that will stand."*

Though the circumstances are likely different, many of you may be in the same boat today. Perhaps your life hasn't turned out how you would like. You've made all of your plans, only to watch them blow up in your face. Maybe you've prayed ceaselessly for something or someone, but it doesn't seem like God is listening.

Perhaps—like me that night in Thunder Bay—you're trying to be obedient and follow God's leading, but you've lost sight of the fact that He sees much more than we ever will, and He is working His own plan and purpose in our midst.

Wherever you find yourself, take heart in knowing that God is in control. He sees you. He knows your hopes and dreams, fears and struggles, and He is walking alongside you, fulfilling His purpose for your life.

COOL *Down*

Lord, don't let me lose sight of Your sovereignty and power. Please fill me with the peace that comes only from You, today and every day. I pray in Jesus' Name. Amen.

DAY 13

by **BILLY GRAHAM**

WARM^{Up}

"If the world hates you, you know that it hated Me before it hated you."

—JOHN 15:18

WORK^{Out}

In our desire to make Christ known and to increase the influence of the church, we are many times prone to think that Christians and the church can be made popular with the unbelieving world.

This is a grave mistake on the part of the church. Christ crucified is anathema to Satan, and the message of the Gospel is still a stumbling block and foolishness to the world. The Apostle John writes, *"Do not marvel, my brethren, if the world hates you"* (1 John 3:13).

When the Christian or the church becomes popular with the unbelieving world, something is seriously wrong with the Christian or the church. Because Christ runs counter to evil and because we are Christ-owned, we must also stand against evil.

Christians may be shown a grudging respect at times, but if we are faithful to Him, we will surely incur the wrath of the world. *"Yes, and all who desire to live godly in Christ Jesus will suffer persecution,"* says the Scripture (2 Timothy 3:12).

The Scripture teaches that popularity with the world means death. Satan's most effective tool is conformity and compromise. He is aware that one man standing in the midst of a pagan people can move more people in the direction of God than thousands of insipid professors of religion when he declares, *"I am not ashamed of the gospel of Christ, for it is the power of God to salvation"* (Romans 1:16).

COOLDown

Lord Jesus, remind me daily that the world hated You first, and give me courage to declare Your Gospel even though others may hate me. Help me to remember that the power of the Gospel results in salvation.



DAY 14

by FRANKLIN GRAHAM

WARM^{Up}

“He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together.”

—COLOSSIANS 1:15-17, ESV

WORK^{Out}

We can know that whatever we are facing, we have a God who has promised to never leave us or forsake us (Hebrews 13:5). Jesus said that He would be with us always (Matthew 28:20). So we can confidently say, *“The Lord is my helper; I will not fear”* (Hebrews 13:6).

He is the Good Shepherd who loves us. In the 23rd Psalm, He promises to lead us into green pastures and beside still waters. He is the One who restores our soul. Even though we may go through the valley of the shadow of death, we do not have to fear any evil. Our Lord is with us and is able. He has a rod to guide and direct us, and He has a staff to correct us. We can take great comfort in knowing that He has prepared a table for us. He anoints our head with oil.

Not only can we know that God is with us, we also can take comfort and find hope that our God rules over all. He is sovereign over every detail of our lives. Not a single sparrow,

a single atom, or a single germ lies outside of His control. He rules over nations, over kings, over history, over evil, over pandemics. There is nothing outside of His command, and He will use everything for His glory and our good.

Death for the believer is but a portal into Heaven. *"I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this"* (John 11:25-26)?

I believe this with all my being, and I will proclaim that glorious message as long as God gives me breath, working while it is still day, knowing that the time will come soon when no one can work (John 9:4).

Until then, I trust we all will be fearless in the service of the risen King, and faithful to love and obey Him with all our heart and soul. And remember in the uncertain days to come, that the Lord *"has not given us a spirit of fear, but of power and of love and a sound mind"* (2 Timothy 1:7).

COOL *Down*

Lord, whenever I feel fearful or anxious, please remind me that You are in control and that You use everything in my life for Your glory and my good. Help me find comfort and strength in Your Word and Your presence. I pray in Jesus' Name. Amen.

DAY 15

by WILL GRAHAM

WARM *Up*

“Therefore, my beloved, flee from idolatry.”

—1 CORINTHIANS 10:14, ESV

WORK *Out*

One of the things that I found remarkable about the COVID-19 pandemic in 2020 was how it took away many of our idols. Those cultural, political, and athletic icons that we emulated and revered suddenly came to a screeching halt.

There were no concerts, no football games, and no new theatrical releases. Work and school were canceled. 401(k) plans quickly plummeted. Politicians seemed as confused as the rest of us. The things that people clung to as anchors in life were suddenly gone. In their absence, many realized their need for God instead.

Almost all of us have idols in our lives, which have taken a place of honor that should be reserved for our Lord and Savior. These things are mortal and temporary, yet we give them priority in our lives and follow them almost religiously.

The Bible—from the beginning of the Old Testament to the end of the New Testament—repeatedly issues warnings to avoid idolatry and focus on the one true God. The admonitions are not quaint suggestions, but forceful proclamations regarding the eternal risks of turning from God to the things of this world.

Colossians 3:2-6 reads, "Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience."

The contrast is clear. If your mind is set on Heaven and your eternity is surrendered to Christ, glory awaits. Conversely, if you make the pleasures and desires of this world your idol—if you turn your back on God and worship temporary "things"—you are traveling down a path that leads to eternal separation from God.

The blessing, my friends, is that it is not too late for you! If you recognize areas of your life where you've elevated worldly elements into a place of power in your life, I beg you to reorder your priorities today and return Christ to the throne of your heart. Jesus died to take away the idols which once controlled you. As you surrender those things to Him as Savior, He will give you a new life and the promise of eternity with Him in Heaven.

COOLDown

Lord, I know there are things that I have made more important than You. Please open my eyes to any idols in my heart and my life and then help me overcome them. Thank you for sending your Son to die for my sins. I pray in Jesus' Name. Amen.

DAY 16

by **BILLY GRAHAM**

WARM *Up*

“The King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’”

—MATTHEW 25:40

WORK *Out*

For humans, there is a mystery as to why God created the earth. There is a mystery as to why He put people on this earth. But God has revealed answers through the Bible and through the person of His Son, Jesus Christ. In the Bible you will find the answers to the questions and the problems of your life.

But man rebelled against God. Man said, “I don’t need You, God. I can build my world without You.” God said, “If you take that position, you will suffer and die.” Man took that position, and he began to suffer, and he has been dying ever since. Physical death is just the death of the body, but the spirit lives on. If your spirit is separated from God for eternity, it will be lost forever.

The Bible teaches that Satan is the author of sin. Sin is the reason that we have afflictions, including death. All of our problems and our suffering, including death itself, are a result of man’s rebellion against God. But God has provided a rescue in the person of His Son, Jesus Christ. That’s why Christ died on the cross. That’s why He rose from the dead.

In suffering there is a message of compassion. Jesus said, *"I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me"* (Matthew 25:35-36). As fire swept through the MGM Grand Hotel in Las Vegas in 1980, I saw the emergency crews, the military people, The Salvation Army, the Red Cross, the doctors, the nurses, and the people coming to donate clothes and food. I saw compassion in action.

COOL*Down*

I may not understand why suffering comes, but I can show compassion to those who suffer. Lord, help me to be Your hands and feet to others in need.



DAY 17

by FRANKLIN GRAHAM

WARM^{Up}

“Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God, even my God, is with you. He will not leave you or forsake you, until all the work for the service of the house of the Lord is finished.”

— 1 CHRONICLES 28:20, ESV

WORK^{Out}

The Bible says in Proverbs 17:15: *“He who justifies the wicked, and he who condemns the just, both of them alike are an abomination to the Lord.”* Indeed, God’s Word is replete with men and women of God standing firm against the rising tide of evil in their time.

Moses stood up against the wicked regime of Pharaoh and won the freedom of the Hebrews from Egyptian slavery.

Queen Esther stood up against the strongman Haman and saved the Jews across the entire Persian Empire.

The Prophet Elijah stood up against Israel’s wicked King Ahab for worshiping Baal.

But to fully understand evil, you must know its origins.

When Adam and Eve listened to the devil’s lies and rebelled against God in the garden, evil entered the created world and the human soul. It’s called sin, active disobedience to Almighty God, bringing with it death—spiritual death or

eternal separation from God's presence, and physical death.

The Prophet Jeremiah described the problem in this direct way: *"The heart is deceitful above all things, and desperately wicked"* (Jeremiah 17:9).

On the cross, Jesus defeated and disarmed the evil one—the devil, who incites men to sinful behavior. *"[Christ] disarmed [Satan and his demonic hordes] and put them to open shame, by triumphing over them in him"* (Colossians 2:15, ESV).

It's true that sin and evil still abound in the world, seeking to destroy souls and wreaking havoc in nations. This will be the case until Christ comes again for His own, but in the meantime, we can be sure that we have victory over the enemy's schemes. *"He who is in you is greater than [the devil] who is in the world"* (1 John 4:4).

When the Lord comes and brings a new heaven and a new earth, sin and evil will be banished forever. *"He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away"* (Revelation 21:4, ESV).

Until then, we must strive daily to love righteousness and hate wickedness (see Hebrews 1:9), fighting evil with all our might, doing so in the power of the risen Christ.

COOL *Down*

Lord, remind me every day of the victory You have already won over the enemy. Help me stand boldly for righteousness—and against evil—in every area of my life.

DAY 18

by WILL GRAHAM

WARM *Up*

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.”

—JAMES 1:2-4

WORK *Out*

With so much uncertainty in the world right now, it's easy to sink into despair. The 24-hour news cycle is filled with dire warnings from across the globe. Social media is inundated with worst-case scenarios, hatred, disrespect, and bitter defiance.

As Christians, we tend to have more of an eternal view. However, even we get trapped in the hysteria, and lose sight of the fact that God is still in control.

Think about your own life. It isn't always clean and neat, is it? While many of us would tell the story of our lives in a linear pattern, the reality is that our experiences are more like an overwhelming number of intersecting lines—the ups and downs, the challenges and successes, the blessings and the struggles.

We get bogged down in something that seemed insurmountably painful at the time, but then move on with life once that situation drifts into the past. We often

remember the hard times, while forgetting the way that God worked in the midst of the difficulties to carry us through them.

In this world you can expect hardships, but also—much more importantly—victory!

The Bible tells us to expect challenges, and to grow in them. In the midst of a trying time, God is working and developing your faith and character for His glory.

Life is hard, and the pain we endure is very real. However, as we cling to the promises of Christ in the midst of the suffering, understanding *“that He who has begun a good work in you will complete it until the day of Jesus Christ”* (Philippians 1:6), we have no reason to retreat. Instead of despair, we claim victory in Him who saved us!

This victory is not a momentary success, dependent upon the daily ebb and flow of life. In a temporary world, the victory we have is eternal and unchanging. As Jesus said, *“Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you”* (John 16:22). It’s the hope of Jesus in us!

COOL *Down*

Lord, thank You that You have already overcome the world. Please remind me of all the ways You have worked in my life already, and give me the strength I need to face my current difficulties. I pray in Jesus’ Name. Amen.

DAY 19

by **BILLY GRAHAM**

WARM *Up*

“If we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation.”

—2 CORINTHIANS 1:6

WORK *Out*

What should be our attitude toward suffering? First, it should be one of worship. We ought to say, “O God, I believe You are the great and mighty God. I don’t understand all the things that are happening in my life, but, O God, I trust in You.”

Second, we should ask God to teach us all He would have us learn about Him, about ourselves, about others and how we can minister to those who are suffering.

Third, our attitude in suffering should glorify God. People are going to watch us as Christians. They will ask, “How is it that Christ is so in control of his or her life that he or she was able to help others?”

Jesus suffered and died for us on the cross, but God raised Him from the dead. Jesus Christ now sits at the right hand of God the Father, and He sees our suffering. He sees our life every day and knows exactly where we stand.

The Bible teaches that we are to be patient in suffering. That's the hardest thing of all, to be patient, to have songs in the night. Tears become telescopes to Heaven, bringing eternity a little closer.

COOL*Down*

Thank You, Jesus, because You endured the cross and You know what I am going through today. Give me patience and an attitude that glorifies You in spite of my pain.



DAY 20

by FRANKLIN GRAHAM

WARM *Up*

“The Lord is near to all who call on him, to all who call on him in truth.”

—PSALM 145:18, ESV

WORK *Out*

The Bible specifically commands—not suggests—us to pray fervently for our leaders. *“I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior”* (1 Timothy 2:1-3).

Christians for two millennia have obeyed that Scriptural decree, and we know that God hears and answers the pleas of His people. Regardless of what is happening in the world, we know without a doubt that in the end the Lamb wins!

Interestingly, as I read how the Lamb alone is worthy to open the seals of judgment upon the world, I see that the prayers of God’s people offered through the ages are prominent. *“The four living creatures and the twenty-four elders fell down before the Lamb, each having a harp, and golden bowls full of incense, which are the prayers of the saints”* (Revelation 5:8).

As the end of the great tribulation nears, it is the prayers of God's suffering people that have risen before the presence of Almighty God that are being answered. The cries of the martyrs underneath the altar slain for their testimony and asking for vengeance upon their enemies have been heard (see Revelation 6:9-11).

Charles Spurgeon, the great English preacher, said that "prayer is the slender nerve that moves the muscle of omnipotence."

So beware, all those who belittle the power and majesty of prayer. It will be those exact prayers that will one day play a pivotal role in the second coming of the Savior as He establishes a new heaven and a new earth. Fire cast down upon the earth that burns one-third of the planet, and a mountain of fire that causes the oceans to become blood, and destroys one-third of all sea creatures and ships, is mixed with the prayers of the saints.

There is nothing more comforting and strengthening than the prayers of God's saints for those who suffer. God hears. God answers.

COOL *Down*

Lord, please help me remember today—and every day—to lift my concerns, requests, and praises to You in prayer. Focus my heart and my mind on You so that I can ignore the distractions that keep me from consistently communicating with You.

DAY 21

by WILL GRAHAM

WARM *Up*

“For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”

—ROMANS 8:2, ESV

WORK *Out*

If you are a bird watcher or a backyard enthusiast, you've likely seen oriole feeders. One of the main styles features little cups in which people put grape jelly. The orioles swoop in and land on the feeder, bright orange or yellow. They pick at the jelly, and then lift off in a flurry, soon to return for another treat.

While I'm no expert on birds, it's my understanding that orioles like the grape jelly because it tastes similar to the ripe fruits that they would normally consume in the wild.

There's another creature that likes grape jelly: hornets. I've watched as they crawl around the rim and down into the little glass cup, keeping my distance so I don't agitate them and end up with a stinging welt.

Though they share the same sweet tooth, there's a major difference between the oriole and the hornet. An oriole's size and beak allow it to safely and efficiently enjoy the jelly, but a hornet must use its entire body to crawl into the jelly. The oriole flies away, while the hornet becomes hopelessly trapped in the sticky substance. The hornet's desire for the jelly becomes its demise.

It occurred to me that sin for us is much like the jelly for the hornets. It's attractive and pleasurable. We may even see others enjoying it, seemingly without repercussions. We tell ourselves that doing it once or twice isn't going to hurt anything. But the deeper we sink into the sin, the more it grips us. And the more it grips us, the deadlier it becomes.

James 1:14-15 says, *"But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death."*

In fact, throughout the Bible, the image of slavery is used to describe the lure of sin. For instance, Jesus said in John 8:34, *"Most assuredly, I say to you, whoever commits sin is a slave of sin."*

Those are strong words, not to be taken lightly.

Like the hornet, who enjoys its feast until realizing that its wings aren't strong enough to lift from the cup, sin may seem fun for a time, but it ultimately makes you its slave and leads to death. Today, break the chains of sin in your life by fully surrendering them to God, and find true freedom in Him!

COOL *Down*

Lord, it is so easy to give in to temptation. Help me recognize the sins I'm prone to commit and convict me when I've strayed from Your commands. Please don't let me forget the consequences of sinning. I pray in Jesus' Name. Amen.

DAY 22

by **BILLY GRAHAM**

WARM^{Up}

“To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory.”

—COLOSSIANS 1:27

WORK^{Out}

The resurrected Christ lives today, but in another very real sense: in the heart of every true believer. Though Jesus is in His glorified body in Heaven, yet through the Holy Spirit He dwells in the heart of every Christian. The Christ of God, *“in Him dwells all the fullness of the Godhead bodily”* (Colossians 2:9), lives within the hearts of people. This is a mystery that is beyond comprehension and yet is gloriously true.

When we come to Jesus Christ, we bring everything that we have. Our bodies with all their members, our faculties, our talents, our time, our money, our possessions, our hearts, our will, are all His. Our faces become the faces in which the resurrected Christ shows forth His beauty and His glory. Our eyes become the eyes of the resurrected Christ, to exhibit His sympathy and His tenderness. Our lips become the lips of the resurrected Christ, to speak His messages. Our ears become the ears of the resurrected Christ, sensitive to every cry of spiritual need. Our minds become the mind of the resurrected Christ, instruments

for the realization of His purpose. Our hands become the hands of the resurrected Christ, to act on His impulse and allow Him to work through us. Our feet tread the narrow path that the Savior trod, keeping in step with Him throughout the earthly pilgrimage.

Allow the resurrected Christ to allocate your time as His own; to control your money as His own; to energize your talents, your zeal, and your ability with His resurrected life; to have complete right-of-way throughout your being. He does not want an apartment in your house. He claims your entire home from attic to cellar.

COOLDown

Lord, help me to demonstrate my faith in You by allowing You to take full control of my life. I want to see with Your eyes, to think with Your mind, and to allow You to work through me in everything that I do.



DAY 23

by FRANKLIN GRAHAM

WARM^{Up}

“But I say to you who hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To one who strikes you on the cheek, offer the other also, and from one who takes away your cloak do not withhold your tunic either.”

—LUKE 6:27-29, ESV

WORK^{Out}

In many parts of the world, believers often risk their very lives to love and follow the Lord Jesus Christ. Never before in history has it been more dangerous to be a Christian.

The Center for the Study of Global Christianity at Gordon-Conwell Theological Seminary estimates that 900,000 Christians died because of the Name of Jesus between 2005 and 2015. That’s 90,000 people each year, or one person every six minutes.

We need to speak with one voice to countries where Christians are being persecuted, as we stand up for our brothers and sisters in the faith.

My father often made it a point to visit with believers who lived under the persecution of communist regimes.

One of his most memorable meetings was with Pastor Wang Mingdao, one of China’s best-known church leaders who had been given a life sentence during the height of the Cultural Revolution.

When my father visited Pastor Wang Mingdao, he was living in a modest third-floor apartment along an obscure street. He was old and thin and had fallen asleep sitting on a metal chair, his head on his folded arms that rested on a plain kitchen table.

When he awoke, my father asked him if he had a word from the Lord for us. He was quiet for some time and then said, *“Be faithful until death, and I will give you the crown of life”* (Revelation 2:10). They were able to talk for about 30 minutes, and virtually all of their conversation was centered on the Bible and spiritual issues.

The Bible is clear that all who desire to live godly in Christ will be persecuted (2 Timothy 3:12). Christ Himself suffered at the hands of sinful men, and we as His servants should expect no less.

It is well documented that such persecution—severe as it may be—can never stop the progress of the Gospel. It will be preached to all nations, and then the Savior will come again for His own.

Until then, we want to respond—not in hate—but in the love of Christ. We’re to do good to those who hate us, bless those who curse us, and pray for those who mistreat us.

COOL *Down*

Lord, bring the needs of my suffering brothers and sisters around the world to my mind on a regular basis. Help me to remember to pray for them—and strengthen me when I face hostility for my faith in You.

DAY 24

by WILL GRAHAM

WARM *Up*

“Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.”

—PSALM 23:4

WORK *Out*

Perhaps you are currently dealing with a disease and are facing the realities of your own mortality. Maybe you are walking alongside a friend or a loved one who is facing deep sorrow or a life-threatening illness. For all of you, I pray for God's peace and comfort in the midst of this storm.

It is completely natural to ask why God would allow your current circumstances and pain. To be honest, I don't have the answer. There are a few things I do know, however, because they are promises from God's Word.

First, hard times will come. There is no golden ticket to an easy journey through life. In fact, Jesus told us in John 16:33 that the opposite is true: *“In the world you will have tribulation; but be of good cheer, I have overcome the world.”* Yes, there will be trouble and hard times—it's guaranteed—but Christ has overcome the world and He is in control.

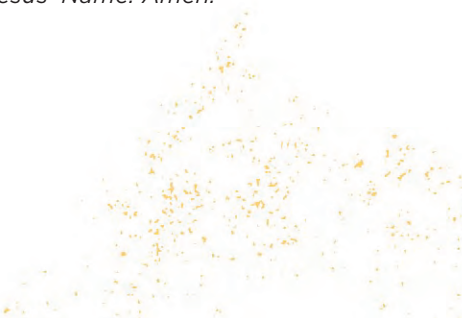
Second, God will walk beside you. He is not abandoning you in the midst of your darkest hour. Rather, God seeks to comfort you in your suffering.

Finally, through Jesus' death and resurrection, the pain of this world isn't the end. As Christians, we believe that Jesus suffered brutal torture and death, but also that He conquered the grave. That's why Paul wrote in 1 Corinthians 15:55-57, "*O Death, where is your sting? O Hades, where is your victory?*" *The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.*" One day, when the pain of this world is done, our souls will "*be absent from the body and ... present with the Lord*" (2 Corinthians 5:8), a promise that should fill each of us with hope and anticipation.

The sad reality of life is that there is a 100% fatality rate. Short of the Lord's return, each of us will die at some point. And it's natural to hurt and emotionally suffer from that loss. Whatever may come, draw close to Jesus by surrendering your hurt, worries, pain, and illness to Him, and find your hope and comfort in His presence and promises.

COOL*Down*

Lord, don't let me lose sight of the eternal joy and peace I have in You. Please remind me that You are with me through every loss I experience. Thank You for conquering sin and death so that I can spend eternity with You. I pray in Jesus' Name. Amen.



DAY 25

by **BILLY GRAHAM**

WARMUp

“It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.”

—MATTHEW 19:24

WORKOut

Fifteen hundred years ago the people of imperial Rome were living in luxury, ease, and prosperity. The Romans laughed at the rugged barbarians of the north. They had a far lower standard of living than the Romans did. They could not possibly conquer Rome—great imperial Rome. Yet they did. Those illiterate barbarians conquered rich and luxurious Rome, because Rome had become morally and spiritually weak. The city fell almost without a fight.

Jesus spoke of the deceitfulness of riches and prosperity. When we possess riches, we may be deceived about our positions in life. We may tend to feel independent, to rely on and to trust in our own riches rather than in God. We may start to feel safe apart from God and forget that we may die at any moment.

There is nothing in the teachings of Jesus to indicate that it is wrong to be rich. Jesus talked about the motives, thoughts, and intents of the heart. He spoke about covetousness and stewardship.

God requires that we should have riches toward Him. He

demands an inward righteousness which the world cannot always see—but which is always before God. God looks for riches in the heart and the soul.

To the rich young ruler, Jesus said, *“If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me”* (Matthew 19:21).

Our world will someday fall apart. The Bible teaches that our buildings will crumble and fall and everything in this world will pass away, *“but he who does the will of God abides forever”* (1 John 2:17). Christ is the only security we have.

COOLDown

Dear Jesus, if I have riches of this world, show me how I can use them to further Your kingdom. When I am in want, keep me from coveting what others have. In every situation, help me to trust in You for my security.



DAY 26

by FRANKLIN GRAHAM

WARM *Up*

“Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.’”

—JOHN 8:12, ESV

WORK *Out*

Death is serious, eternal business. Once our physical hearts beat for the last time, we will instantly find ourselves either in the presence of the Lord Jesus Christ in all His splendor, or in the pit of Hell away from His presence.

We all know what happened. Man rebelled, chose to disobey God, and the sentence of death was pronounced. Physical, biological death became dead certain for every person who has ever lived. Great men die. Obscure men die. Rich men and poor men alike die. *“Sin came into the world through [Adam] and death through sin, and so death spread to all men, because all sinned”* (Romans 5:12, ESV).

The glorious good news of the Gospel is that Jesus Christ, who died and rose again, has alone defeated the dread enemy of death. Jesus, the Son of God, our Redeemer and Savior, bore our sins on the cross, suffered the punishment of our sins—death—on our behalf, and offers full forgiveness for all who trust personally in Him.

As A.W. Tozer once remarked: “The once born die twice,

and the twice born die once.” That is, those who have not repented of sin and turned to Christ will experience both physical and spiritual death. Wherever Christianity flourishes, there is a vibrant culture of life, not death.

For centuries, Christians have been at the forefront of saving and giving life. Mission hospitals around the world are beacons of light and hope in sin-sick cultures. Christian physicians, nurses and health care providers often forsake lucrative careers and even risk their lives to reach the poor and suffering. Churches around the world feed the hungry, clothe the naked, and bring help to the helpless and hope to the hopeless.

I don't think there's any doubt that this rise in the culture of death in our own country coincides with the embrace of an immoral, sinful, godless worldview that rejects Christ.

Yet bold, Biblical Christianity is the only antidote to the devilish, dark culture of sin and death that seeks to enslave and ultimately damn people for eternity. We must never cease to preach, teach, and live the truth of the Gospel.

Jesus Christ, crucified and risen, is *“the way, the truth, and the life”* (John 14:6).

COOL *Down*

Lord, I want to be an example of Your light in a dark culture. Help me tirelessly share Your love with others, especially those who don't know You, and remind me of how short my time on this earth really is.

DAY 27

by WILL GRAHAM

WARM^{Up}

“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’”

—JOHN 14:6, ESV

WORK^{Out}

“What is truth?” This was the question that Pontius Pilate asked Jesus in John 18:38. It’s such a pivotal eternity-altering question that I have this page marked in my Bible so I can find it immediately.

Many believe that truth is relative. Truth for you is not necessarily truth for me. However, the Bible has a lot to say about truth which directly contradicts much of what the world believes about the matter.

First, truth is not an idea or an opinion, but a Person. *“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me’”* (John 14:6, ESV). All truth comes from God, because He personifies truth. As we delve into His Word and are attentive to the Holy Spirit, we can and should know the Truth.

Second, the truth won’t always be popular. Remember, Jesus was the embodiment of truth and they hated and murdered Him. The truth can be offensive because it tells us what’s wrong with us. Imagine going to the doctor and being told you have cancer. You may not like it—you can

disagree and get angry—but it's the truth, and ignoring it can lead to death.

In Galatians 4, Paul addresses the church in Galatia, to whom he had ministered previously. He confronts them with the fact that—though they claim to know God—they are embracing worldliness. He then says, *“Have I then become your enemy by telling you the truth”* (Galatians 4:16, ESV)? Paul was willing to stand up when he saw believers compromising, even if it brought conflict with those he considered friends.

Finally, why is it important to proclaim the truth as set forth in the Bible? Because the truth will set you free. *“So Jesus said to the Jews who had believed him, ‘If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free’”* (John 8:31–32, ESV). Jesus goes on to say that those who are in sin are slaves to sin, but those who find hope in Him are released from that bondage. *“So if the Son sets you free, you will be free indeed”* (John 8:36, ESV).

What is Truth? Truth is Jesus Christ, His death and resurrection. Truth is the Word of God, the Bible. Truth may not be popular, especially in our world today, but Truth will set you free—and not just for today, but for eternity!

COOL *Down*

Lord, help me always boldly live out—and openly proclaim—the truth of Your Word. Please give me the strength to share it with others, even when it's difficult. I pray in Jesus' Name. Amen.

DAY 28

by **BILLY GRAHAM**

WARM *Up*

"Whoever calls on the name of the Lord shall be saved."

—ROMANS 10:13

WORK *Out*

Jesus was *"despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. Surely He has borne our griefs and carried our sorrows; yet we esteemed Him stricken, smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. All we like sheep have gone astray; we have turned, every one, to his own way; and the Lord has laid on Him the iniquity of us all"* (Isaiah 53:3-6).

Jesus was alone. He had come to His own, and His own did not receive Him. When He was being arrested in the garden of Gethsemane, we are told that *"all the disciples forsook Him and fled"* (Matthew 26:56).

The crowds who had so recently shouted "hosanna" would soon shout, "Crucify Him! Crucify Him" (see Matthew 21:9; 27:22-23)! Now even His loyal twelve had left.

And at last we hear Him cry out, *"My God, My God, why have You forsaken Me"* (Mark 15:34)? Not only had He

been forsaken by His human companions, but now in that desperate and lonely hour, He—because He was bearing our sins in His own body on the cross—had been forsaken by God. Jesus was enduring the suffering and judgment of Hell for you and for me.

Hell, essentially, is separation from God. Hell is the loneliest place in the universe. Jesus suffered its agony for you, in your place. Now God says, “Repent, believe on Christ, receive Christ, and you will never know the sorrow, the loneliness, and the agony of Hell.”

If you have not already received Christ as Savior, will you call on Him today?

COOL *Down*

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to come into my life. I want to trust and follow You as my Lord and Savior.



DAY 29

by FRANKLIN GRAHAM

WARM *Up*

"It is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death."

—PHILIPPIANS 1:20, ESV

WORK *Out*

We are always to be godly salt and light in a decaying culture. Like the Prophet Daniel, the *"people who know their God shall stand firm and take action"* (Daniel 11:32, ESV).

The Israelites faced an impending invasion from the evil empire of their day—the Babylonians—and contemplated the absolute worst possible scenario, the ruin of their food supply and the absolute collapse of their agrarian-based economy.

Yet their response to such utter gloom and horrible prospects was still to find their joy and hope in the Lord their God. No matter what would happen—and it did happen—at least some Israelites vowed not to abandon their ultimate faith in their sovereign God, who rules over all the affairs of men and nations.

We must remember that the Scripture promises that world events will turn increasingly vicious and evil as the return of Christ draws near. War. Violence. Hatred. Natural disasters. Family strife and division. Oppressive governments under

the rule of the Antichrist, staunchly opposed to God's people. Billions of people killed because they reject the salvation of the coming King.

If you knew you had only minutes to live, here's what I hope you would do:

Reaffirm that you are in right relationship with the Lord Jesus Christ, having repented of your sins and placed your faith in Him. The only damning tool in the hands of the real enemy—the devil—is unforgiven sin, and if we have trusted in Christ's substitutionary sacrifice for our sins on the cross, our sin is forgiven. *"In [Christ] we have redemption, the forgiveness of sins"* (Colossians 1:14, ESV).

Then, tell as many others as you can about the Savior. Call your unsaved loved ones and urge them to turn from their sins and put their trust in the Lord. There is not a second to spare and it's never too late—remember the thief on the cross—to cry out to God for salvation. I hope I would be standing in the middle of a crowded thoroughfare where I could boldly preach the Gospel of the Lord Jesus Christ until the very last second.

Look up, take courage, and eagerly await the coming of the King.

COOL *Down*

Lord, give me the courage I need to tell my lost loved ones about You, even when it seems hopeless. Remind me that while we're on this side of eternity, it's never too late to share Your love and truth with someone.

DAY 30

by **WILL GRAHAM**

WARM *Up*

“You were called to freedom Only do not use your freedom as an opportunity for the flesh, but through love serve one another.”

—GALATIANS 5:13, ESV

WORK *Out*

A few years back, while we were holding an evangelistic campaign in Texas, a ministry partner of mine stopped and picked up a man (nicknamed Freebird) who was drinking and begging for change on the side of the road. My friend bought Freebird lunch, and then brought him to our outreach.

It happened to be youth night, so the weathered, silver-haired man stood out clearly in the audience as I proclaimed the hope of the Gospel, and even more so when I gave the invitation. Standing a foot taller than almost everybody else, Freebird walked forward to surrender his life to Jesus.

The next day, Freebird surprised us by showing up at our team hotel. He wanted to be baptized in the hotel swimming pool after making his decision for Christ. Afterwards, he shared, “I’m leaving right now to head home to Alabama. I called my wife and told her we’re kicking this alcohol thing, and we’re getting our marriage right.”

Here was a man who was ensnared by sin and by his circumstances. He was a slave to alcohol and his marriage

was in trouble. But, after placing his faith in Jesus, Freebird was finally free!

So what about you? Are you trapped in a life of sin today, trying to find your way out of the pit? Maybe your struggle isn't with alcohol or marital problems. Maybe it's with broken relationships, money, health, pride, pornography, politics, or some other issue that consumes your thoughts and drowns you in hurt, anger, and shame.

If this describes you, you need to know that Christ can do for you what He did for Freebird that day.

None of us are perfect. In fact, the Bible says in Romans 3:23 that *"all have sinned."* Yet God loved you and me—broken as we are—in such great measure that He sent His Son, Jesus, on a rescue mission to save mankind, to die on the cross for our sins and to conquer the grave, so that we can find our hope and purpose in Him. We're not talking about hope for a moment, but hope for eternity!

Jesus can break that addiction that ensnares you if you surrender your life to Him. When you give your life to Christ, He will begin to work in and through you.

Make Jesus the Lord of your life today. He alone can set you free!

COOLDown

Lord, help me remember that a relationship with You is the only thing that will bring me lasting peace and fulfillment. Please open the door for me to share what You have done for me with my loved ones who don't know You. I pray in Jesus' Name. Amen.

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**BILLY
GRAHAM**
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1 BILLY GRAHAM PARKWAY | CHARLOTTE, NC 28201-0001

1-877-2GRAHAM | 1-877-247-2426