



**KEEP IT**

*Fresh*

**A 7 DAY DEVOTIONAL DESIGNED  
TO HELP KEEP YOUR LIFE FRESH**





**Welcome to the Keep It Fresh 7-Day Devotional.**

**We're so excited to see the journey God takes us on**

**There are 7 readings over 7 days with a thought and challenge each day.**

**Whether you read the Bible every day, have only just started picking it up or never opened the pages, this is for you. Grab your Bible, a cup of tea or coffee, get a journal if you want to take notes and spend just 10 minutes of your day reading the Bible and allow it to change your life.**

**Each day's challenge is a simple way to take what you've read and put it into practice.**

**God is doing a new thing!**



## **Day 1 // Keep it Fresh - in the present**

### ***Read Exodus 16:1-36***

Have you ever bumped into someone you knew from years ago but lost touch with? Or maybe you meet up with an old friend you haven't seen in a while? If you have, the conversation likely went from talking about what you're up to now, to reminiscing about 'the good old days;' stories of the past, funny anecdotes, and interesting characters you both knew.

We as humans love feelings of nostalgia and look back on fondness on days gone by, which isn't necessarily a bad thing but can sometimes be at the expense of the days we're currently living in.

Do you remember a time when God moved in your life powerfully? A time when He used you significantly or did something significant in your life and the lives of those around you? We can look back on these days and say "Wasn't it incredible that God did that!" But also we can say "We need God to do the same now!" Which sounds good and sounds holy, but isn't necessarily what God wants to do.

We have just read a passage where the Israelites were remembering their life before, and it wasn't even like it was the good old days for them. They used to be slaves in Egypt. They used to have to work for no pay in poor conditions, and yet even though they were experiencing freedom, they weren't happy that they were hungry.

We can get like this in life. We can look at the challenges, the battles and the obstacles in front of us and wish for days in the past that weren't any better. Maybe we look back on the days before we were Christian; life seemed easier doing what we wanted when we wanted, and think it would be better off if we had life without God.

But the Israelites in the desert teach us this; the days in the past are in the past. God is doing a new thing.

It may be tough. It may have its challenges. We may go hungry once in a while. But God is in control. He is there for us. He has led us out of the slavery of life without Him and promises to provide for us in the desert.

God is doing a new thing.

Are you ready?

### **Challenge**

As we start this 7-day devotional 'Keep it fresh', what areas of life do you want to see God doing a new thing in?

Invite him into those areas through prayer.



## **Day 2 // Keep it Fresh - in the desert**

### ***Read Isaiah 43***

Is there a part of your life that just feels difficult at the moment? Maybe you're trying to get a new job but no opportunities seem to be right. Maybe you have a relationship that no matter how hard you try doesn't seem to resolve. Maybe it's getting your head around a subject at school that seems to come so naturally to your friends but not to you.

We all go through challenges in life. Sometimes we can believe the lie that by putting God first then our life should be free of challenges. Jesus himself says "In this life you will have trouble, but take heart, I have overcome the world." (John 16:33)

We may have areas of our lives that feel barren, that look desolate, that are without life. But in Isaiah 43, the prophet Isaiah is speaking as God's representative about Israel being led out of Egypt into the desert. The whole chapter hinges on verse 19:

'See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness

and streams in the wasteland.'

You might have areas of your life where it looks like a wilderness and you're not sure where to go; God is making a way in the wilderness.

There might be some wasteland in your life; God will bring streams with new life into those areas!

God is doing a new thing!

### **Challenge**

Is there something in your life that looks barren, desolate, without life?

Pray and trust God that He will make a way in the desert, and bring streams in the wasteland!



## **Day 3 // Keep it Fresh - in worship**

### ***Read Psalm 149***

“They don’t make music like they used to.”

You’re usually one of two people; either you’ve been caught saying this to someone, or someone has said this to you. Maybe not music but movies, TV shows, people even say it about furniture or food!

We can get like this in our walk with God if we're not careful.

We can do things the way we’ve always done them; read the Bible the same way or read the same passages. Pray the same prayers. Sing the same songs.

This isn’t necessarily a bad thing, but it can lead to our faith and our worship going stale. It can lead us to go through the motions without actually experiencing the life that comes out of worshipping God.

The Psalmist recognises this - “Sing to the Lord a NEW song” (capitals added).

For us to live a life of worship and to have a strong and exciting relationship with God, we need to sing new songs. We need to do new devotions. We need to keep our worship fresh.

They might not make music like they used to, but singing a new song once in a while could lead to us experiencing new aspects of faith we never knew existed.

God is doing a new thing!

### **Challenge**

How can you mix up your walk with God this week - maybe this Devotional is it!

You could go on a prayer walk, meet with a friend to talk about what God’s showing you or listen to some worship music in the car instead of the radio. How can you keep it fresh?



## **Day 4 // Keep it Fresh - in School/Work**

### ***Read John 21:1-14***

Sometimes we can overlook the significance of this story because of how short it is in the Bible.

There are a few things to remember here; the disciples here were fishermen. They had grown up fishermen, likely because their fathers were fishermen also. They knew their trade. The second thing to remember is that they had been fishing all night. They would know where to fish. They would know how to fish. And the final thing to note is that Jesus was not a fisherman. He was a carpenter by trade.

Now put yourself in the disciple's position; you have been up all night, trying to fish which you're an expert in, and in the morning someone who you think you don't know shouts to tell you how to do your job.

You could imagine getting annoyed with that person shouting at you.

Not only this, but the advice the person on the shore shouted worked. You've been up all night trying to fish then someone comes along and within seconds you get more fish than you could imagine.

Only after this do they realise it's Jesus who is on the shore.

Maybe you own a business, have a job, or go to school. This story of Jesus teaches us a couple of things;

Firstly, it's good to keep it fresh in our work or school. Sometimes it's good just to throw the net to the other side of the boat. Maybe we're stuck in our business; have you tried doing it differently? Maybe we can't learn a certain subject, so why not mix up the way we revise?

Secondly, and more importantly, God knows your job better than you do. God knows your subjects better than you do. Jesus was a carpenter by trade but He was the creator by identity. He knew how to fish better than the fishermen. He knows how to heal better than Doctors. He knows how to teach better than professors. He knows how to pastor better than pastors. He knows the ins and outs of every subject better than any teacher at school possibly could.

Want to know how to keep it fresh at work or school? Invite Jesus to be a part of it. He might just encourage you to cast your net to the other side.

God is doing a new thing!

### **Challenge**

When you're at work today, why not take a moment when you're greeted with a challenge to ask Jesus to help?

Maybe He will suggest something you'd never have thought of.



## **Day 5 // Keep it Fresh - in relationships**

### ***Read Acts 2:42-47***

Community can be messy. It can be challenging. It can be infuriating. Sometimes it might not always bring out the best in you. The Israelites in the desert were *collectively* grumbling. You can say at least they were united but they were united in the wrong way.

Then you look at Acts 2 and the early church and see what community should look like. What the church should look like.

There was devotion to teaching, to fellowship, to the breaking of bread and prayer. There was the miraculous. There was radical generosity. There was unity. There were large meetings in the temple and small meetings in the homes. This is what the church should be.

God wants us to keep our relationships fresh - to model what it means to be the church. To meet regularly both weekly and within homes, and to have radical generosity.

God is doing a new thing!

### **Challenge**

How can you be more like the church in Acts 2? Is it through a commitment to meeting together? Through radical generosity? Decide to live that out this week and see the impact!

## **Day 6 // Keep it Fresh - in Trust**

### ***Read Deuteronomy 8***

We've just come out of the Christmas season which means the last of the chocolates are being finished up, the cheese stash is dwindling and the fridge and pantry are returning to normal. Before Christmas, it's all about stockpiling and building g up to the few days of celebration. Kids everywhere are forbidden from opening the tube of Pringles or the box of quality streets because "IT'S FOR CHRISTMAS." The food is bought and stockpiled to make sure everything is perfect for the festivities. You can't just run to the shop on Christmas Day to grab something you've forgotten or run out of. There's no way that those needs can be provided for on the day.

We tend to stockpile things. To prepare for a rainy day.

The Israelites tried to do that with the manna God provided. Build up stocks in case it didn't fall for them one day. But what happened instead was it spoiled. They had to trust in God's provision daily for their needs.

It's certainly not a bad thing to prepare for tough times; savings accounts, investments etc, are all good things. But ultimately what we receive in life is all from God.

God is doing a new thing!

### **Challenge**

What does God need to provide for you today? Is it strength to get through the day? Help for an important meeting? Peace for a restless situation? Prayerfully surrender it to him now and ask for him to meet your needs.



## **Day 7 // Keep it Fresh - for the future**

### ***Read Revelation 21:1-7***

Doesn't it make work and school easier when you know you have a holiday around the corner? Those few weeks you show more grace to someone who wrongs you, take on more mundane jobs gladly and you're generally a more joyful person to be around because you know you're going away for some rest to somewhere nice.

As Christians, we don't just have a nice holiday to look forward to, we have eternal salvation! We know that God won't just make *some* things new, He will make *all* things new.

This means however tough life may be now, whatever challenges we may be facing, we know God will make it all new in the future.

There will be no sickness, pain, or heartache, for we will be with God as He will be with us.

God is doing a new thing!

### **Challenge**

How does this thought impact how we live today? Does it make us more courageous? More faith-filled? More confident?

Think about this throughout the day and watch it impact how you interact with the world around you!



