

DAILY DEVOS WITH PHIL

DAY 8 : PEACE OVER PANIC

Hey Everybody,

Jesus says in John 15:16 (NIV): *'You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last ...'*

Now here's what I've noticed in my own life. Sometimes I go after fruitfulness at the expense of health. But, actually, the *goal* is health in all areas of my life and the RESULT is fruit. Often, we want to be fruitful to prove something or to make a good impression, but that kind of striving can easily lead to unhealthy habits that just mess things up.

I want to encourage you, in this Lockdown season, to consider the following: What are the healthy things in your life that you should keep pursuing (maybe in a greater way)? And what are the unhealthy things that you need to address?

Healthier choices will help you produce better fruit. If you can get rid of those unhealthy habits and things, which are only obstructing your fruitfulness, your life will be more blessed and that means you'll be a greater blessing to others.

To be healthy and whole requires a commitment to a process and to consistency. This means making good choices every day and asking God for daily wisdom. As you do this consistently, you will produce fruit. I believe that consistency builds strength. Strength builds resource and resource means we can do fun and meaningful things. That's a fruitful life. Let's be those people!

This is Phil signing off. God bless you. Hey, let's spread the love, not the virus.