



Journal and Devotional

How to Use This Journal

It's never just about the 5k. Do you believe that?

Over the years I've realized that running is so much more than a physical activity. And this training that you're about to go through is more than just about learning to run. It has evolved into a process of restoration. The restoration at the very least happens on a physical level. For others, the restoration may also be mental, emotional, or spiritual.

This journal is to help you document your experience, set goals, and identify lessons learned not just for your running but for your entire life.

Take a little time each week to read and answer the questions and log your exercise and food. When you're done with the 9 weeks you'll have a great journal of your experiences and growth.

It's never just about the run....

In Him,
Matt



Week 1: Believe

“I have fought the good fight, I have finished the race, I have kept the faith.” II Timothy 4:7

“As a man believes in his heart so is he.” Proverbs 23:7.

Over the years that the Genesis classes have been around we have developed a success rate that ranges between 80-90% for our classes. That means that for those that sign up and show up in week 1, 80-90% will finish the 5k just nine weeks later. I've also noticed that when we lose people it's often in the first four weeks. Some of the reasons those people drop out are legitimate like an old injury or an unexpected family issue that demands their full attention. But others don't continue for unknown reasons and reasons that may be preventable.

Have you begun to believe that you can finish the race? Like the signature verse above, do you believe you will fight the good fight, keep the faith, and finish the race? Deciding to do that right now is crucial. You must believe it can be done. Believing it can be done is a matter of having enough faith each week to take that next step and continuing to focus directly on the next step ahead of you.

Start by listing the reasons you joined this class:

1.
2.
3.

What are the outcomes you are hoping for?

1.
2.
3.

What are your main responsibilities over the next nine weeks?

1.
2.
3.

What gives you confidence that you will finish?

What might keep you from finishing? How might you overcome those obstacles?








How can your friends and family support you in this?

How can you be of support to others in the class?

Action for The Week: Set aside time to complete your training each week and write your workouts on your calendar. Let your friends and family know when those times are. Your training must be a priority and requires only 3 hours each week for new runners.

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Notes and Thoughts

Week 2: Commit

"The end of a matter is better than its beginning,
and patience is better than pride." Ecclesiastes 7:8

"What distinguishes those of us at the starting line from those of us on the couch is that we learn through running to take what the days gives us, what our body will allow us, and what our will can tolerate." John Bingham, running writer and speaker

You must begin with the end in mind. For this training the verse above means the finish line is better than the first week of training. It also means you must be patient to let the process work physically, mentally and spiritually.

Pride is a major deterrent to many worthwhile endeavors. Examples of pride in running might be "I don't want to be last", or "I don't like the way I look in shorts" and "I don't want others looking at me." Don't let pride deter this worthy endeavor. Instead, imagine the pleasure that comes from crossing the finish line of the 5k.

I love the verse, "Let your yes be yes and your no be no." (Matthew 5:37). For this class that means if you signed up you said Yes! You have already committed to finish. Our culture is full of people that have a history of starting but not finishing things in life. It becomes a habit and almost an automatic response. You may even be desensitized to it. Or maybe it only bothers you in a very minor way. But it is a destructive trait and is not healthy for any aspect of your life whether it's your marriage, work, friends, or relationship with Jesus. I like to tell our new runners if that's you, it stops now. You must commit to finish and you must let your Yes mean Yes!

On a scale of 1 To 10 how committed are you to finishing?

1 2 3 4 5 6 7 8 9 10

If that score is not a 10, why not?

What needs to happen to get you to a 10?








How can your friends and family help?

Can you identify the obstacles that might keep you from finishing?

Action for the Week: Find a friend or family member and ask them to hold you accountable to finish. This must be a person that loves you and supports your training. Report to them each week and give them permission to ask you about your training any time they want. If you don't have such a person in your life then ask your coach. We're always happy to help.

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Notes and Thoughts

Week 3: Possess

“Look, the Lord your God has set the land before you; go up and possess it, as the Lord God of your fathers has spoken to you; do not fear or be discouraged.” Deuteronomy 1:21

“The mind learns the body can go at least a bit farther even though it feels increasingly uncomfortable.” Pritikin

This week’s devotion comes directly from the weekly class email message.

One of the paradoxes of the Christian life is that God’s gifts often require labor on our part. God brought the Israelites to the Promised Land and told them He was going to “give’ it to them (Numbers 13:2). The gift of the Promised Land sounded great to the Israelites until they realized that, with the gift, came battles against giants and fortified cities! Perhaps they assumed God was going to obliterate the inhabitants of the land before they entered. Ideally for the Israelites, they could then have entered a vacant land with houses and cities already built and ready to inhabit.

Instead, God said they would have to fight for it. They would not have to fight in their own strength, however; God would be present to fight for them. God would bring down the walls of the cities, give them strategies to defeat their enemies, and empower their warriors to fight. The Israelites would have divine advantage over anyone they fought. But they would still have to fight. Excerpt from [Experiencing God Daily Devotional](#), Blackaby.

This is so much like what we experience in training. It would be wonderful if when we decided to run a 5k we could just go out and do it. And not only that, but be fast enough to win! It would be great if our bodies were trained, our minds were set with the knowledge we need to do well, and we were fully equipped with everything to be successful. It would be easy if we were instilled with a delight to train and sweat and huff and puff and make the sacrifices that are required. But it doesn’t work that way. Instead, you must work for it; you must fight. You have a plan, you have support, you have access to the knowledge you need, and you’ll have a strategy. I know this because I’ve seen it work time and time again. All you need to do is the work. Are you discouraged because this is more difficult and challenging than you expected? Don’t be. Do the work and you’ll be ready.

What does “Go and Possess It” mean to you?

Have you felt like the training so far has been a battle? How so?

The Bible tells us in 1 Peter 1:6-7, “So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold.” If this feels like a trial and is not easy for you how might God be using it to change you and draw you closer to Him?








How does knowing that God will be with you as you fight to complete this race change your outlook on it?

Has He revealed anything to you about himself so far through this experience?

Action of the Week: Consider asking God for help in this training. It’s flawed to believe we can only ask God for “spiritual” things. Psalm 37:23 says, “He delights in every detail of the godly life.” And Psalm 37:5 says, “Commit your ways to the Lord, trust Him and He’ll do this.” Commit and ask for help.

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Notes and Thoughts

Week 4: Discipline

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” Hebrews 12:11

“Running requires endurance, character, pride, physical strength, and mental toughness. Running is a test, not a game. A test of faith, belief, will, and trust in one's self.” Jessica Propst

Does the first part of the verse above regarding discipline sound familiar? Submitting to discipline is not easy but it produces a harvest of good results for those who have been trained by it. Great things happen when you bring your body under the discipline of your mind and your mind under the discipline of the spirit. The bonus is you'll find that discipline spills over in to every other aspect of your life.

Before our first child, Caroline, was born Ann Marie and I read a book as part of a small group study called Confident Parenting. We started this group with other new and expecting parents so we could equip and encourage each other to do something none of us had done before. The book was moderately helpful but one line had a notable impact on me, “You will have one of two types of pain; the pain of discipline or the pain of regret.”

You also have that same choice. I assure you that the pain of discipline is far superior to the pain of regret. Regret only comes if you chose not to continue and sit home on race day while others on the team cross the finish line and experience the joy and accomplishment of the day. The pain of discipline will require you to submit your body to discomfort at times and making the time in your schedule to get your training completed. Now, this doesn't have to be painful and I hope it is enjoyable for you. If it feels a little painful now then you still have a choice; discipline or regret.

What does choosing between these two types of pain mean to you?

Do you find either of these choices painful?

If the discipline of training is painful how can you change that?








Do you believe that a harvest of good things can come from discipline? List a few of those good things:

The verse in Hebrews writes “later on.” That means there’s a delay in gratification. How do you deal with delayed gratification?

Action for the Week: Make this a week of gratitude. Start by speaking this sentence out loud, “I’m thankful for a body that is able to do this training and for friends and coaches that help me.” Then list at least 10 things your are thankful for. Bonus if you can get 20. Why stop there, list 50!

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Notes and Thoughts

Week 5: Purpose

"But Daniel made up his mind that he would not defile himself with the king's choice food or with the wine which he drank; so, he sought permission from the commander of the officials that he might not defile himself." Daniel 1:8

"We can't all be heroes because someone has to sit on the curb and clap as they go by." Will Rogers

Other versions of the verse from Daniel say that Daniel "purposed" in his heart. Purpose is defined as "the reason for which something is done or created or for which something exists." We don't exist to run. We exist to glorify God (Isaiah 43:7). Do you look at your running as glorifying God? All that we do in life is to glorify Him and our running is no different.

We call the first 20 minute run the "Hope Run" because when you finish the Hope Run you'll be more hopeful than ever that you will finish the race. The longest you've run in training up to this point is 8 minutes. This 20-minute run is 2 ½ times longer than any other run to this point.

The signature verse for the Hope Run is Romans 5:3-5 "For we rejoice in our suffering knowing that suffering produces endurance, endurance produces character, and character produces hope; and hope does not disappoint."

Sometimes we feel like we're suffering when we run. In fact, some of us feel like we "suffer" quite a bit in this life just when things don't go our way day to day. The book of Romans was written by the Apostle Paul to the Christians living in Rome several years after Jesus was gone from this earth. Christians in Rome and throughout the Roman empire were being persecuted and often imprisoned, beaten, or killed just because they professed that Jesus was the Christ and professed to follow him. Paul's reference to suffering wasn't about running but about life and death and true suffering.

I love the progression that Paul writes; from suffering to endurance (sustaining difficult situations), character (the defining mental and moral qualities distinct to an individual) and hope (a confidence expectation that something will happen). Wow! Can you turn your suffering, what most would consider a negative experience, in to endurance, character and hope? The Bible says you can. Just ask for help.

What are some of your thoughts as you approach the Hope Run?

Do you ever feel like you are suffering when you run? Does it still feel like suffering when you consider the persecution that the early Christians endured?

Do you find that your confidence is growing or diminishing as you continue through this training? Why?

How can you turn suffering into endurance, character and hope?

Action of the Week: Pat yourself on the back! Five weeks ago you started with a 60 second run and this week you finished 20 minutes. Stop, relax, and acknowledge the accomplishment.

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Notes and Thoughts

Week 6: Rest

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” Matthew 11:28

“Training is after all simply a matter of applying stress, allowing the body to recover, and then applying stress again. For each of us, the appropriate stress and the appropriate time to recover is different.” The basics of Jogging, Sheehan

Ahhhh, rest. Rest is good. Or perhaps this is you, “Rest... I don't like it.”

There's no doubt that we live in an over stressed and under rested world. Ask a friend or acquaintance how they're doing and I bet most of time the response will include the word “busy.” Something like, “We're good... but busy.” And many times, it's not your activities that keep you busy but probably kids or grandkids. We are even over stressing our kids these days.

God is serious about us getting rest. In fact, he created a day of rest for us, the Sabbath, and named it #4 on his top ten list of commandments otherwise known as the 10 commandments. Even the God of the universe set aside one day of rest after he spent 6 days creating the world that we live in.

Did you also realize that the fourth chapter of Hebrews refers to Jesus as our Sabbath rest and encourages readers to “enter in” to the Sabbath rest provided by Christ? After three chapters of telling the reader that Jesus is superior to the angels and that He is our Apostle and High Priest, the author pleads with us to not to harden our hearts against Him, as the Jewish people hardened their hearts against the Lord in the wilderness. Because of their unbelief, God denied that generation access to the holy land, saying, “They shall not enter into My rest” ([Hebrews 3:11](#)). In the same way, the writer to the Hebrews begs his readers not to make the same mistake by rejecting God's Sabbath rest in Jesus Christ. “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience” A relationship with Jesus brings rest. What an awesome gift!

I must admit; I struggle with rest and keeping the Sabbath holy. Do you? Is it hard to refrain from activity and just rest one day a week? I mistakenly let other things get in the way of that rest and when I do it is detrimental to my physical, mental, and spiritual health.

So, what can this rest look like? I believe it can be resting in Him, reflecting on his gifts to you, enjoying quiet and restful activities with your family, and reading and praying. It might be doing something that recharges you that you don't take the time to do otherwise. Rest is not just about the physical but it's also about mental and emotional rest. Try only do things that you enjoy doing on your day of rest.

Think about trying some new ways of resting and enjoying:

- Avoid scheduled activities other than worship services
- Take a nap in the afternoon
- Take a walk outdoors
- Play a game with your kids
- Watch a movie as a family
- Have family meals all day

On a scale of 1 to 10 how good are you at resting?

1 2 3 4 5 6 7 8 9 10

Do you ever stop and think, "I feel tired all of the time?"

Yes No

Do you believe God wants you to be tired or to have energy? Why?








What are some things that you can cut out of your life that requires time and effort without much benefit?

What are some things that you'd do more if you had more time?

Action of the Week: Eliminate any activity on Sunday that you do not find restful.

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Notes and Thoughts

Week 7: Conquer

"Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer." Psalm 94:19 TLB

"The will to win means nothing if you haven't the will to prepare." Juma Ikangaa, 1989 NYC Marathon winner

The Bible tells us in Romans 8:37 "In all these things we are more than conquerors through him who loved us." When the world thinks of conquering it tends to be a fleshly goal or one that's done through might or power. But the verse in Romans reminds us that Jesus is the conqueror and our ability to conquer comes from him.

The first step to conquer the external starts with the internal and more specifically, our thoughts. Our thought life determines our attitudes and direction. Each thought in our minds produces either positive or negative chemicals.

Try this:

Think about the person you love the most.



Imagine your favorite place in the world.

What happened? Did you feel different? Did you smile a little? Did you pause to think about good memories of that person or that place?

In week 3 we talked about how exercise produces serotonin, and anti-depressant, and dopamine, a chemical that triggers the pleasure center of our brain. Exercise can be a mood lifter and stress reliever. But your thoughts will do the same thing. Dwelling on good things sets a positive tone and attitude. Focusing on negative, or tasks, or stressful parts of your life leaves you down in the dumps.

So how do you deal with it? In class, we've talked about three things you can do to overcome the negative thoughts and feelings you may encounter between now and race day but it applies to every aspect of your lives.

Take every negative thought captive (2 Corinthians 10:5) When those thoughts come in your head that are counterproductive recognize them for what they are and don't allow them to go any further. Stop them dead in their tracks. Your mind (and the author of lies) will regularly lie to you but it's never in a good way. It's always hurtful. Take the negative thoughts captive as soon as they arrive.

Focus on the good, the pure and the right (Philippians 4:8) and the accomplishments you've made. Up to this point you've gone from 60 seconds of running to 25 minutes. You've made tremendous progress and have kept up with the plan. You have coaches and teammates to support you. You have a ton of good things going. The finish line will be an awesome experience. Dwell on the good.

The power of life and death is in the tongue (Proverbs 18:21) so speak life over yourself and others. You're most likely more encouraging to others than you are yourself. Try to speak good things over others and yourself. Remember, "Kind words are like honey- sweet to the soul and healthy for the body." Proverbs 16:24

Romans 12:2 tells us, "Do not be conformed to the pattern of this world but be transformed by the renewing of your mind that you might test and approve what God's will is - his good and perfect will."

What you dwell on matters. your attitude toward failure will determine your ultimate success.

What are some of the negative thoughts that come to your mind frequently?

1.
2.
3.
4.
5.

What are some good, pure, noble, praiseworthy and true things that you can choose to dwell on? remember, you are a child of God made just the way he wanted you.

1.
2.
3.
4.
5.

Having a manta or a go-to verse can be tremendous help to fall back on when times get tough. What are some things you can speak over yourself and others?








1.
2.
3.
4.
5.

Action of the Week: If you have verses listed above, take time to memorize them. Write them down on a note card and carry them with you for a week until they are memorized. Write them with on your mirror with a dry erase marker. Remember, "In all things we are more than conquerors through Him who loved us." Romans 8:37.

Finally, Call or Write a Friend and Ask How You Can Support Them When They Face Setbacks.

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Week 8: Courage

“Be strong and courageous, for your work will be rewarded.” Chronicles 15:7

“The best way to become a mentally strong runner is to believe that you are a mentally strong runner.” Ryan Hall, US Marathoner

So, Elijah said, “Go and tell Ahab, “Hitch up your chariot and go down before the rain stops you.” Meanwhile the sky grew black with clouds, the wind rose, a heavy rain came on and Ahab rode off to Jezreel. The power of the Lord came upon Elijah and, tucking his cloak into his belt, he ran ahead of Ahab all the way to Jezreel.” I Kings 18:44-46

I love 2 Timothy 1:7, “For God has not given us a spirit of fear but of power and love and of a sound mind.” Some versions say good judgment instead of sound mind.

Do you have a spirit of fear or power and love and good judgment?

I’m going to tell you a story. I mentioned in the weekly message that this verse hit me several years ago when I was preparing for a race. Here’s a little more of the background.

It was 2009 and I was getting ready for my very first Highlands Sky 40-mile trail race and I was scared out of my mind. For weeks leading up to the event I was a nervous wreck. It seemed to always be on my mind. And while I was anxiously awaiting the race and in many ways looking forward to it, the 40 miles was a daunting task. The unknown strikes fear in many people and I am no different. The date of the race was June 20, 2009 and I read this verse on June 18th. The amazing part is I had read this verse probably 15 times. You see, when I was a kid I always remember my dad spending daily time in the Bible and prayer. And he taught me to do the same. I’ve been using the One Year Bible since my early 20s so I estimate I’ve read through the Bible over 15 times by then but I’d never noticed that verse. It wasn’t until the context of my life aligned with the reading of the word that I realized what Elijah had done. Elijah was on a mountain and took off running. Sounded pretty similar to my situation. I’m sure he was scared and so was I. Later I looked up to see how far it was from Mt. Carmel to Jezreel and discovered it was 17 miles! Not only did Elijah run all that way (he probably wasn’t logging 50 miles a week of training) and he outran a horse powered chariot doing so. Pretty impressive! So, I thought that’s a great prayer. So, I prayed for the whole 40 miles that the power of the Lord would come upon me with the strength to out run a chariot. In addition to being a prophet and a man of God, Elijah may have been the Bible’s first all –star runner. There’s also a story when Elijah walked 40 days straight and over 200 miles after just bread and water (I Kings 19:5-8)

Remember Elijah as you train and race, and pray for the strength to outrun a chariot. I believe you should have the same confidence that he will give you the strength to complete the race. He will give you the power along with love and good judgment.

Proverbs 22:13 says, “The lazy person stays at home; they say a lion might get them if they go outside.”

This verse is a simple reminder to be willing to take reasonable risks. Don’t let fear of failure keep you from stepping out in faith and allowing God to work. Take courage!

Are you afraid of taking reasonable risks for fear of failure?

Is there something that you are fearful of that you know you should be doing?

If you approach the upcoming race with a spirit of power, love and good judgement how will that help you prepare for the upcoming race?








How does this also apply to other aspects of your life?

How can you demonstrate a spirit of power, love, and good judgement your everyday life?

Activity of the Week: Think about an area of your life that you are fearful over and pray to God for his spirit of power, love, and a sound mind.

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Notes and Thoughts

Week 9: Finish

"They will run and not grow weary. They will walk and not faint." Isaiah 40:31

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that." Fred Lebow, running legend and founder of the New York City Marathon.

Wow! Here we are at race week. Isn't it amazing at how fast 9 weeks goes by? You've learned a lot of good stuff over the last 9 weeks and made amazing progress.

Start this week's journal by re-writing your original reason for joining this class and for your desired outcomes:

Start by listing the reasons you joined this class.

1.
2.
3.

What are the outcomes you are hoping for?

1.
2.
3.

How did you do? Take a minute to write a quick note of congratulations to yourself. if you have trouble congratulating yourself write it as if you were writing it a good friend.

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I love race day. I love to see my runners cross the finish line. It's not a prideful thing it's just pure delight to see you cross the line when many of you had very little hope 9 weeks ago that it was possible.

The other thing I love about race day is the witness we provide for others. I love to see everyone smile at the beginning as they arrive in anticipation. I love the words of encouragement as you speak life over one another. And I love the comfort that's offered to teammates that are especially nervous about the race.

There's nothing better in life than a Christian filled with the love, hope, and grace of Jesus. Jesus came that we might have life and have it abundantly (John 10:10). I believe that means we should enjoy the good things he's given us. An abundant life is an enjoyable life and one full of good things. Solomon wrote in Ecclesiastes 2:24, "There is nothing better for a person than that he should eat and drink and find enjoyment in his toil. This also, I saw, ... There is nothing better for man than to *eat, drink,* and enjoy his work."

As we go to the race let's smile, laugh, hug, cheer, and enjoy the victory that you've been given. And then celebrate!

My hope and prayer is that each of you are a model Genesis runner and Christian that outwardly exhibits the joy of Jesus Christ.

What are your three goals for race day?

1.
2.
3.

How will you show an outward joy to others?

1.
2.
3.

How will you help others do the same thing?

1.
2.
3.








What is your hope for race day?

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Activity of the Week: Easy Start, Strong Finish!

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Week 10: Victory

"But thanks be to God, which gives us the victory through our Lord Jesus Christ." 1 Corinthians 15:57

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." Patti Sue Plummer, U.S. Olympian

In one word, how would you describe race day? _____

Finish this sentence: I can't believe... _____

Finish this sentence: I was most surprised that... _____

If you could go back 9 weeks ago and talk to yourself what would you say?

What did you learn about yourself over the past 9 weeks?

What have the last 9 weeks meant to you?

What did God want you to learn about him?

What do you think he wanted you to learn about yourself and your relationship to Him?

Name three goals to help you continue your physical activity after this class and be specific in how you will accomplish those goals.

1.
2.
3.

We had a great 9 weeks together. You learned good running form and a better way to breathe. You learned how to take care of our bodies in self massage and foam rolling. You received some tips for safety for runners and dealing with dogs. You learned how to pace yourself and run an entire race. You received good nutrition tips in our mid-week messages.

Hopefully you learned how to deal with negative thoughts, anxiety and self-doubt. And you learned that amazing things happen on race day.

It's Not Just A 5k. It's Never Just A 5k. Do You Believe That?

I have several hopes for you.



Lasting change **starts with one step, one decision, one choice.** But one step, one choice or one decision can set your course for a lifetime and even an eternity.

Now that you know how to do it, you must do it. The seed has been planted but it's up to you how it grows.

Here's what I've learned through running. God has given me a love for running and for coaching and He teaches me more about himself through running than any other way. I love to run and teach because it helps me understand His nature and character better and then apply it to life. He's give me a love for you and to see you succeed. And he's done this so in my own imperfect way I can share with you the love of Jesus.

Over 2000 years ago Jesus brought a message of hope and of love and of mercy and grace. It was a message that was needed and longed for in his day. The people of Israel were oppressed by both the ruling government and the religious leaders of the day. And in a short ministry of about 3 years of preaching, teaching and performing miracles he became the most universally well-known figure in history and has had billions of followers since.

I know it's real because what started over 2000 years ago with Jesus and his message of hope, love, mercy and grace still changes lives.

So, if all I did was teach you about running, as much as I love it, I'd be missing the point.

Running is great but it's knowing Jesus that makes the real difference in life. And it's an eternal difference.

I share my love for running with you in hopes that you'll love it too. What I want is to share my love of Jesus with you and hope that you'll come to know his love and in return love him.

I love to coach and I love being at the finish line and with great joy watch the flood of red shirts cross the finish line. I read a verse a while ago that helped me understand what it is that I feel.

Jude: 1:24, "Now all glory to God, who is able to keep you from falling away and will bring you with great joy into his glorious presence without a single fault."

Another version I read used "great delight" instead of joy. I stand at the finish line with great delight as you cross the line.

Do you know others view you with great delight? I kind of struggle with that. That anyone would present me with great delight. But that's a promise of in the word of God for anyone that believes in Jesus as their savior. Thus, he presents you with great delight or exceeding joy and without fault.

I want you to stand with Jesus as he presents you with great delight to His father.

A saving faith in Jesus is not difficult. It's as easy as A-B-C.








- A** Admit that you're not perfect and need a savior. "For all have sinned and fall short of the glory of God." Romans 3:23
- B** Believe that Jesus is the son of God sent as our savior. "Yet to all who have received him, to those who believed in his name, he gave the right to become the children of God." John 1:12
- C** Confess with your mouth and ask him to be your savior. "That if you confess with your mouth that "Jesus is Lord" and believe in your heart that God raised him from the dead, you will be saved." Roams 10:9.

If you've made that decision, I'd like to know about it. Please email me at matt@wvruncoach.com and tell me that you've made this decision.

Until I see you again I pray God's blessing over you and your runner's hearts and your runner's legs and your runner's spirits. I'll see you out there.

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WEEK OF: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
H2O							
EXERCISE							
EFFECT?							

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Notes and Thoughts