

THE WORD – The Ladder’s February Wellness Challenge

Welcome to THE WORD Challenge!

Can I share a story with you? A friend was going through a difficult journey following the loss of her husband to cancer. She felt lost and hopeless. In all the busyness of caring for her husband and for life following, she had lost her routine of reading and memorizing the Bible - THE WORD of God!

We talked about returning to THE WORD of God. She asked me to keep encouraging her to do so. It all felt lifeless, a morning task... at first. She struggled but she didn’t give up. She said out loud, “I will read THE WORD every day even if I don’t feel like it!” Over time THE WORD breathed life into her weary soul. Her desire and joy returned. Her strength and resolve returned. She proclaimed, “THE WORD has fortified me!”

Fortify = Strengthen, Secure, Build Up

That's why God told Jeremiah, “Today I have made you strong like a fortified city that cannot be captured” (Jeremiah 1:18). He’s saying the same thing to us today. It's time to put a stop to the enemy sneaking through the small, broken areas of your life. It’s time to shut out despair and hopelessness and confusion. God uses THE WORD to fortify you!

Can I share one more story with you? Annie and John were attending Celebrate Recovery at The Ladder. They were frustrated and hopeless. They felt defeated by their circumstances. The Celebrate Recovery coach, Todd, asked them to commit to reading the Bible and journaling their thoughts and their prayers. After several weeks, Annie and John’s dispositions began to change. They came to Celebrate Recovery excited and hopeful. They began encouraging others. And how did they encourage? They shared THE WORD of God. Fortified!

The Bible tells us that THE WORD is: alive, direction-giving, hope-giving, life-giving, power-filled - fortifying!

Hebrews 4:12 For THE WORD of God is alive and powerful...It exposes our innermost thoughts and desires.

Psalms 107:20 He sent out His Word and healed them, and delivered them from their destruction.

Psalms 119:105 Your Word is a lamp to guide my feet and a light for my path.

1 Corinthians 1:18 For THE WORD is folly to those who are perishing, but to us who are being saved it is the power of God.

Ephesians 6:16-17 IN ALL CIRCUMSTANCES... take up the sword of the Spirit, which is THE WORD of God!

Isaiah 55:10-11 As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

So, are you reading THE WORD of God? Are you hungry for its power? Do you want to be fortified?

Yes? Then join us for THE WORD Challenge - a verse a day for the month of February. Read it, chew on it, hold on to it, hide it in your heart. Let it work its power in you and in your circumstances.

How Do I Participate in THE WORD

1. **Commit to reading the verse each day.** (See “THE WORD Challenge Verse Calendar” button on our website.) Read it quietly, read it slowly and then read it aloud, emphasizing one or two words.
2. **Ask, how does the truth of this Word impact my life today?**
3. **As you progress through the month, decide on one verse you will commit to memory!** Write it on a small card and carry it with you throughout your day.
4. **Finally, at the conclusion of the month, fill out the card at the bottom of this page, and return it to the office or email sue@theladdercommunitycenter.com with the phrase, “I completed THE WORD Challenge” as the subject. Share with us the verse you have chosen to memorize. All those completing the challenge will be entered into a drawing for a Ladder T-shirt.**

Have you ever noticed that when you first put bubble gum in your mouth, it’s hard? But after you chew, the flavor is released and it becomes more flexible. In fact, as it becomes more flexible, you can fill it with air and make huge bubbles! Chewing bubble gum is like meditating on God’s Word. It may seem hard, but as you chew you get more of the flavor, and it expands your mind and heart. THE WORD stretches us and fills us. But unlike bubble gum, THE WORD releases powerful nutrients into our body to fortify us, and it never loses its flavor!

Need Encouragement?

Join us every Wednesday in February for “Chewing on THE WORD.” We gather in The Ladder’s café at noon for 30 minutes of “chewing” – an informal time of sharing and unleashing the power of one verse. No registration is necessary for this gathering. We begin February 1 with Matthew 6:34.

You are welcome to bring your lunch or order lunch from The Ladder. All lunch orders must be received 48 hours in advance. Call Michelle @ 231.259.0211 to place your order (hot entrée, sandwich, salad, or parfait).

I Participated in THE WORD Challenge

My One Verse I am memorizing—

My One Takeaway (learning) from this Challenge -

Name: _____ Phone: _____