



Welcome to Day One of One-Week Workout! Jane and I are praying for you to grow stronger spiritually and physically. This week we are focusing on the book of James. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____

James, the writer of the book of James, is believed to be the Lord's brother. Please look at James 1:1.

What word does James use to describe himself?

The word *bondservant* in the original Greek means *one who gives himself up to another's will those whose service is used by Christ in extending and advancing his cause among men.*

Have you given yourself up to the cause of Christ?

Now, please read the entire book of James in one sitting—don't worry, it will only take you about twenty minutes. While you are reading please write down your thoughts and reflections in your Bible Journal. Also look for theme words/statements that occur throughout the book of James. (Possible theme words are written in fine print at the bottom of this page.)

Please name a challenge that you are currently facing.

How does God want you to apply your theme word/statement to your current challenge?

In the space below please record one thing you will do today concerning your current challenge.

Want an extra challenge? Write the first chapter of James in the back of your Bible Journal. God will bless you for your effort.

Thank you for joining us today. See you on Day Two!

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(possible theme words from James: faith, works, tongue, pride, prayer)

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