

The 12 Days of Easter: Day 6, The Book of Life



Day 6: The Book of Life

“He who overcomes shall be clothed in white garments, and I will not blot out his name from the Book of Life; but I will confess his name before My Father and before His angels.

Revelation 3:5

book [boo k]

noun

1. the Book, the Bible.
2. anything that serves for the recording of facts or events
3. a set of rules, conventions, or standard
4. to reserve or make a reservation for
5. to register one's name

For as long as I can remember, **books** have been a source of joy to me. When my sisters and I were just preschoolers, our mom would take us to the library and check out a big stack of books. Every afternoon or evening, we crowded around her to hear a new story. As I got older, I couldn't wait to make my own selections at the library. Once I started receiving an allowance, I saved up my money and then walked downtown to

Majerek's Book Store each week to buy the latest book in my favorite mystery series. To this day I love books; my favorite one is the Bible.

In today's scripture, we see an important book mentioned: the **Book of Life**. The Book of Life is kept in heaven, and it is filled with the names of those who trust in **Jesus**. If you have committed your life to Jesus and have asked him to forgive your sins, then just like definition #4 above says, God "makes a reservation" for you in heaven and writes your name in the **Book of Life**.

Typically, when authors write a book, they write several drafts, adding new information and deleting parts they no longer want. In contrast, scripture tells us that the Author of the **Book of Life** will never delete any names that are written in it. This is evident by the way the verse is written in Greek. The Greek words for *I will not blot out* are a double negative, *ou me*, that literally mean *not not* or *not never*. It is impossible that once a name is written in the **Book of Life** that it will ever be deleted. It is there *forever*. You do not need to fear that you will mess up so much that God is going to write you out of His story. It just can't happen. The enemy will try to convince you otherwise, but do not fall for his deception. Rather, settle your heart on the truth of God's word.

point to ponder

As we enter into Holy Week, meditate on the security that you have in Christ.

prayer

Dear Lord, we thank you that our names are written in permanent ink in the Book of Life. They can not be erased and they won't fade off the page. We are assured of our righteous standing with You because of Jesus' sacrifice. We can live without fear, knowing that we belong to You and You belong to us. In Jesus' name. Amen.

previous posts

Day 1 : [Breath of Life](#)

Day 2: [The Life](#)

Day 3. [Eternal Life](#)

Day 4. [The Life Which I Now Live](#)

Day 5. [All the Days of Your Life](#)

book. Dictionary.com. *Dictionary.com Unabridged*. Random House, Inc. <http://dictionary.reference.com/browse/book> (accessed: February 23, 2015).

The 12 Days of Easter, Day 4: The Life Which I Now Live



Day 4: The Life Which I Now Live

“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Galatians 2:20

live¹ [liv]

verb

1. to feed or subsist (usually followed by on or upon):
2. to dwell or reside (usually followed by in, at, etc.)
3. to pass life in a specified manner

As we consider the verb **live** in the passage above, we see that as followers of Jesus, we don't have to live out our lives on earth in our own strength. Rather, it is Christ who actually lives *in* us. The Greek word for *live* is **zao**. Exploring its meaning gives us amazing insight into what kind of life Jesus means for us to have. According to the Blue Letter Bible, *zao* means, "active, blessed, endless in the kingdom of God." It also means "living water, having vital power in itself and exerting the same upon the soul."

During a recent vacation in Florida, I was riding with a cycling tour group. I could feel the sweat trickling down my head as I huffed and puffed my way to the next stop. Not accustomed to the heat and humidity, I felt my energy slipping away with each pedal. I finally made it to the break area and guzzled a bottle of cold, fresh water. My energy and vitality and desire to make it to the finish ramped back up, and I hit the trail again.

Too many of us are trying to live our lives without our spring of **Living Water**. We are huffing and puffing our way through jobs, callings, and relationships without tapping into our spiritual source of strength. Everyone has times of tiredness, but if we are not experiencing any active, powerful, blessed times of walking with God, then we need a fresh drink of Living Water. Perhaps we are quenching the

Spirit through sin, or we are just forgetting to ask God to fill us with a fresh breath of His Spirit. When we live by faith in the Son of God, He gives us strength and power for the journey.

point to ponder

Are you living in God's strength or your own?

prayer

Lord, we pray for your Living Water to infuse us with strength. Help us to live our lives being filled with your Spirit and equipped for service. Grow our faith in You as we walk together. In Jesus' name. Amen.

previous posts

Day 1 : [Breath of Life](#)

Day 2: [The Life](#)

Day 3. [Eternal Life](#)

live. Dictionary.com. *Dictionary.com Unabridged*. Random House, Inc. <http://dictionary.reference.com/browse/live> (accessed: February 23, 2015).

Faith & Fit: Week 6, Lesson 2



We are so glad you have joined us for Week 6, Lesson 2 Make Three Meals of our journey to greater spiritual and physical health! Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource! Remember to leave a comment about your experience at the Speak Your Mind section at the bottom of the page. In Christ, we can grow stronger. Let's do it!

Everyday Faith Teaching Video:



Everyday Faith Bible Study

Please click on the link below to access Week6, Lesson 2.

[Week 6, Lesson2 Bible Study](#)



Everyday Fit Physical Challenge:

Week 6, Lesson 2

We are focusing on a simple exercise that almost everyone can do: **walking**. You can choose to walk indoors or outdoors. Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to.

For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and Walmart, on her website, for live streaming on Walk TV , and some for free on YouTube and on her site when you sign up (free) for her Walk Social Club.

One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features.

Basic Walking Guidelines

Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end.

The Walking Site has some wonderful stretches for walkers, and here is a link to their [stretching page](#).

As you are walking, walk tall, pull in your stomach and tighten your bottom.

When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

For Day 13, we are going to set the goal of walking 2 miles or the rough equivalent of 4000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 4000 steps or 2 miles to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of two miles, then aim for 4000 steps on your pedometer or another 2 miles on the total. How have you done with your walking/exercising? If you have time, please go to our [Facebook page](#) and let us know what you have accomplished.

Let's change things up this week by adding weights to our walk.

You can do this a few different ways:

1. Purchase wrist weights that slip over your hands like bracelets.
2. Purchase small weights that you just hold in your hand.
3. Purchase weight gloves.

You can simply carry these weights while you are walking, or you can engage your muscles more by actually doing some presses or curls. See this one minute video to give you a few ideas for your next walk.

Experienced Level: Today make it your goal to walk for 60 minutes. Walk at a pace you are comfortable with and that your are able to carry on a conversation. By the end of your walk you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

For an extra challenge try jogging today! If you have never jogged before set your goal for walk a half mile jog for a half mile. If you are an experienced jogger run your usual route and up it by a half mile! you can do it!

Lower Body Focus Day Six with Coach Dan!Let's do it!

Rainy Day? Too hot? No worries! click on the link below for a great indoor workout with Leslie Sansone!



[Five Fast Miles!](#)



Everyday Fit Food Challenge:

Make Three Meals

Today I'd like to share this link to a two-week [menu plan from Clean Eating Magazine](#). It's one of my favorite food magazines, and you can buy it at the grocery store, book store, or Whole Foods. This menu plan will take you through our last two weeks with its wonderful meals all planned out for you. Take a look – you're sure to see something you want to try. Keep up the good work, and let us know if you try any of these recipes.



Extra Faith:

Need a little extra spiritual challenge added to your day? Take advantage of the following resources!

Today I'd like to share a link I found for a free e-booklet from Stormie Omartian called [The Seven-Day Prayer Warrior Experience](#). I've recently downloaded it myself, so I haven't read it yet, but I've read several of her other prayer books and have loved them. I hope this encourages you in your prayer life and interceding for others!



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go!

Remember, we can do all things through Christ who strengthens us (Philippians 4:13). Keep up the good work and let us know about your progress on our [Facebook page](#).

Faith & Fit: Week 2, Lesson 2

Sans Sugar



We are so glad you are back for Week 2, Lesson 2 of Faith & Fit: Sans Sugar. Let us encourage you to persevere! Keep studying, and moving. You are laying up treasure in heaven where neither moth or rust can destroy and establishing healthy habits. Don't give up! Jesus is walking with you every step of the way. Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource. Remember to leave a comment about your experience in the Speak Your Mind section at the bottom of the page. In Christ, we can grow stronger. Let's do it!

Everyday Faith Teaching Video:



Everyday Faith Scripture Reading:

To access Everyday Faith Day Week 2, Lesson 2 Bible study, please click the link below!

[Week 2, Lesson 2 Bible Study](#)



Everyday Fit Physical Challenge:

Beginner Level: Today make it your goal to walk for **1 mile**. Walk at a pace that you are comfortable with and that you are still able to carry on a conversation. As always, check with your doctor before beginning any physical workout to be sure

you are up for the challenge! For more information please read the following article on how to begin a walking program: [Walking Program](#).

Do you want an indoor video for today? This one-mile walk with Leslie Sanson will challenge you!

[Walk N' Tone With Leslie Sansone](#)

Experienced Level: Today make it your goal to walk or ride your bike for 45 minutes. Walk or ride at a pace you are comfortable with and that you are able to carry on a conversation. By the end of your walk/ride you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge! Let's join Coach Dan for Day Two of Lower Body Focus!

Rainy Day? Too hot? No worries! click on the link below for a great indoor workout with Leslie Sansone!



[Five Fast Miles!](#)



Everyday Fit Food Challenge:

Sans Sugar:

Earlier this week, we started talking about the harmful effects of sugar. We continue that topic with an article by Dr. Sears who explains the [damage that excess sugar can cause to children.](#)

Here's a possible menu that I curated from several sources.

Breakfast : [Frittatinis](#) – Try making the night before for breakfast for the fam! (This would also work for lunch or dinner too.) This comes from Sara Wilson's I Quit Sugar blog.

Lunch: [Grilled Parmesan Tomatoes](#). This is from Dr. Perlmutter's *Grain Brain Cookbook* that we featured in our [Week 2, Lesson 1 post](#). See the recommended reading section.

Dinner: [Grass-fed Beef Stew in Crockpot](#). This is also from Dr. Perlmutter's *Grain Brain Cookbook*.



Extra Faith:

Need a little extra spiritual challenge added to your day? This week we've been talking about a gentle, quiet spirit. Today we'll continue that with a podcast recorded with Lysa TerKeurst (of Proverbs 31 ministry) on Family Life Today with Dennis Rainey called Imperfect Progress.



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go!

Don't forget to post below or on our [Facebook page](#) any questions, workout information, recipes, prayer requests, and encouragement to others.

Blessings and congratulations on Week 2, Lesson 2!

Faith & Fit: Week 2, Lesson 1



Are you ready for Week Two of Faith & Fit? Jane and I are

praying that you will make life changes that will lead to greater spiritual and physical health. Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource! Remember to leave a comment about your experience at the *Speak Your Mind* section at the bottom of the page. In Christ, we can grow stronger! Let's do it!



Everyday Faith Teaching Video:



Everyday Faith Scripture Reading:

Please click on the Week 2, Lesson 1 Bible study link below!

[Week 2, Lesson 1 Bible Study](#)



Everyday Fit Physical Challenge:

Basic Walking Guidelines

Begin your walk with a warm up. This means to start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end.

The Walking Site has some wonderful stretches for walkers, and here is a link to their [stretching page](#).

As you are walking, walk tall, pull in your stomach and tighten your bottom.

When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

Today make it your goal to walk for **25 minutes**. Walk at a pace that you are comfortable with and that you are still able to carry on a conversation. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge! For more information please read the following article on how to begin a walking program: [Walking Program](#). Feel free to also substitute any of Leslie Sansone's indoor walking videos as well. [Week 1, Lesson 1](#) lists a free resource for this (Password: Deuteronomy8).

How are you doing with your walking/jogging? Are you feeling any stronger yet?

Need an indoor exercise routine? Here's a Leslie Sansone 1-mile walking video!

Experienced Level: Today, make it your goal to walk or ride your bike for 45 minutes. Exercise at a pace you are comfortable with and are able to carry on a conversation. By the end of your walk/ride you should be sweaty and tired but

not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

Rainy day? Don't fret! Click on the link below for a challenging indoor work out with Leslie Sansone!



[4 Fast Miles!](#)



Everyday Fit Food Challenge:

Sans Sugar

Today we are looking at leaving refined sugar out of our diet. Studies are showing that sugar may be the springboard for inflammation and many of the chronic diseases that are plaguing our generation. Sugar is also a sneaky substance and is in many foods that you may not even realize. Become a food label reader. Realize that sugar has [many other names](#). We are not expecting that you give up sugar for the rest of your life. The purpose of this challenge is to develop healthy habits and choices, not deny ourselves every one of our favorite foods. If you reduce the amount of sugar you eat, you will most likely improve your health.

Check out this resource for information on [cutting out sugar](#).

Here's a healthy sweet treat sans sugar:

Recipe for [sugarless oatmeal cookies from Don Colbert](#)



Recommended Reading

Today we are recommending [The Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain's Silent Killers](#) by Dr. David Perlmutter. Mary heard Dr. Pearlmutter on PBS and told me about him. This book outlines what they believe to be the cause of many of our modern diseases, including Alzheimer's. Incredible, cutting-edge information. The Grain Brain Cookbook was just released last week. *Here is a CBD link to the cookbook:

The cover of the book "The Grain Brain Cookbook" by David Perlmutter, MD. It features a colorful illustration of various grains and vegetables.	<p>The Grain Brain Cookbook: More than 150 Life-changing Gluten-free Recipes to Transform Your Health – eBook By David Perlmutter, MD / Little, Brown and Company</p>
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Extra Faith:

Today's food challenge is Sans Sugar, but that doesn't translate so well to spiritual goals, does it? God surely doesn't want us to give up the sweetness in our personalities.

As a matter of fact, God emphasizes that we have a gentle, quiet spirit or, as I'm fond of saying about a beloved friend of mine, "She has a sweet spirit, doesn't she?"

Well, developing that gentle, quiet spirit can be a challenge to those of us who just aren't that way naturally. I've found an article written by Erin Davis interviewing Nance Leigh DeMoss discussing this very topic: [Do I Have a Gentle and Quiet Spirit?](#)



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are **short, effective and productive!** Let's go!

Please enjoy Day 2 of Dan's Mind Body Spirit Challenge!

Don't forget to post below or on our [Facebook page](#) any questions, workout information, recipes, prayer requests, and encouragement to others.

Blessings and congratulations on Week 2, Lesson 1!

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