

Let's Get Moving Weekly Devotions

Week #1

Scripture: *"Commit your work to the Lord, and your plans will be established."*

Proverbs 16:3

Starting is often the hardest part.

We've all had good intentions to exercise more, eat better, spend more time in God's Word. But sometimes those goals feel so big that we never begin.

That's one reason this challenge starts with just ten minutes.

God often works through small, ordinary acts of faithfulness. A single seed becomes a tree. Five loaves and two fish feed thousands. One small act of obedience can grow into a lifelong habit.

This week, don't worry about perfection. Simply take the first step. Whether it's a walk around the block, stretching before breakfast, or dancing with your grandchildren in the living room, thank God for a body that can move in whatever ways He has uniquely designed.

Prayer: Lord, thank You for the gift of this body. Help me care for it faithfully, not out of obligation but out of gratitude for all You've given me. Amen.

Week #2

Scripture: *"Those who hope in the Lord will renew their strength."* Isaiah 40:31

There are days when we simply don't feel like moving.

We're tired and busy. Maybe our bodies ache more than we'd like. Some days, ten minutes can feel like a lot.

The beautiful thing is that God doesn't ask us to rely on our own strength. He promises to renew us. Sometimes that renewal comes through rest. Sometimes it comes through

taking the walk we almost skipped, stepping outside into His creation, and remembering that He is with us every step of the way.

As you move this week, notice God's generosity. Listen to the birds. Feel the sunshine or the breeze. Let your movement become a quiet reminder of His faithfulness.

Prayer: Lord, renew my strength today. Help me trust You in every season and remember that You walk with me wherever I go. Amen.

Week #3

Scripture: *"Encourage one another and build each other up."* 1 Thessalonians 5:11

Everything is easier with encouragement.

Maybe you've noticed that walking with a friend makes the time go faster. Or perhaps your grandchildren have convinced you to play just a little longer than you planned.

God created us for community.

This week, invite someone to move with you. Take a walk after church. Ask a coworker to take a movement break with you. Invite your family outside after dinner.

The goal isn't simply more movement; it's more opportunities to encourage one another as brothers and sisters in Christ.

Prayer: Lord, help me encourage someone this week. Use even simple moments of movement to strengthen relationships and point others to You. Amen.

Week #4

Scripture: *"Let us not grow weary of doing good."* Galatians 6:9

We've made it to the final week!

Whether you've participated every day or you're joining at the last minute, remember this: healthy living isn't about perfection. It's about choosing faithfulness one day at a time.

We hope these four weeks have shown you that caring for your body doesn't require dramatic changes. Small choices repeated consistently can have a lasting impact.

As this challenge ends, don't think of it as the finish line. Think of it as the beginning of a healthier rhythm, one that helps you serve your family, your church, and your community with the strength God provides.

Prayer: Lord, thank You for walking with me throughout this challenge. Help these small habits become lasting ones that honor You in my daily life. Amen.