

The Wesley Challenge
January 12-February 1, 2025
St. John's UMC / Texas City

Week Two / January 19-25

Sunday, January 19

Question 8: Am I proud?

Read Psalm 139:13-14, Ephesians 4:8-10

Pride goes beyond healthy self-esteem. When we ask ourselves "Am I proud?" we are also asking ourselves "am I secure in my own identity?" We are just a speck in the universe and yet we are beautifully and wonderfully made. What are your strengths from God's perspective? Where do you mask insecurity with pride?

Monday, January 20

Question 9: Am I defeated in any part of my life?

Read John 16:33

We all have times in our lives when we feel defeated or overwhelmed. We cannot overcome these troubles on our own. We were designed for community. To admit that we are defeated is an act of courage. To admit that we need help is bravery. We honor God when we declare the need for God's help. When you feel defeated, who can you ask for help?

Tuesday, January 21

Question 10: Do I go to bed on time and get up on time?

Read Genesis 2:2-3

This is more than a question about sleeping habits. It's a question about caring for ourselves spiritually, physically, socially, and emotionally. It's about doing what we can for ourselves so we can be at our best for our families, our friends, our work, and our purpose in the world. Begin by choosing a reasonable bedtime this week and stick to it.

Wednesday, January 22

Question 11: Do I grumble or complain constantly?

Read: Philippians 2:14-16

We ask this question of ourselves so we can be aware of unintentional patterns or habits. We are trying to replace our negative thoughts with positive ones. We ask this question to take responsibility for our role in family and work life. Are you optimistic or pessimistic by nature? Pay attention to your urge to complain today and make an effort to stop.

Thursday, January 23

Question 12: Am I a slave to dress, friends, work, or habits?

Read: 1 Timothy 6:7-9

The underlying principle behind Wesley's question is simply: Who or what owns us? What consumes us? Who or what do we allow to control our life? We cannot carry out God's work in the world when we are driven and consumed by material possessions or selfish desires. What obsession or possession might be occupying too much of your time, effort or focus? Find a place to serve regularly to help rebalance the priorities in your life.

Friday, January 24

Question 13: How do I spend my spare time?

Read: 2 Thessalonians 3:6-13

According to a 2014 survey, we have about 16.3 waking hours and approximately 2.5 hours of those hours are leisure or "spare" time. Everyone's spare time is different and will most likely be scattered throughout the day. Wesley is suggesting that we use our spare time to refresh and renew. What activities bring you the most enjoyment and make you feel the most refreshed and energized? How much of your spare time do you spend on these activities that refresh you?

Saturday, January 25

Question 14: Am I self-conscious, self-pitying, or self-justifying?

Read: Philippians 2:3-4

It's healthy to be self-aware. However, being too aware of self can make us self-absorbed if we aren't careful. Reflecting on this question causes us to confront our human tendency to be so concerned with "self" that we lose sight of the "others" in our lives. Today do something for someone else—a random act of kindness, volunteer or serve, or listen to another person's story. Today do something that takes you out of your comfort zone. Fight against your urge to feel self-conscious.

Material for these short devotions comes from *The Wesley Challenge: 21 Days to a More Authentic Faith*, by Rev. Chris Folmsbee.