



Colossians 3:1-4

3 If then you were raised with Christ, **seek those things which are above**, where Christ is, sitting at the right hand of God. 2 **Set your mind on things above, not on things on the earth.** 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

Thank you for participating in Montclair Tabernacle's **90 Days of Praise** Challenge

"... discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come." **1 Timothy 4:7-8**



“For though by this time you ought to be teachers, you have need again for someone to teach you the elementary principles of the oracles of God, and you have come to need milk and not solid food. For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil.” **Hebrews 5:12-14**

Much like our physical well-being depends on our applying disciplines that ensure its health so does our spiritual well-being. Good health be it physical, mental or spiritual is not a condition accidentally obtained, it is intentionally developed as we apply the appropriate behaviors and habits that are proven to provide good health.

This **90 Days of Praise** is designed to assist you in establishing a life-style change of behaviors and habits that will continue to develop your spiritual health. This manual is an excellent tool to help you learn and execute the disciplines of a growing, thriving life of a new person in Christ.

GETTING STARTED.

YOUR PATH TO SPIRITUAL GROWTH.

As with any personal development plan it is important that you establish some personal goals.

What goals do you want to set for yourself in this year? At Montclair Tabernacle our desire is to see you grow in every spiritual way.

During this **90 days** we want to encourage you to take this 90 principle into your daily life. To establish a daily routine of getting closer to the Lord.



1. To Read the Bible. - 30 Min.
2. To Pray. - 30 Min.
3. To Worship. - 30 Min.

In addition to these daily disciplines that you would be encouraged also to:



4. Be more intentional about sharing your faith.
5. Prayerfully consider serving your church in some capacity.
6. Begin tithing or increase your level of stewardship.

There can also be any number of additional personal goals you have as it pertains to your spiritual growth. Take a moment to complete the section below.



What are your personal goals so that you can measure your success during the **90 Days of Praise**. Please be as honest with yourself as possible. This is for your personal use only.

Bible Study Goals:

1. _____
2. _____
3. _____

Personal Prayer goals:

1. _____
2. _____
3. _____

Bible Application Goals: (i.e., serving in a ministry, tithing, attending church services and/or growth groups, etc.)

1. _____
2. _____
3. _____

Personal Outreach goals: (sharing your faith, testimony and lessons with others.)

1. _____
2. _____
3. _____

Now that you have determined what your goals are let's help you get started on this journey of growth and maturity as a disciple of Jesus Christ. Provided below are the necessary steps that we will take together as a church family to ensure we develop good spiritual health.

Personal Evaluation: Prayer

Each day should start with personal evaluation. Take some time to let the Holy Spirit in you bring awareness to areas of your heart and life that need to be submitted to the process of redevelopment by God. It's critical that in this step you are honest with yourself.



"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." 1John 1:9

Once you have been made aware of negative areas of your heart and life ask the Lord to forgive you. This is the first step in allowing change in that area of your life. The goal is not simply to acknowledge it but begin the process of changing it in your life. In this packet we have provided for you 90 devotionals, one for each day of your challenge to assist you in the steps you will need to take for quality spiritual development and growth.

Personal Daily Devotion:

"This I say for your own benefit; not to put a restraint upon you, but to promote what is appropriate and to secure undistracted devotion to the Lord." 1 Corinthians 7:35

Personal daily devotion requires the execution of two particular exercises; prayer and bible study.



PRAYER

Rejoicing in hope, persevering in tribulation, devoted to prayer..." Romans 12:12

Developing a healthy prayer life requires us to understand how to pray correctly.

1. Pray first with "Thanksgiving and Praise". (Philippians 4:6, Colossians 4:2)
2. Present God with your requests. (Philippians 4:6, James 4:2-3)
3. Wait and listen. (Psalm 62:5, Job 6:24)



STUDY THE WORD

Like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation..." 1Peter 2:2



Many of us do not acquire a daily discipline of studying scripture because we are intimidated by it or simply get distracted. We see all the pages, chapters, verses and we do not know where to start and most of us have a difficult time understanding what we are reading.

Here are a few simple steps to help you develop quality bible study time.

1. Reflection: (2Timothy 3:16) Ask yourself how the scriptures you are reading are meant to instruct you, teach you, correct you and train you in righteousness.

2. Meditation: (Psalm 119:15) Take some time to really focus on what you have read and let it sink deep into your heart and mind. Think about how the precepts, truths and virtues of God can be recognized in your life over the past and how it will set the course of your life in the decisions you make moving forward.

3. Application: (James 1:22) Reflection and meditation serve no purpose without the application of what you have learned. Here is where you begin to evaluate in what areas of your life you may apply what you've read and learned. Remember the promises of God for your life are activated by the application of God's word in our life.

Self-Reflection: Bible Study

What areas do you struggle with in your personal devotion?

Why do you think this area is a struggle to you?

What one thing can you change to in your time, habits, and priorities to make daily devotion a priority? _____





SERVICE TO OTHERS

"From whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love." **Ephesians 4:16**

We ought always to give thanks to God for you, brethren, as is only fitting, because your faith is greatly enlarged, and the love of each one of you toward one another grows ever greater..." **2Thes 1:3**

The command we were given as disciples of Christ is to love one another as He loves us. This command is impossible to fulfill without **demonstration**. The demonstration of this command is recognized in how we deliberately serve one another. It takes effort, time and sacrifice on our part to apply the qualities of our gifts, abilities, talents, skills and resources to serve others. One way to get started is by simply **serving in the household of God** (Montclair Tab.) in areas needing your service.

It can be greeting people as they come to a gathering, working with children, singing or playing on the worship team, serving on our media team, following up with those who visited or made commitments to Christ, etc. There are **all kinds of opportunities to serve**. If you are unaware of what they are simply schedule a time with Pastor Brad or speak to someone in church leadership to discuss with them your interests, talents or skills to see where a good initial fit for you would be. We need you to move from spectator to participant. The local church is where we can all use our gifting to **build the Kingdom**.

Self-Reflection: Serving Others

In what way do you intentionally and regularly serve others?

If not serving at church... What prevents you from serving others regularly at church?

Why does this prevent you from serving?

In what area of the church do you feel most drawn to to serve if given the opportunity?



STEWARDSHIP

"In this case, moreover, it is required of stewards that one be found trustworthy.

1 Corinthians 4:2

There are several divine resources God has entrusted to mankind that are meant to produce eternal results according to His will, but we have the choice to use these resources to serve our will or His. If we use them for the service of our will, then our reward will be gained in this life, but if it is for His will our reward will be gained in this life and the life to come.

If we want to see the increase of His resources we must apply them to the purposes He's assigned to them. These resources are as follows:

The silver is Mine and the gold is Mine,' declares the LORD of hosts." **Haggai 2:8**



Resources....

1. Treasure (money):

"Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the LORD of hosts, "if I will not open for you the windows of heaven and pour out for you a blessing until it overflows." **Malachi 3:10**

2. Time (production):

"So teach us to number our days, That we may present to You a heart of wisdom." **Psalms 90:12**

"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil." **Ephesians 5:15-16**

"Conduct yourselves with wisdom toward outsiders, making the most of the opportunity." **Colossians 4:5**

3. Talent (gifts & skills):

Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; if service, in his serving; or he who teaches, in his teaching; or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness." **Romans 12:6-8**

"As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God." **1Peter 4:10**

Self-Reflection: Stewardship

What resources do you currently prioritize in applying to God's purposes?



What resources do you struggle prioritizing according to God's will?

Why do you struggle with prioritizing this resource according to God's will?

What resource or resources will you make a commitment to in prioritizing according to God's will?

Do you believe the promises of God concerning tithing? (First fruits, 10% of income to the Lord)

If not, why? If so, why?





PERSONAL OUTREACH

"But you, be sober in all things, endure hardship, do the work of an evangelist, fulfill your ministry." **2 Timothy 4:5**

Every person who is a disciple of Jesus Christ has been given the duty of preaching the gospel.

This is all about sharing with others who do not know Him the reality of a growing relationship with Him. This can be accomplished by sharing these 3 parts of the gospel message formed from our relationship with Him and growth in our knowledge of Him.

1. Share your testimony

"But set Christ apart as Lord in your hearts and always be ready to give an answer to anyone who asks about the hope you possess." **1 Peter 3:15**

2. Share your faith

"What good is it, my brothers and sisters, if someone claims to have faith but does not have works? Can this kind of faith save him? If a brother or sister is poorly clothed and lacks daily food, and one of you says to them, "Go in peace, keep warm and eat well," but you do not give them what the body needs, what good is it? So also faith, if it does not have works, is dead being by itself." **James 2:14-17**

3. Share your knowledge

"Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts." **Colossians 3:16**

Self-Reflection: Personal Outreach



How often do you share your testimony, faith & knowledge with others?

What makes outreach difficult for you?

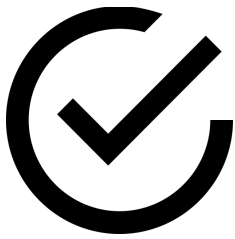
Who will you commit to praying for and seeking God for opportunities to reach out with your testimony, faith and knowledge?





DAY 1

MONDAY



30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

But I am afraid that, as the serpent deceived Eve by his craftiness, your minds will be led astray from the simplicity and purity of devotion to Christ.

2 Corinthians 11:3 (NAS)

Reflection to Ponder:

Do you read The Word because you feel obligated too or because you desire to learn from Him? Do you pray because you're required too or because you want



to talk with Him? Relationship can quickly become religion when our motives shifts from love to law.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

... Pray to close your thoughts.





30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

The thief comes only to steal and kill and destroy; I came that they may have life and have it abundantly. **John 10:10 (NAS)**

A prosperous mind understands that we give not to receive, but because we have already received. For we give from the fullness of life we have gained in Him not from what we have earned in this life.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?



DAY 3

WEDNESDAY



30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

...bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. **Colossians 3:13 (NAS)**

Quote: I'm not learning to become angry, I'm learning to become forgiving.

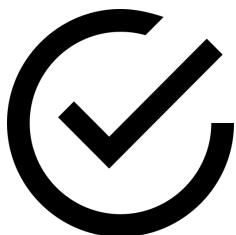
What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

...Pray to close your thoughts





30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

And a woman who had been suffering from a hemorrhage for twelve years, came up behind Him and touched the fringe of His cloak; for she was saying to herself, "If I only touch His garment, I will get well." But Jesus turning and seeing her said, "Daughter, take courage; your faith has made you well." At once the woman was made well. Matthew 9:20-22 (NAS)

You cannot walk in a supernatural reality until your natural reality makes you so desperate that you're left with nothing but faith in God.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?



30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

Then the disciples came to him and asked, "Do you realize you offended the Pharisees by what you just said?" **Matthew 15:12 (NLT)**

Offense to truth is always a defiance to the challenge it is presenting to our life.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

“Those who accept my commandments and obey them are the ones who love me. And because they love me, my Father will love them. And I will love them and reveal myself to each of them...” Anyone who doesn’t love me will not obey me. And remember, my words are not my own. What I am telling you is from the Father who sent me.” **John 14:21, 24 (NLT)**

Sonship to the Father has never simply been a position of confession but has always been a position of obedience.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?





30 MINUTES OF PRAYER

30 MINUTES OF READING THE WORD

30 MINUTES OF WORSHIP / PRESENCE / REST

Some of the traveling teachers recently returned and made me very happy by telling me about your faithfulness and that you are living according to the truth.

3 John 1:3 (NLT)

Every action is a manifestation of a belief we choose to embrace and our actions or deeds is also the evidence of the belief we choose.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Additional devotionals will be sent out each Sunday evening for the upcoming week. We hope you will follow along and incorporate your own devotional items as a supplicant to these scripture emphasis daily items. Together we will grow in the Word and in our relationship with the Lord.

We are striving to carry out Colossians 3:1-4 and to keep our focus on the things that truly matter.

Colossians 3:1-4

3 If then you were raised with Christ, **seek those things which are above**, where Christ is, sitting at the right hand of God. 2 **Set your mind on things above, not on things on the earth.** 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

ADDITIONAL RESOURCES:

DAILY READINGS TO CONSIDER:

1. Bible reading (Psalm 119:1, Colossians 3:16, 2 Timothy 2:15) 2. Prayer time (Psalm 5:3, Psalm 55:17, Psalm 141:2, Mark 11:24-25, 1 Thessalonians 5:17)

WEEKLY GOALS:

3. Attend a church service (Acts 2:46, Hebrews 10:24-25)
4. Witness to someone about Jesus (Mark 16:15, 2 Timothy 4:5, 1 Corinthians 9:19-23, 1 Peter 3:15)
5. Conduct a random act of kindness (Matthew 25:31-46, Hebrews 13:16)



6. Fast a meal or a while day of the week

MONTHLY:

6. Serve in the church (Galatians 5:13, 1Peter 4:10)

7. Attend a growth group (Acts 2:42, Hebrews 10:24-25)

8. Fast & pray one full day (Isaiah 58:5-11, Joel 2:12, Matthew 4:12, Matthew 17:18-21)

CONTINUAL:

9. Tithe regularly (Malachi 3:6-12)

10. Listen to music that is edifying and positive(Psalm 32:7, Psalm 42:8, Psalm 119:54)

HOW TO READ THE BIBLE

It is recommended that you read Living by the Book by Howard G. Hendricks but here is an outline of what you will find.

Three Steps to Read the Bible :

1. Observation
2. Interpretation
3. Application



OBSERVATION:

When observing the Bible you are looking to answer the question “What do I see?” Look for important:

TERMS

It will be beneficial to have Bible dictionaries and reference materials to look up the terms. Look for names, locations, repeated phrases, themes, etc.

STRUCTURE OF THE PASSAGE

There are two kinds: grammatical structure and literary structure. In grammatical you know the main point of a paragraph, the subject of the sentence, the main verb. The more you understand this the less likely you are to misread a passage. An example would be the Great Commission. Matthew 28:19 says “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” There have been pastors that have preached an entire message on the verb ‘go’ but the main verb of this passage (going back to the Greek) is ‘make disciples’. Even having a basic understanding will increase your ability to study the Bible. Literary structure has to do with looking at the entire story (not just a passage at a time), looking for cause and effect, climax and resolution, etc.

LITERARY FORM

The Bible has many different types of writings like narrative, parables, exposition, poetry, proverbs and wisdom literature, and prophecy. Know what you are reading because it will determine how to interpret the message (literally, figuratively, etc.)



ATMOSPHERE

Look at the passage from the writer's shoes and understand the culture, customs, and feelings in the passage. The Bible is a collection of stories that have occurred. How would you feel if there was an order to kill all the baby boys born or if you saw someone walking on water?

Spend a good deal of time on observation. It will make the other steps easier.

INTERPRETATION:

1. Ask lots of questions
2. Look for the answers
3. Put the answers and questions into a meaningful whole.

In order to perform good observation you have torn the passage into many small pieces and questions. Begin to form the answers into a big picture. This picture will be a whole new way of looking at a passage if you break it down correctly.

Example: "For many are called, but few are chosen." Matthew 22:14

Questions:

Who has called? What have they been called to? Why are they called? What does it mean to be chosen? Why are they chosen?

How do they become the chosen? What is the difference between the called and chosen?



APPLICATION:

The Bible is the Living Word so it must be applied to your life or else all this study was in vain. Look for how the passage works for you and for others. This is where you will apply what you have learned to transform your life.

A FEW OTHER NOTES:

1. Read the same passage many times over. The Bible is not an easy read. The point is comprehension not completion.
2. Read an entire book at one time. Then you will get the big picture of what the author is trying to say. If this is too much I would suggest finding a summary of the book so you get the big picture. Too often we think the Bible is a series of good one liners. Every aspect of it is a story.
3. Find a translation of the Bible that works for you. If you are just trying to read the Bible and get main ideas the Message may be good. If you are trying to study the Bible you will need a more formal translation like KJV or NIV.
4. If you want to read the entire Bible during the challenge, read 13 chapters a day.



EVANGELIZE > Our Mission

“But you, be sober in all things, endure hardship, do the work of 4 an evangelist, fulfill your ministry.” **2 Timothy 4:5**

Mission: Each person and family making it their personal mission to reach at least one non-believer in a month’s time by demonstrating the love of Jesus Christ in hospitality, serving, giving and sharing. Our goal is to see 100 new believers being disciplined and growing at Montclair Tab. over the next two years.

Strategies of Kindness

- > Choose an evening during the week or weekend to invite a neighbor or family friends for dinner and begin dinner with a blessing, and end the evening by inviting them to join you at church on Sunday.
- > Pay it forward at any drive through and leave a “touch card” with the cashier to give to the victim of your kindness.
- > Bless a waiter/waitress with a great tip and leave a “personal message” for them.
- > Buy groceries for a family that may be in need and with the groceries
- > Pay for someone’s groceries in front of you at the checkout line
- > Create a bake good basket or another type of basket to give to a neighbor or someone God puts on your heart and provide it with a “personal message”.



- > Offer to pick up a family or their children to come to church one Sunday with you.
- > Write a random message of encouragement, appreciation or kindness to a friend on facebook, or text message ending with an invitation to join you a church one Sunday.
- > If you are one of our online only viewers due to COVID invite a friend or family over for brunch one Sunday and invite them to watch the service live online with you.
- > Invite someone out to dinner and share your personal redemption . story.

RECOMMENDED BOOK RESOURCES

Consider investing in these resources as you take this 90 Day journey.
Most items can be found on Amazon or other online/retail bookstores.

ON PRAYER:

Intercessory Prayer: How God can Use Your Prayers to Move Heaven and Earth - Dutch Sheets

Understanding the Purpose and Power of Prayer - Dr. Myles Munroe

Prayers that Bring Healing - John Eckhardt

ON FASTING:

Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God - Jentezen Franklin



Fasting for Spiritual Breakthrough - Elmer L. Towns
The Miracle Results of Fasting - Dave Williams

ON WITNESSING:

The Heart of Evangelism - Jerram Barrs Evangelism Handbook - Alvin L. Reid
Witnessing: Beyond Recognition - Kelly Oliver Bringing the Gospel Home -
Randy Newman

ON WORSHIP:

The Unquenchable Worshipper - Matt Redman
Praising God Through Prayer and Worship - Kaye Arthur and Pete DeLacy
Exploring Worship - Bob Sorge
Worship on Earth as it is in Heaven - Rory Noland
The Purpose and Power of Praise and Worship - Dr. Myles Munroe

ON SPIRITUAL MATURITY:

Spiritual Maturity: Principles of Spiritual Growth for Every Believer
- J. Oswald Sanders
Towards Spiritual Maturity: Overcoming All Evil in the Christian Life - William Still
Success & the Christian: The Cost of Spiritual Maturity - A.W. Tozer
Passion for Jesus - Mike Bickle

ON CHURCH LEADERSHIP:

God's Armor Bearer - Terry Nance
Developing the Leader Within You - John C. Maxwell
7 Practices of Effective Ministry - Andy Stanley Spiritual Leadership: Moving
People On to God's Agenda - Henry Blackaby





YouVersion

You may also choose to select a 90 day plan using the [bible.COM](https://www.bible.com) app.

These are free resources that give daily devotion and scripture reading instruction for a more structured approach.

Click Link To Access Plans:

<https://www.bible.com/search/plans?q=90%20day%20>

