

Body/Team Thinking – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Developing a truly trusting relationship is very difficult for most guys. We are constantly comparing ourselves to each other and judging each other. You can observe this in sports and work and a number of other areas in our lives. We need to make a willful effort to develop trusting relationships with other godly people. This starts by paying attention to what others are going through. Think of some people you would like to develop a trusting relationship with where you can be completely and instantly honest with each other and know they have your back and will not judge you no matter what. Be committed to that. Now plan out how you will approach them and ask if you can begin to be there for each other by praying for each other and watching out for each other. What are some ways you can show selfless caring for others? Being happy for them when good things happen for them, and supportive when bad things happen.

Day 2

Most of us have a hard time with recognizing that what we do affects others. It is especially true when we are talking about our spiritual walk. We need to be on top of our game in order to be there for others when they need us. If we are acting selfish, we will not be able to effectively support them when they call wanting to be encouraged. Even if they don't call, there is a spiritual connection we all share. We are responsible to live in a holy and God-honoring way, not just for our sakes, but for the sake of others who need us to be on our game spiritually. Have you ever had a situation come up where you had started to compromise spiritually and when someone needed you, you weren't there for them? Write a note to yourself to remind yourself that there are no good excuses for your bad actions.

Day 3

Memorize

[Romans 12:5](#)

so in Christ we who are many form one body, and each member belongs to all the others.

Day 4

Having a mentality that you will never delay a confrontation is a very healthy way to look at life. Set some goals in your life to make sure to confront someone right away when you are offended or see them doing something that is wrong. But make sure, as the scripture says, that you do it with respect and gentleness, not harshly or with anger in your heart. Also give other permission to confront you when they see you needing it. Being willing to communicate is a very important part of any team, or any relationship. Do not let pride or fear keep you from going to someone. Write down some things you feel you need to go to someone about and pray about the best way to do that.

Day 5

There are those who have gone before us that have made an impact for the kingdom of God and are recognized in heavenly realms as those who made a difference. What are some of your dreams and desires to make a difference? What are some ways you can show excellence in your work now? The Bible says that if we are faithful with few, He will give us much. What is your "few" right now? How can you be excellent in what you are doing right now?