

**WIN THE DAY.**  
**EVERYDAY.**

For the sinful nature desires what is contrary to the Spirit,  
and the Spirit what is contrary to the sinful nature.

They are in conflict each other,  
so that you do not do what you want.

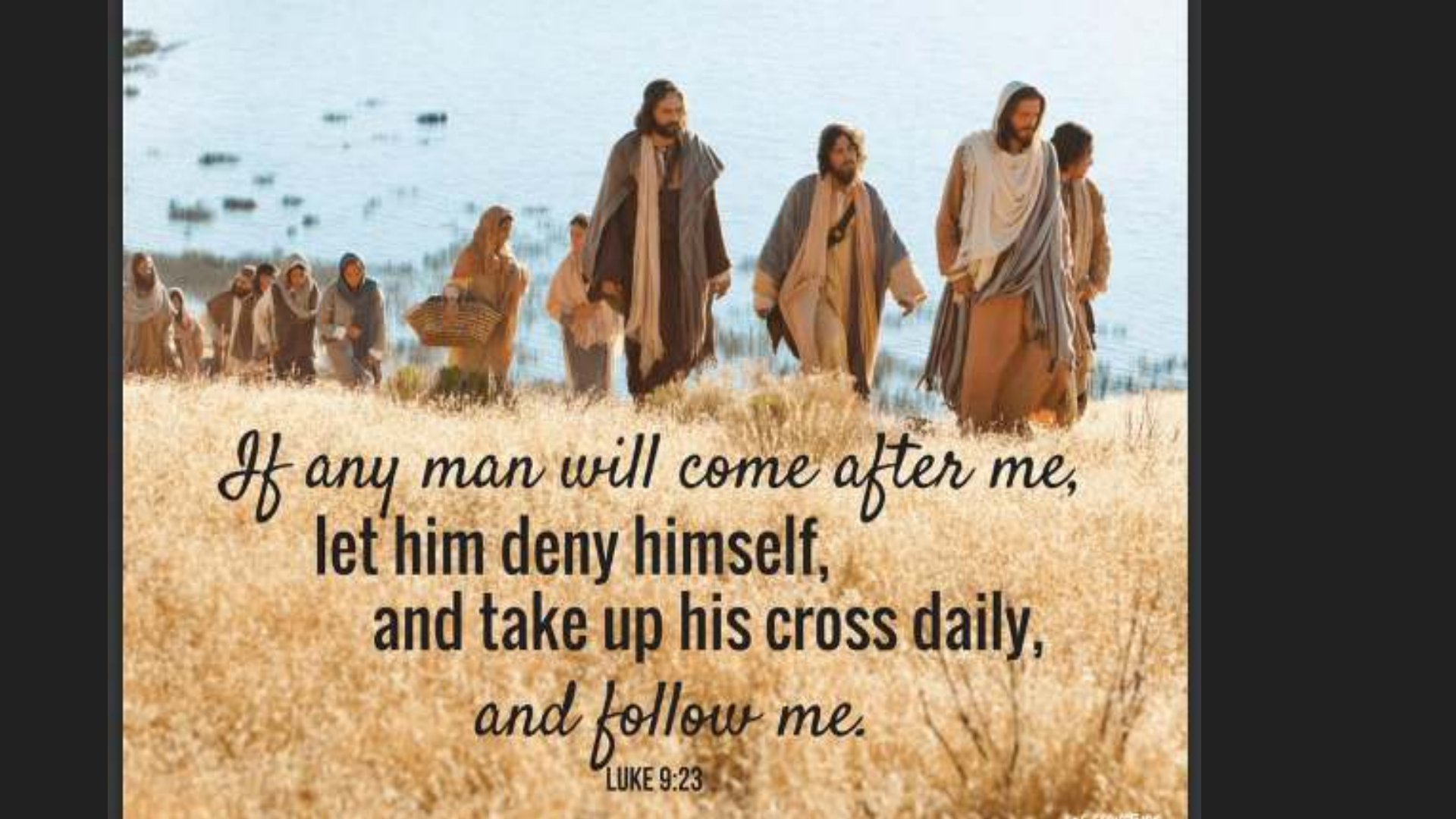
Galatians 5:17



CHOOSE FOR YOURSELVES THIS DAY  
WHOM YOU WILL SERVE...  
BUT AS FOR ME AND MY HOUSE,  
WE WILL SERVE THE LORD

JOSHUA 24:15



A cinematic photograph of Jesus and his twelve apostles walking across a golden, grassy field. Jesus, with long brown hair and a beard, wears a dark robe with a light-colored sash. He is followed by his apostles, also in traditional robes. In the background, a calm lake reflects the sky, with a few small boats visible in the distance. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

*If any man will come after me,  
let him deny himself,  
and take up his cross daily,  
and follow me.*

LUKE 9:23

**Every day we make a decision what will win in our life.**

**Strength or weakness**

**Laziness or diligence**

**Selfishness or selflessness**

**Forgiveness or bitterness**



# 1. WAKE UP AND SET THE TONE-GIVE YOUR DAY TO JESUS





In the morning, LORD,  
**you hear my voice:**  
in the morning I **lay my requests before you**  
and *wait expectantly.*

**Psalm 5:3**

Very early in the morning,  
while it was still dark,  
Jesus got up, left the house  
and went off  
to a solitary place,  
where he prayed.

Mark 1:35 NIV

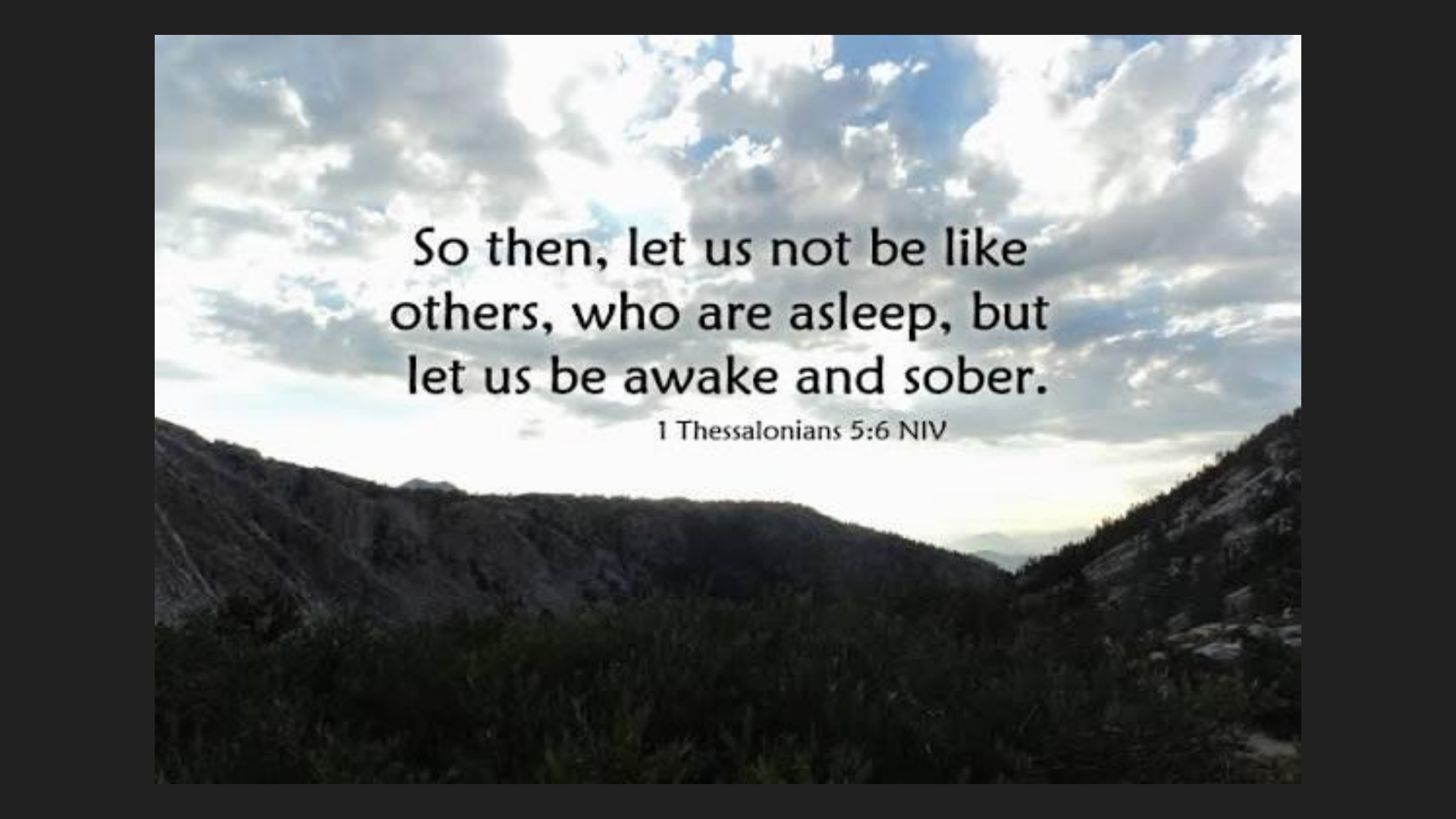


**Give Jesus the first thought of the day.  
Then give Jesus your day.**



*"This is the day that the  
**LORD**  
has made; let us rejoice  
and be glad in it."*

*Psalm 118.24*

A landscape photograph of a mountain valley. The foreground is filled with dark, dense vegetation. In the middle ground, there are rolling hills and mountains covered in trees. The sky is filled with large, white, fluffy clouds, and the sun is shining through them, creating a bright, hazy light. The overall tone is serene and majestic.

So then, let us not be like  
others, who are asleep, but  
let us be awake and sober.

1 Thessalonians 5:6 NIV

**2. Take every thought captive  
and stop being reactive.**

**TAKE EVERY  
THOUGHT  
CAPTIVE**



**WE DEMOLISH**  
arguments & every  
pretension that sets itself up  
**AGAINST** the knowledge  
of **GOD**  
and we  
**TAKE CAPTIVE**  
**EVERY** thought  
to make it obedient  
**TO CHRIST**

2 Corinthians 10:5



Every Thought  
Captive



**PAUSE**

*and Pray!*

**Give yourself time to respond spiritually to a situation instead of just impulsively reacting in the flesh.**

### 3. Exchange our Habits



**Trade social scrolling for Bible reading**  
**Trade and lustful thought for a worship session.**  
**Trade gossip for sending encouragement**  
**Trade Greed for Generosity**

**Trade evil for Good**  
**Starve the flesh feed the Spirit**

**4. Be grateful for what you have instead of focusing on what you don't.**



# gratitude



## REFOCUS

# Count your blessings

## CHORUS.

Count your blessings, Name them one by one, Count your  
Count your many bless-ings, Name them one by one, Count your man-y

blessings, See what God hath done, Count your blessings,  
bless-ings, See what God hath done, Count your many bless-ings,

## 5. End your day in surrender.



# 5. End your day in surrender. cast your crown



....and they cast their crowns  
before the throne....

Revelation 4:10

**5. End your day in surrender. Be washed and refreshed in repentance.**

**Godly sorrow brings  
repentance that leads to  
salvation and leaves no  
regret, but worldly  
sorrow brings death.**

2 Corinthians 7:10 NIV

# **How to win the Day Everyday!!!**

- 1. Give your day to Jesus**
- 2. Take every thought captive**
- 3. Exchange your habits**
- 4. Refocus in Gratitude**
- 5. End in surrender**