



**NO SERMON NOTES THIS WEEK**

*DEVOTIONAL GUIDE ON THE NEXT PAGE*

# ASBURY DAILY STUDY GUIDE *August 26-31, 2024*

## INTRODUCTION

In Sunday's worship service, we welcomed guest speaker Chris Nikic. Chris' biography includes being "the first and ONLY person with Down Syndrome in the world to complete an Ironman, run all SIX Global Marathon Majors, Win TWO ESPY's, become a global Ambassador for Special Olympics, IRONMAN and Laureates to now being an inspirational speaker for the world's biggest companies, schools and non-profits." Chris has an inspiring and compelling story of how he worked in pursuit of his dreams; and he shares the underlying principles of his success to achieve his full potential using the "1% Better Success Habit."

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## Monday: Romans 12:2

As we begin our week, we remind ourselves of Paul's words to the church in Rome. Seeking improvement is not a principle unique to followers of Christ, but the ways that we improve ourselves – and the ways that those improvements manifest in the world – are certainly different because of our beliefs. What are some guardrails we should be in place to be sure that we're improving not purely for our own gain, but to improve ourselves so that we can improve others and the world in the name of Jesus?

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## Tuesday: Proverbs 13:20

Those who we surround ourselves with can make a tremendous impact – positive or negative – on our lives. What is an instance when you inadvertently made yourself "a companion of fools?" How did those negative influences harm you? What is an instance when you've "walk[ed] with the wise?" How has having wise counsel improved you?

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## Wednesday: Proverbs 8:11

Often we seek self-improvement not as an end in itself but, rather, in order to gain something for ourselves ("if I develop this trait in myself, I can advance in my career and get a higher salary"). The author of Proverbs believes that the possession of wisdom is more valuable than any riches we may possess. How has having wisdom benefited you in your life? Are wisdom and a love of money or possessions at odds with each other?

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## Thursday: 2 Peter 1:5-8

This passage lays out a number of things we can "add" to our faith – goodness, knowledge, self-control, perseverance, godliness, mutual affection, and love (a list not unlike the "fruit of the Spirit" found in Galatians 5:22-23). How does it encourage you to have this "road map" of things you can work to improve? How is it intimidating? Which is the first you plan to work on?

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## Friday: Hebrews 10:24

Making ourselves better also means making those around us better. How can you work to spur others to love and do good in the world?

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## MOVING FORWARD

This week, consider areas of your life that you can seek to improve; and remember Chris Nikic's "1% Better" principle – measuring your success by each amount of improvement you make and celebrating each improvement. You won't get everything done by tomorrow. But if you seek to improve each day, your life will get better, and you'll improve the lives of others, too.