

The ONE
YEAR[®] Sacred
OBSESSION

BECKY TIRABASSI



DEVOTIONAL



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The One Year Sacred Obsession Devotional

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Dedication

To men and women of every age and every generation . . .
if you will read God's Word daily, you will receive indescribable
hope, supernatural power, and wise instruction for living.

The word of God is alive and powerful. HEBREWS 4:12

*Commit yourselves wholeheartedly to these commands that I am giving
you today. Repeat them again and again to your children. Talk about them
when you are at home and when you are on the road, when you are going
to bed and when you are getting up.* DEUTERONOMY 6:6-7

*Oh, the joys of those who do not follow the advice of the wicked, or stand
around with sinners, or join in with mockers. But they delight in the law of
the LORD, meditating on it day and night.* PSALM 1:1-2

Foreword

I have spent over twenty years praying and reading the Bible daily. I believe that these two nonnegotiable activities have changed—and continue to change—every area of my life. Therefore, I encourage *you* to get into God's Word every day, because I am convinced it will guide you right into the heart, hands, and mind of God Himself!

Anyone can master this daily discipline—and you don't even have to be disciplined! My secret to having read the Bible every day for over twenty years is as simple as having a plan.

The *Change Your Life Daily Bible* (a special edition of *The One Year Bible*) is my secret. Every day, I open the Bible to that day's entry and read excerpts from the Old Testament, New Testament, Psalms, and Proverbs. I highlight and underline any verse in the day's reading that speaks to my heart. Then I record my further thoughts and impressions, as I listen to God speak to me, by journaling in the corresponding sections of *My Partner Prayer Notebook*.

The book you now hold in your hands, *The One Year Sacred Obsession Devotional*, is one more way for me to encourage you to connect with God on a daily basis. It was inspired by my book *Sacred Obsession*, which was written to:

- cause you to chase after God with such unfettered passion that your heart explodes, and
- inspire you to live life with such abandon that your love for God cannot be contained!

If *Sacred Obsession* lit a fire in your heart, *The One Year Sacred Obsession Devotional* will keep the fire burning.

If *Sacred Obsession* changed the way you live, *The One Year Sacred Obsession Devotional* will help you sustain the change.

If *Sacred Obsession* inspired you to read the classics, *The One Year Sacred Obsession Devotional* will give you even more of their depth and insights.

If *Sacred Obsession* created a new passion for Jesus in your heart, *The One Year Sacred Obsession Devotional* will increase your passion!

Be encouraged,
Becky

Your Choice

Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the LORD, meditating on it day and night. PSALM 1:1-2



It is your choice to follow after, stand around with, or join in with those who chase after the holy or unholy. *But of this I am sure, whatever you chase after, you will become. . . .*

You undoubtedly have seen a person's life fall apart or seen someone who has become entangled with the wrong friends, a secret trust, or a devious plan to acquire some illegal, unhealthy, or immoral possession. It never ends well. Loss of family, job, reputation . . . for what? An immediate pleasure that steals from self and humiliates God?

The psalmist gives you such a simple picture of what, how, and whom to chase—if you want to know *real* joy.

In fact, the secret is in the chase. Chase the holy—the Word of God—and you'll find safe counsel, honorable companions, and unending courage. Chase the unholy—the wicked who mock the Lord and love to sin—and you'll become just like them. It is your choice.

The Chase

“Why are you so angry?” the LORD asked Cain. “Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.” GENESIS 4:6-7



Maybe we forget. But the Scriptures make it clear from the earliest passages. . . . Sin will actively pursue us *all* of our lives. We will never be free from sin and its eagerness to control us. Yes, sin chases us, every one of us—from the most professional minister to the newest believer—all of our lives.

Therefore, the simple command in the passage is to “do what is right.” If you refuse to do what is right, watch out! Rather than let sin control you—you must become its master. You will either be the one who is controlled or the one who controls.

I have many, many friends who call themselves Christian who are *subdued*—overwhelmed, overcome—by sexual sin (same-sex attraction, pornography, sexual immorality, even adultery). They lose the fight daily to the sin, rather than become master over it. . . .

To hate sin, run from it.

Don't Go

*My child, if sinners entice you, turn your back on them! . . .
My child, don't go along with them! Stay far away from their paths.*

PROVERBS 1:10, 15



During a recent tour of twenty-three college campuses over a forty-day period, I found myself speaking to students more often as a parent than as a youth worker. The compromised lives they were leading and the resentments that many divulged toward their parents and pastors were not surprising in light of the statistics: Over 43 percent of their parents are divorced.

Rather than blame these students for following after their worldly peers, I wanted to strangle some parents and pastors out there who have suggested by their moral failures that moral blamelessness—fidelity in marriage, sobriety, and holiness—is impossible!

Perhaps in the twenty-first century, we must admit that our peers, parents, or pastors should not set the spiritual standards for our lives—the Word of God alone must be our source of counsel and guidance.

Follow Jesus

Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. News about him spread as far as Syria, and people soon began bringing to him all who were sick. And whatever their sickness or disease, or if they were demon possessed or epileptic or paralyzed—he healed them all. MATTHEW 4:23-24



I love the stories that tell how often, how quickly, how dramatically, and how completely Jesus healed people when He walked the earth. One who has been healed—physically, emotionally, or mentally—will never be convinced that Jesus won't, can't, or doesn't heal today.

Having been an alcoholic and drug addict for almost five years, I identify myself as having had a disease, possibly even being demon-possessed. Yet the unexplainable power of my conversion experience is that *within twenty-four hours* of asking Christ to come into my life, to forgive my many sins, and to fill me with His Holy Spirit, I quit drinking and doing drugs. With over thirty years of sobriety, I contend that my healing was miraculous.

Having shared this story in a variety of venues for over three decades, I was not surprised when a neurosurgeon from Johns Hopkins humbly told me that what happened in my brain on the day of conversion that “flipped the switch” from chronic addiction to instant sobriety . . . was indeed a miracle.

I believe in miracles—I am a miracle. . . . Maybe that is why I can't stop telling my Good News story.

Hear Me!

O LORD, hear me as I pray; pay attention to my groaning. Listen to my cry for help, my King and my God, for I pray to no one but you. Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectantly. PSALM 5:1-3



Through this psalm, King David taught much about the expectant attitude of a powerful pray-er.

He begins his prayer as if he is putting his hands on each cheekbone of the face of his God and saying, “Please pay attention to my pain and anguish. No one else who listens to my complaints has the power to change my circumstances as You do, O Lord, for You are the God above all gods. You are all-knowing, always present, and all-powerful.”

The truth taught in every psalm is this: *God alone is Sovereign.* The psalmists were convinced that they could petition the King of kings with the smallest or deepest angst of their hearts—He was neither too great nor too busy nor too powerful to care about the singular needs of His followers. And David wasn’t going to wait until day’s end to speak with Him. No, the earliest hour of his day was barely soon enough.

Plan your appointment with the King one day in advance. Put it on your calendar as the first uninterrupted hour of your day.

Worn Out?

O LORD, don't rebuke me in your anger or discipline me in your rage.

Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony. I am sick at heart. How long, O LORD, until you restore me? Return, O LORD, and rescue me. Save me because of your unfailing love. For the dead do not remember you.

Who can praise you from the grave? PSALM 6:1-5



For many centuries, the book of Psalms was the tool used by the church to teach believers how to pray. I find that most of us, in general, are swayed by misconceptions of prayer that we learned as children or heard as adults that “sounded” right. But I encourage you to read the Psalms *daily*, and make them your personal prayers. Rewrite and paraphrase them, knowing they are the written prayers of those who knew and loved God deeply. Pour out your heart . . . and record God’s answers.

If or whenever you feel afraid, attacked, or apart from God, stop everything and tell Him exactly how you are feeling and what you are thinking. Ask or even beg Him to immediately help, forgive, restore, or rescue you physically, emotionally, spiritually, and mentally. Don’t stop praying until you feel His presence.

Alone Time

When you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. MATTHEW 6:6



There is nothing like having the undivided attention of someone you love or respect. There is no price we wouldn't pay to have a private meeting with someone who holds an esteemed title or a powerful position, or has access to a network we'd like to reach.

That is why it is so incredible how little effort, interest, or commitment we place on making and keeping an appointment with the King of kings.

To have an audience with the King of kings is the privilege of every child of God . . . but most of us—and this is not an exaggeration—are either too busy, too tired, or too lazy to pray. We resist setting aside time to be alone with God. Why? It is not convenient. Also we've lost the awe-inspiring image of a personal, powerful God who waits for us. . . .

We miss *so much* power, passion, and purpose when we do not make time daily to hear His voice and respond to Him with immediate acts of love and obedience.

Corrie ten Boom, Holocaust survivor, said, "Have an appointment with the Lord and keep it. A man is powerful on his knees."¹ Will you make an appointment with the King today—and every day for the rest of your life? If so, put it on your calendar. If not, you must ask yourself, *Why not?*



about

THE AUTHOR

BECKY TIRABASSI has been sharing her story at conferences, churches, and colleges since 1976. After almost two decades as a writer and speaker in youth work, Becky began a multimedia corporation, Becky Tirabassi Change Your Life, Inc. In 1996, she began to reach men, women, and students with her life-changing message through radio, television, resources, and events. Her many opportunities to reach people include having been a guest contributor on CBS's *The Early Show*, the host of the *Change Your Life Daily Radio Minute*, an occasional guest on *Focus on the Family* with Dr. Dobson, and a speaker with Women of Faith and Youth

Specialties, as well as sharing her story in her hometown at the 1994 Greater Cleveland Billy Graham Crusade.

In 2005, Becky Tirabassi founded a student organization, Burning Hearts, Inc. Surprisingly, after almost a decade away, she has returned to speaking to students across America, as well as adults, and she is passionate about calling them to be sold out to prayer, set apart in purity, and sent out with purpose.



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January

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