

Mid-Year Tune-Up

Lean In

Pastor Justin Orr | June 28, 2026

“Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.” **Mark 12:30 CSB**

Thread: Lean in and invite others to join you.

You take a new habit you want and attach it directly to a habit you already do automatically every day:

“After I shower, I lay out my clothes for the gym in the morning.”
You’re not finding new time; you’re borrowing momentum from a system that’s already turned on.

Body: Physical Strength

Habit Stack: On my drive to the gym, I listen to the Bible reading plan.

“Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up... A cord of three strands is not easily broken.” **Ecclesiastes 4:9, 10a, 12b CSB**

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”
1 Timothy 4:8 NIV

Here is the literal prescription I use for my own nutrition:

Eat meat, vegetables, nuts and seeds, a little starch, some fruit, and no sugar or seed oils.

Get curious here. Don’t assume you already know what’s working in your body and what isn’t. Ask. Test. Adjust.

Tune-Up Check: How is your Body goal going halfway through the year? If you’ve stalled, today is the reset. If you started strong, don’t coast — recommit out loud; with someone.

Mind

The second area is our minds; connected to spiritual life, but distinct from it.

Resource: www.biblicaltraining.org

“Wisdom is supreme — so get wisdom. And whatever else you get, get understanding.” **Proverbs 4:7 CSB**

Habit Stack: After I sit down for lunch, I will watch one lecture on biblicaltraining.org instead of scrolling on my phone.

Tune-Up Check: Did you pick a course? Are you still in it? If you haven’t started, today is the day. Pick one, invite someone, and schedule coffee dates to talk about what you’re learning.

Spirit

The last area is our spirit, and this is the same ask I’ve made for four and a half years now: read the Bible with me.

“Instead, his delight is in the Lord’s instruction, and he meditates on it day and night. He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither. Whatever he does prospers.” **Psalms 1:2–3 CSB**

Habit Stack: After my coffee finishes brewing, I will open my Bible app before I open anything else.

How to Join:

- Go to the app store on your phone and download the YouVersion Bible app.
- Create an account for yourself. Don’t make it private.
- Search for any of these leaders in our church: Roger Chance, Jason Baker, Joe Pryor, or Michelle Pryor.
- Add one of them as a friend.
- They will send you the invite to join the Bible reading plan.

Challenge:

- Ask God what He wants you to do in these three areas.
- Pick one habit you already have and stack a new one onto it.
- Schedule your next four workouts on your calendar. Set your intention.
- Do this with others. Make your goals known.

For practical, cross-cultural Bible studies related to sermon topics, visit dougbrintonbooks.com/resources.