

5-MINUTE
BIBLE
WORKOUTS
for Men

Bob Barnes



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A Note from the Author

As men uniquely created by God, we know we should give God, wives, and children high priority, but we often feel guilty because there's always something that demands that time and space.

Oh, I try so hard to find time, but by the end of another hectic day, I realize that I haven't given adequate time to all those who really love me.

After writing my book *Fifteen Minutes Alone with God for Men*, I had a lot of men tell me that the format was really an improvement over any other book on the market, but they needed something even shorter. Thus came *5-Minute Bible Workouts for Men*. These short devotions are designed to be read while shaving, riding the subway, riding in the elevator in the office building, or having a short midmorning break. It is so very important that we establish a daily routine where we pause and let God speak to us through His Word.

As in my past devotionals, I have placed three boxes in the top portion of each devotion so you can check off each devotion after you've read it. This way you can keep track of what you've read. This system also gives you the freedom to choose devotions that fit your need for that day.

Each brief devotion carries a nugget of truth. You may say your own prayer, or you can use mine to close your study.

May God richly bless your life as you enter into a daily walk with Him.

A handwritten signature in cursive script that reads "Bob Barnes". The signature is written in black ink and is positioned in the lower right quadrant of the page.

To Give and to Serve

For even the Son of Man came not to be ministered unto, but to minister, and to give his life a ransom for many.

—Mark 10:45 KJV



One of the main purposes of Christian life is to serve. The secular world usually wants to be served, but just as Jesus came to serve so are we to minister to those around us. The story is told of the man who rushed to the church door and asked if the service was over. The wise usher replied, “The worship is over, but the service is only beginning.” The service we render to others is really the rent we pay for our rooms on this earth. It is obvious that man is a traveler, and that the purpose of this world is not “to have and to hold” but “to give and to serve.” There can be no other meaning.

Today's Action

- ◆ Identify one person whom you can serve today. Then go out and do it.

Prayer

Father God, place a desire in my heart to be a servant unto people. Give me that opportunity today. Amen.

Godly Honor

Jesus said to them, “You do not know what you are asking for. Are you able to drink the cup that I drink...?”

—Mark 10:38



Many times we ask for things not realizing the price to be paid if we get our requests. James and John had asked Jesus if they could sit at His right and left, not realizing the cost of that request. They wanted the honor of sitting so close to Jesus, but they had no idea that a cross had to be borne along with that honor.

Many times we pray to be the best husband, the best worker, the best baseball player, the best salesman, or the best father without taking the time to figure out what cost our request will make on our lives.

Great requests or supplications with shallow motives can turn out to be very overwhelming when answered by God. Also, great requests or supplications with stately motives for God’s grace may often be granted—but not in the way we might expect.

Godly honor is not lightly won; we must be ready to pay the price in time, trials, sacrifice, love, and money.

Today’s Action

- ◆ Make sure you realize what the costs might be *before* you ask God for something.

Prayer

Father God, thanks for making me aware of the cost of serving others. Help me take time today to count the cost for being one of Your disciples—then give You praise for allowing me to serve You. Amen.

A Dependable Man

I will give you a new heart.

—Ezekiel 36:26



God, I'm tired of my sinner's heart. It has been so irregular, and I find it very heavy to carry around. It always disappoints me. I just can't stand it anymore.

I plead for a new heart that considers and loves other people more than myself. I want it to blend in with my Christian friends, so that the tangles that now exist will be gone. Like the psalmist, I ask, "Please give me a steadfast spirit that will always be consistent and dependable. I'm tired of being a flake to others. I want to be a man of dependability—so people will believe what I say."

My desire is to please You, but with my present heart it is most difficult. I need a new beginning. You are the Alpha and the Omega. Help me start anew.

Today's Action

- ◆ Reach out to God today. Ask for a new heart that truly seeks His will.

Prayer

O my Lord, baptize me in the living water that I may be cleansed of all that separates me from You and Your creation. O Father, "wash me, and I shall be whiter than snow." Amen.

Always or Usually?

[Love] always protects, always trusts, always hopes, always perseveres.

—1 Corinthians 13:7 NIV



It's very hard for us mere mortals to adequately understand the word, *always*. In today's culture we don't adequately understand this kind of commitment. When we say *always*, don't we usually mean sometimes ... or most of the time? But *always* really means eternal and everlasting. Can anyone commit to always?

When the Scripture says always, it means always. Never changing, dependable until death. I am challenged when Paul writes that love:

- ◆ always protects
- ◆ always trusts
- ◆ always hopes
- ◆ always perseveres

I so want my wife and children to honor me with that kind of love. I want to be a man who is known for his word: "When Dad says something, you can take it to the bank." I often advise, "Just do what you say you are going to do."

As we become older and look back over life's journey, may we know that love and what it encompasses is indeed the true victory of life.

Today's Action

- ◆ Express to your wife and family that with God's help you will *always* love them.

Prayer

Father God, give me the strength and perseverance to truthfully say without hesitation that I will always love my wife and children. Amen.

We Are the Prodigals

While he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

—Luke 15:20 NIV



This section from the prodigal son episode is one of the most moving sections in the whole Bible. I can picture the accelerated heartbeat as the father saw his wayward son approaching home after squandering his inheritance money and having to slop pigs to survive. This story reflects our heavenly Father—who runs to us when we are desperate, at rope’s end, after having experienced the pitfalls of life, in our pursuit of searching for the true meaning of life. In our search we may not have reached bottom like this son did, but all of us try to find purpose in our own way.

The prodigal tells his father that he is not worthy to be taken back as a son, but that doesn’t prevent the father from loving him and forgiving him and bringing out the very best upon his return. This is the way our heavenly Father treats us.

Today’s Action

- ◆ Forgive someone for something you considered unforgivable.

Prayer

*Father God, thank You for forgiving me while I was in sin.
Amen.*

I love you today, where you are and as you are. You do not have to be anything but what you are for me to love you. I love you now; not sometime when you are worthy, but today when you may need love most.

I will not withhold my love or withdraw it. There are no strings on my love, no price. I will not force it upon you when you are not ready. It is just there, freely offered with both hands.

Take what you want today. The more you take, the more there is. It is good if you can return love; but if you cannot today, that is all right too. Love is its own joy. Bless me by letting me love you today.

—*Author unknown*