



All In
Genesis 22
Week 12 of 14

On December 29, 1987, a Soviet cosmonaut returned to the earth after 326 days in orbit. He was in good health, which hasn't always been the case in those record-breaking voyages. Five years earlier, touching down after 211 days in space, two cosmonauts suffered from dizziness, high pulse rates, and heart palpitations. They couldn't walk for a week, and after 30 days, they were still undergoing therapy for atrophied muscles and weakened hearts. At zero gravity, the muscles of the body begin to waste away because there is no resistance. To counteract this, the Soviets prescribed a vigorous exercise program for the cosmonauts. They invented the "penguin suit," a running suit laced with elastic bands. It resists every move the cosmonauts make, forcing them to exert their strength. Apparently the regimen is working.

We often long dreamily for days without difficulty, but God knows better. The easier our life, the weaker our spiritual fiber, for strength of any kind grows only by exertion. (Craig Brian Larson)

This week's Daily Bible Reading will be a sampling of the difficult circumstances in which people find themselves, and the result of these trials that God allows to take place in their lives.

- DAY ONE – Genesis 22:1-19
- DAY TWO – Joshua 7&8
- DAY THREE – 1 Chronicles 1:21
- DAY FOUR – John 6
- DAY FIVE – Acts 5:12-42

Memory Verse:

"Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance." (James 1:2-3)



northeast daily reading

March 27, 2011



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