



## MON 7-25

- ▼ **SCRIPTURE** 1 John 1:8
- ▼ **THOUGHT** "If we claim that we're free of sin, we're only fooling ourselves. A claim like that is errant nonsense." [MSG] Growth comes when we strive to do the right thing, even if it means asking ourselves hard questions. We cannot fear the truth about our shortcomings, or we won't be able to take steps to overcome them.
- ▼ **PRAYER** Precious Jesus, give me the courage to face the truth about the things that need correction in my life. Thank you for the comfort of your unending mercy and the promise that you never give up on me. Amen.

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## TUES 7-26

- ▼ **SCRIPTURE** Psalm 51:6
- ▼ **THOUGHT** "And yes, you want truth in the most hidden places; you teach me wisdom in the most secret space." [CEB] God desires our complete honesty. Nothing about us is actually hidden from God, yet we sometimes allow our faults to cause shame that leads to avoidance. God invites us into a close, honest connection so we can grow.
- ▼ **PRAYER** God of mercy, I don't want to hide my face from you. Forgive me for trying to appear to be better than I am. Help me to be vulnerable so I can learn from your unmatched wisdom. Amen.

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## WED 7-27

- ▼ **SCRIPTURE** Isaiah 26:4
- ▼ **THOUGHT** "Depend on GOD and keep at it because in the LORD GOD you have a sure thing." [MSG] Consistently making good choices can be difficult and something we must do with intentionality and persistence. It gives us hope and encouragement to know that God is a steady, sure source of wisdom for us that never tires!
- ▼ **PRAYER** Everlasting God, thank you for being my rock. I want to depend on you every day of my life. I am so grateful that you are my constant source of life and wisdom, and I ask that you would help me always seek your guidance in my life. Amen.

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**THURS 7-28**

- ▼ **SCRIPTURE** John 6:63
- ▼ **THOUGHT** "The Spirit is the one who gives life and the flesh doesn't help at all. The words I have spoken to you are spirit and life." [CEB] Jesus tells us that the words he spoke are life-giving. If we dwell on the life of Christ and the words he spoke, our minds will be renewed and transformed. It will change the way we make decisions in our everyday lives, and behaving more like Christ will become part of who we are!
- ▼ **PRAYER** Lord Jesus, thank you for stepping into our world, offering us life and hope. Breathe life into me as I seek to live like you and help me remember that I cannot rely on my own strength. Amen.

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**FRI 7-29**

- ▼ **SCRIPTURE** Psalm 37:3
- ▼ **THOUGHT** "Trust in the LORD and do good. Then you will live safely in the land and prosper." [NLT] The Lord will care for us as a shepherd does for his sheep. This example is used often to describe the care of God toward us, and it demonstrates for us the complete trust of the sheep! We are encouraged to keep things simple, trust God, and do good work in the world.
- ▼ **PRAYER** Lord, why do I complicate things? Help me to remember the big picture when things get messy. I want to stay focused on the loving care you provide and how you've called me to love and care for others. Amen.

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**SAT 7-30**

- ▼ **SCRIPTURE** Matthew 11:28-29
- ▼ **THOUGHT** "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.'" [NLT] We can rest in the loving arms of Jesus. When life's difficulties confuse us and wear us out, Jesus is always there, ready to carry our load.
- ▼ **PRAYER** Loving Jesus, I need rest. Restore my soul, reminding me of your strength and faithfulness. Thank you for the many ways you lighten my load and continually offer me the comfort of your love. Amen.

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## DIGGING DEEPER

- ▼ **Intro**      Am I being honest with myself, really?  
**The easiest person to deceive is the person in the mirror. But when we do the hard work of being honest with ourselves, we're on our way to not selling ourselves on a potential regret.**
  
- ▼ **Reflect**
  - Jeremiah 17:9 says, "The most cunning heart--it's beyond help. Who can figure it out?" [CEB] What stands out to you? How does it make you feel?
  - When was the last time you "sold yourself" in order to justify a purchase?
  - If a sales associate in a retail establishment said to you the kinds of things you say to yourself (when selling yourself), how would you respond?
  - Where do you struggle the most telling yourself the truth? What are your go-to justifications?
  - John 8:32 says, "Then you will know the truth, and the truth will set you free." [CEB] Acknowledging the truth can be terrifying! Is it possible that the fear of what you might discover about yourself by being honest with yourself is an obstacle to the freedom you desire?
  - In what current circumstance do you need to ask: *Am I being honest with myself...really?*
  
- ▼ **Consider**    **The prudent see danger and take refuge, but the simple keep going and pay the penalty.**



# DIGGING DEEPER

▼ What did I learn? \_\_\_\_\_  
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▼ How might it apply in my life? \_\_\_\_\_  
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▼ What is a next step I can take? \_\_\_\_\_  
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