



## MON 1-23

- ▼ **SCRIPTURE** 1 Peter 2:24-25
- ▼ **THOUGHT** "He used his servant body to carry our sins to the Cross so we could be rid of sin, free to live the right way. His wounds became your healing. You were lost sheep with no idea who you were or where you were going. Now you're named and kept for good by the Shepherd of your souls." [MSG] We are kept for good! Praise God for the life-long security of forgiveness because of what Christ sacrificed for us.
- ▼ **PRAYER** **Loving Christ, thank you for being the keeper of my soul. It is comforting to know that you care for me unconditionally. Amen.**

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## TUES 1-24

- ▼ **SCRIPTURE** John 8:31-32
- ▼ **THOUGHT** "Jesus said to the people who believed in him, 'You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.'" [NLT] The love of Jesus guides us as we wade through our many life choices. Growing in the knowledge of Jesus' teachings will renew our minds, enabling us to see the world as Jesus did.
- ▼ **PRAYER** **Merciful God, I want to acknowledge and embrace your daily presence in my life. It is the only way I can grow to become more like Jesus. I want to live in obedience because, ultimately, I know that it leads to joy and freedom for my soul. Amen.**

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## WED 1-25

- ▼ **SCRIPTURE** Proverbs 28:13
- ▼ **THOUGHT** "You can't whitewash your sins and get by with it; you find mercy by admitting and leaving them. [MSG] Repentance is turning away from something and moving toward Jesus. This verse suggests that simply confessing is only a beginning step. We are told to admit *and* leave the things that trip us up. Walking with Jesus promises mercy no matter our past sin, but striving to live as Jesus taught us is what leads to our best life!
- ▼ **PRAYER** **God of grace, it is hard to walk away from the things that tempt me. Help me to keep facing the direction of Jesus. Each day I need your help and strength to make choices that keep me in step with you. Amen.**

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## THURS 1-26

▼ **SCRIPTURE** 1 John 1:5-6

▼ **THOUGHT** "This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth." [NLT] Facing the truth is hard, but it is the only path toward God's light. What holds you back from embracing a life of transparency and forgiveness?

▼ **PRAYER** **Light of the world, I know that in you, there is no darkness at all. When I am in a dark place because of my mistakes, help me to recognize it and let your light shine in. Help me to make it a daily habit to offer my whole life to you, recognizing that it is an ongoing process of surrender. Amen.**

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## FRI 1-27

▼ **SCRIPTURE** James 3:17

▼ **THOUGHT** "What of the wisdom from above? First, it is pure, and then peaceful, gentle, obedient, filled with mercy and good actions, fair, and genuine." [CEB] What a wonderful picture of the wisdom of God. Take a moment to think of each descriptor. Which do you think describes you most in this season of your life? How would your life be different if you began each day asking God for these attributes to grow in your life?

▼ **PRAYER** **Loving God, thank you for who you are and the life that you want me to experience. I want you wisdom to guide my every move so I can live a life of love and peace. Amen.**

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## SAT 1-28

▼ **SCRIPTURE** Psalm 51:10

▼ **THOUGHT** "Create a clean heart for me, God; put a new, faithful spirit deep inside me!" [CEB] David wrote a wonderful prayer that reminds us of our need for God to help us become new people. When we choose to follow God, we begin a completely new chapter--a life-long journey of growth. Prayers like this one will happen over and over again. No matter how often we have to ask God for forgiveness, we will never be held at arms length.

▼ **PRAYER** **Gracious God, thank you for offering me mercy day after day. I don't want earthly cravings to control my life. I know that a life filled with your love is what you want, so help me make choices accordingly. Amen.**

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# DIGGING DEEPER



- ▼ **Intro**      What's chipping away at your soul? What's getting in the way of your becoming the person who God created you to be? In this message series, we will explore ways we can neutralize damaging influences and care for our souls. Hidden sin and falsehoods that we believe can lead to inner turmoil. We are set free when we ask God for forgiveness and healing.
- ▼ **Reflect**
- What was one of the most physically painful things you've ever endured? How well did you handle the pain?
  - Psalm 38:4-8 describes how David felt as a result of his mistakes. "My wrongdoings are stacked higher than my head; they are a weight that's way too heavy for me. My wounds reek; they are all infected because of my stupidity. I am hunched over, completely down; I wander around all day long, sad. My insides are burning up; there's nothing in my body that isn't broken. I'm worn out, completely crushed; I groan because of my miserable heart." [CEB]
    - Think back to a time when you were stuck in a cycle of poor decision-making. How did you feel?
    - How did your feelings affect your actions and relationships?
  - In Psalm 38:9 we see a key to David's rebound. "Everything I long for is laid out before you, my Lord; my sighs aren't hidden from you." [CEB]
    - When you engage in thoughts or behaviors you know you shouldn't, is your tendency to cover it up? Why?
    - Shame and concern over reputation are two common reasons we hide our struggles. Do you consider there to be a difference between the two? Explain.
    - In the past, have you experienced relief after uncovering a struggle to God or someone else? Why do you suppose that was the case?
  - Confession to God is the antidote to the poison of shame. We also find healing when we can talk with a trusted person about overcoming our struggles. Who in your life can you be truly honest with who won't judge but will instead help you grow?
- ▼ **Prayer**      **Loving Lord, search within my heart to expose all that is not pleasing to you. Forgive me for the pain my sin has caused for me and for others. Help me to grow from this, changing my course of action so I can live in freedom as you intended. Amen.**

## 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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