



MON 1-30

- ▼ **SCRIPTURE** **Ephesians 2:4-5**
- ▼ **THOUGHT** "But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved." [NIV] A new life with Christ is a gift from our merciful God. God's gift is a life dripping with meaning that gives us a deep sense of purpose. Let that purpose recharge you as you begin a new week!
- ▼ **PRAYER** **God of mercy, I am so thankful for this connection to a greater calling that you have shared with me. Show me ways I can more fully participate in life with you. I give you this new week and ask for your wisdom and passion to fuel me. Amen.**

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TUES 1-31

- ▼ **SCRIPTURE** **Psalms 139:23-24**
- ▼ **THOUGHT** "Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong—then guide me on the road to eternal life." [MSG] When was the last time you asked God to examine your life? Resisting an examination spiritually is much like resisting one physically. The longer we delay dealing with potential issues, the harder the process becomes. Sometimes we don't even realize the life we are missing as a result of the delay!
- ▼ **PRAYER** **God, I know that you are the healer of my soul. Help me create a habit of asking you to point out what needs work in my heart and mind. Thank you for loving me enough to keep working on me. Amen.**

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WED 2-1

- ▼ **SCRIPTURE** **Philippians 1:9-10**
- ▼ **THOUGHT** "I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return." [NLT] Paul prayed for the spiritual maturity of the church and revealed a connection between an overflow of love and an increase in knowledge. Both are needed to become more like Christ!
- ▼ **PRAYER** **Lord Jesus, place in me a new desire to learn more about your life and teachings so I can love as you loved. I want to understand what matters to you and shape my life around those things. Amen.**

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THURS 2-2

▼ **SCRIPTURE** James 1:23-24

▼ **THOUGHT** "For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like." [NLT] The Bible gives us wonderful words of wisdom as we seek transformation, but it requires intentional action on our part. It will not happen if we don't make plans to change our actions. What do you need to do to move beyond listening?

▼ **PRAYER** **Loving God, I am not satisfied with staying the same person I was yesterday. I know there are ways I need to grow, and at times I feel stuck. Thank you for nudging me closer to who you have created me to be. Increase my commitment to respond to your direction. Amen.**

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FRI 2-3

▼ **SCRIPTURE** Psalm 139:14

▼ **THOUGHT** "I give thanks to you that I was marvelously set apart. Your works are wonderful—I know that very well." [CEB] You are valuable to God. You were created to make a difference right where you currently find yourself. When you live into your God-given purpose, you attract people to the Jesus inside you, and your unique gifts make a unique difference!

▼ **PRAYER** **Mighty God, thank you for your marvelous creation. Help me never forget you have set me apart to make a specific difference in this world. I know I am responsible for staying on course so I can play my part in your work in people's lives. Help me keep my purpose clear. Amen.**

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SAT 2-4

▼ **SCRIPTURE** Psalm 34:5

▼ **THOUGHT** "Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces." [NLT] Looking to God with a trusting heart results in living with greater peace and joy. No doubt that can be seen in our countenance and heard in our speech! Each time you begin to sense your joy is at risk recite this breath prayer today. As you inhale, say, "Powerful God," and as you exhale, say, "I trust in your goodness."

▼ **PRAYER** **Loving Lord, I lift my eyes to you today. When I feel weak, I will rely on your steady hand. When I become frustrated, I will breathe in your spirit of peace. When I feel afraid, I will remember the faithfulness you have demonstrated over and over in my life. 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. After doing the necessary work to detox our souls, we need a plan for maintenance! Growth requires perseverance and intentionality.
- ▼ **Reflect**

 - What is the craziest diet or detox activity you've ever tried? Did it make a lasting change in your life? If not, why not?
 - Romans 6:1-4 says, "Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? Of course not! Since we have died to sin, how can we continue to live in it? Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives. [NLT]"
 - Why do you think it is so difficult to resist certain behaviors that we know to be a part of our old way of life?
 - Many times habits just creep in before we are fully aware that we are engaged in destructive behaviors. Take a moment to pray specifically for God to search your heart and bring to mind things that aren't meant to be a part of your new life in Christ. How can you guard against falling into that behavior again?
 - How does it feel to be reminded that we live new lives by the power of God, the same power that raised Christ from the dead?
 - God doesn't leave us alone to do this difficult transformation work, but we do have to take action! Take a moment to make a specific, alternative plan to avoid defaulting to an old behavior.
 - One key to living a new kind of life is to engage God on a regular basis. Psalm 84:2-3 says: "I long, yes, I faint with longing to enter the courts of the LORD. With my whole being, body and soul, I will shout joyfully to the living God. Even the sparrow finds a home, and the swallow builds her nest and raises her young at a place near your altar, O LORD of Heaven's Armies, my King and my God!" [NLT]"
 - Can you remember a time in your life when you felt this strong sense of longing to be in God's presence?
 - How does spending time with God impact your soul?
 - Consider your current schedule. Can you intentionally prioritize more time to connect with God? What could you do to make space for this regular connection?
- ▼ **Prayer** Mighty God, I want your resurrection power to work in my life, constantly changing and making me into a new person. I know that requires me to take action, setting myself up for success as I connect with you and make the very best choices. Strengthen me as I walk the path you desire for me. Amen.

DIGGING DEEPER

▼ What did I learn? _____

▼ How might it apply in my life? _____

▼ What is a next step I can take? _____

