

DAY 7

Being with God - What an opportunity! We can talk with the One who made us!

What's it look like for you to sit with Him? Do you crave it? Is it becoming the best part of your day? Take a minute to think about what you're doing when you sit with Him...

Get still before Him... enjoy just being in His presence. Ask Him to reveal Himself to you in a new and deeper way. Ask Him to take you to the next level in your faith.

Imagine one of your favorite celebrities wanting to be with you each morning. You GET to have coffee with them. How does that make you feel?

Now picture yourself being invited by Jesus to join HIM for a cup of coffee. See Him smiling at you. **Allow yourself to be loved by Him** doing nothing to deserve it and asking for nothing in return. Notice how you're feeling.

Return to Jesus when you're feeling anxious or tempted. **Write down anything you want to remember from your time with Him today:**

Worship - Pick a song or two and think about what you're singing. Read the lyrics as you listen. Talk and pray to God as you sing and worship. Imagine Jesus & Father sitting on Their thrones and you are worshipping the two of them.

Write down anything He impresses on you from your worship time...

Verse of the Week - Write the #1 verse that spoke personally to you this week...

#God+BiblicalKnowledge+Application+R40Community=Freedom



DAY 1

Start Each Day with God Talking about How You Lived the Last 24hrs

Confess Wrongs & Victories... **Learn** from them... **Adjust**

Read & Imagine - Acts 1:1-11; 2:1-41 *A lot of reading today! These are exciting scriptures!*

What is GOD SAYING to you in these passages?

What steps can you take to APPLY this to your life? How will it help you in your recovery?

Reflect On - Acts 3:19 - Take a moment today and let the Lord REFRESH you.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord... What refreshes you?

Purity Principle / Quote / Thought / Prayer

Write down the “3” **greatest lies** you have believed in your battle against sexual lust. **Write God's truth below each lie.** (Use a separate piece of paper if necessary.)

1.

2.

3.

5 Minutes with God - Talk / Listen / Journal

Have you experienced the POWER of the Holy Spirit in your life **recently**? The Greek word for POWER in 1:8 is DUNAMUS. It's where we get our word DYNAMITE. Talk with God about this “power” that dwells within you! Ask Him to show you how to tap into it! Listen...

What did He say?

DAY 6

Keep Short Accounts - This is an R40 phrase we use to remind ourselves to not let things pile up. Unreconciled issues with God and others can give our flesh and the enemy inroads into our lives.

Confess, Learn, Adjust is an easy way to keep short accounts. It helps us reflect on our thoughts and actions daily so sin's deceitfulness can't harden our hearts. Talk to God about your yesterday. What did He say?

God Loves Meeting with You! Give Him All of You!

Your “Top 3” - Write **3 aspects** from your Integrity Work this week that you don't want to forget. It may be a principle, a scripture, or something that God is teaching you.

Be prepared to share these “3” with your R40 small group each week!

1)

2)

3)

DAY 5

Start Each Day with God Talking about How You Lived the Last 24hrs

Confess Wrongs & Victories... **Learn** from them... **Adjust**

Read / Listen / Apply / Change - Acts 10:1-23, 34-48

What is GOD SAYING to you in these passages?

What steps can you take to APPLY this to your life? How will it change you?

Write Daily Memory Verse - Acts 11:24 What kind of man are you?

He (Barnabas) was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord... through him and others like him!

Purity Principle / Quote / Thought / Prayer

In today's reading, I think Cornelius challenges us! He was a man of God that had an angel speak to him saying, "**Your prayers and gifts to the poor have come up as a memorial offering before God.**" WOW!! Have you ever thought that your prayers or your gifts to poor people would be viewed like that by GOD? He was a man who was seeking God!! Below are "4" qualities that this man possessed according to this passage. Why are these qualities important to God, to your recovery, and to your life as a Christian?

He was a devout man of God -

He had a reverence, awe, and a healthy fear of God -

He was generous -

He prayed regularly -

5 Minutes with God - Talk / Listen / Journal - Ask God why He chose you to be His child?

DAY 2

Confess / Learn / Adjust - How will this daily habit change you?

Read / Listen / Apply / Change - Acts 2:38-47; 4:27-37

What is GOD SAYING to you in these passages? How will it help you in your recovery?

Purity Principle / Quote / Thought / Prayer

Praying today... Lord & Savior, Jesus Christ, God, I desire to live like the early Christians. I want to be a man that is DEVOTED to knowing you, being connected to other Christian men, and being a man of prayer. Fill me with a **deep awe** of You and a deep joy of simply being Your child! Change me from the inside out so my actions reflect a changed heart!

Give me a boldness to speak about You to everyone I meet. I want to be a generous person who shares everything You have given me. I want to deny myself daily, consider others more important than myself, and love the way You tell us to love in 1 Corinthians 13. I can't do this without You, but together there is nothing we can't do! I love you, Jesus!!

Read Ephesians 5:3. List "3" reasons below why you don't want to have "even a hint" of sexual sin in your life!

- 1.
- 2.
- 3.

Reflection Verse - Romans 6:1-7 - Understanding these verses is key to walking free!

*Shall we sin more so that grace may increase? 2 **By no means!** We are those who have died to sin; how can we live in it any longer? 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into His death? 4 We were therefore buried with Him through baptism into death **in order that**, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.*

*5 For if we have been united with Him in a death like His, we will certainly also be united with Him in a resurrection like His. 6 For we know that our old self was crucified with Him so that the body ruled by sin might be done away with, **that we should no longer be slaves to sin** — 7 because anyone who has died has been set free from sin.*

5 Minutes with God - Talk / Listen / Journal

In Acts 2:38, Peter speaks about everyone being "**baptized**" in the name of Jesus. If you have not been baptized, we have at least one baptism a year in the Revive40 Ministry.

Write below what the significance of baptism is:

DAY 3

Yesterday Can Be Our Greatest Teacher!

What can you learn from your victories or shortcomings yesterday?

Read / Listen / Apply / Change - Acts 5:1-16

What is GOD SAYING to you in this passage?

What steps can you take to APPLY this to your life? How will it help you in your recovery?

Reflection Verse - Acts 5:41-42 What can we learn from the apostles below?

The apostles were whipped 39 times for sharing Jesus. This was their response: *The apostles left the Sanhedrin, rejoicing because they had been counted worthy of suffering disgrace for the Name. 42 Day after day, in the temple courts and from house to house, they never stopped teaching and proclaiming the good news that Jesus is the Messiah.*

Purity Principle / Quote / Thought / Prayer

One of the **Most Important Recovery Principle** of all is to be completely open, honest, and transparent, keeping no secrets. In other words, no lying or deceiving in order to try to protect yourself and others from the consequences of your sin.

Today in our reading, we see the **seriousness of lying** to God and God's people. Don't be an Ananias or Sapphira! Here are some verses that show how God feels about lying.

“The cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—they will be consigned to the fiery lake of burning sulfur.” Rev 21:8

“The Lord detests lying lips, but he delights in men who are truthful.” Proverbs 12:22

“There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue... a heart that devises wicked schemes, feet that are quick to rush into evil...” Proverbs 6:16-18

Write below why **lying** is such a big deal to God and how it can affect your relationships.

5 Minutes with God - Talk / Listen / Journal

Everyone has lied at one time or another! Get real with God and ask Him, **“Am I a liar?”** Do you need to repent or ask forgiveness from someone? **Ask your R40 group to help!**

DAY 4

Keep Short Accounts

Anything to **Confess** from yesterday? What can you **Learn** from it? **Adjustments** to make?

Read / Listen / Apply / Change - Acts 6:1-15; 7:54-60

What is your take away today? How will it help you in your recovery? In life?

Reflection Verse - Acts 7:9-10 Joseph was an obedient man. Think about it! Joseph's brothers... *were jealous of Joseph, they sold him as a slave into Egypt. But God was with him 10 and rescued him from all his troubles. He gave Joseph wisdom and enabled him to gain the goodwill of Pharaoh king of Egypt. So Pharaoh made him ruler...*

Purity Principle / Quote / Thought / Prayer

Anger may be more prevalent in men than sexual sin. Anger is a secondary emotion which means it is a reaction that comes from a primary emotion, like fear or shame.

BELIEFS → THOUGHTS → EMOTIONS → ACTIONS

Example: Some men might feel disrespected by their wives and acknowledging a mistake would be a sign of weakness, so they explode in anger. They fear not being in control and being viewed as a wimp. They have a **false belief that** if they give in or share their mistakes with their wife, they are weak.

To change your belief system you must first become aware of your thoughts! Learning to identify your lies and then replace them with the truth takes time. Realize it's ok to have feelings of anger. God made emotions to reflect your thoughts, either positively or negatively. You're simply in the process of learning to go to God first and not let the feeling control you. **Below, write a false belief you have about anger.**

False belief -

What are the negative consequences of acting on this belief -

What is the truth? What is a better way to handle the emotion?

Talk with God - A lot of angry men were after Stephen in today's reading. Why were they so angry? Ask God about your anger. Does it need to be dealt with? Ask R40 group for help!