

DAY 1

Learn from Your Yesterday!

If you meet with God daily looking at your last 24 hours, sin's deceitfulness will have a hard time getting a foothold in your life (Hebrews 3:13). Anything you need to confess? Any adjustments needed?

Read | Listen | Apply - James 1:12-27

James is Jesus' brother and leader of the Jerusalem church. He grew up observing how His brother lived and became one of His most powerful followers. How do His words speak to you personally today?

How can applying His words change your life?

Reflect: Ephesians 4:22-24 It's our responsibility to put on a new mindset. *"You were taught, with regard to your former way of life, to **put off** your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to **put on** the new self, created to be like God in true righteousness and holiness."* God will honor your efforts!

Purity Principle | Quote | Thought

A famous motivational speaker said, **"If you can't control what you think, then you won't be able to control what you do."** It always amazes me that God wrote many of these modern day quotes over 2,000 years ago! Ask God to help you catch your thoughts and replace them with truth from His Word.

The following are some of the most important practices you can develop:

1) Be aware of your thoughts. 2) Are they Philippians 4:8 thoughts? (True, Pure, Admirable, Praiseworthy, Noble, etc.) 3) If not, redirect them to what God says is **truth**. Putting these fundamentals of thinking into practice will change your life!

Your thoughts will determine whom you will become. Colossians 3:1-2 says to, *"Set your heart... and your mind on things above, not on earthly things."* Your mind will determine what you worship: God or the things of this world. Think on this scripture for a few minutes. Does it represent your desire? **"As for me and my house we will serve the Lord."** Joshua 24:15

Thoughts Transform

Talk to God about your thought life today. What misbeliefs are behind them? Write what He impresses on your heart:

DAY 6

Confess | Learn | Adjust Every Day

Confession always needs to be partnered with **Repentance**. To repent means to turn and go the opposite direction from sin to obedience. **This is a big heart shift. Ask your R40 team to pray with you for a sincere heart of repentance. Ask them to celebrate your victories, too!**

The Learn section is a reminder to ask yourself what was going on emotionally, spiritually, and physically in your life that may be triggering the sinful action that you are confessing today. The purpose of this exercise is to **IDENTIFY any patterns that need to be broken**. Share your discoveries with your R40 team.

Without **Adjusting** and having a plan for how you will not experience the same setbacks over and over, there will be little growth spiritually. Tell your R40 team your plans, and ask them to hold you accountable to implementing them.

Are you using this daily exercise to help you grow relationally with God? Why or why not?

Your "Top 3"

Write **3 aspects** of your Integrity Work this week that really impacted you. It may be a principle, a scripture, or something that God's teaching you. Share these with your R40 team each week!

- 1.
- 2.
- 3.

Godly Integrity

You may have discovered there is a big difference between men who say they are men of integrity and those who truly embody these qualities. The best way to see if men are real is to ask their wife, kid's, neighbors, and relatives. A man's actions are what determine if He is a man of integrity! Here is a list various characteristics that are a part of all men of integrity:

- | | |
|--|-----------------------------|
| 1. Total Honesty / Kind / Trustworthy / Gracious | 6. They are humble |
| 2. They take personal responsibility / No blaming others | 7. They are others focused |
| 3. They keep their promises / Their word is golden | 8. Morally rooted in God |
| 4. They show respect to others | 9. God is their only master |
| 5. They take a stand for righteousness | 10. Selfless |

Men of integrity value the characteristics of integrity. Over time, they cease to be optional and become a way of life... a lifestyle. Integrity isn't grounded in lofty proclamations but in small daily choices.

Explain where you are at in your quest of becoming a man of integrity:

DAY 5

Confess | Learn | Adjust

Read Galatians 5:16-18 for how to walk by the Spirit! Why is this important to learn? Describe in your own words how to do this and why it will make a difference.

Read | Reflect | Transform - Isaiah 40:21-31; 41:9-10 (Personalize)

What is God saying to you in this amazing Old Testament scripture?

How can these verses today change your life? Can they help your recovery?

Reflection Verse - Ephesians 1:4 Why did He choose you and for what purposes?

He chose us in Him before the creation of the world to be holy and blameless in His sight.

Purity Principle | Quote | Thought | Prayer

The wisest, wealthiest, most powerful man that ever lived, besides Jesus, summarized his greatest life lesson as he neared the end of his, **“Fear God and keep His commandments, for this is the duty of all mankind. For God will bring every deed into judgment, including every hidden thing, whether it is good or evil.”** Ecclesiastes 12:13-14

SO SIMPLE. We can make our walk with Christ so strenuous and difficult. We make it about all these rules we feel **we should keep.** God didn't intend it to be that way. He desires an obedience that flows from our love, trust, awe, and respect of Him. **Simple!**

Have you complicated life with God? Do you often say, “I should've” or “I've got to” rather than, “I get to?” **What is God impressing on you from Ecclesiastes 12:13-14?**

Wow! Chosen!

We felt great when we were chosen on the playground as kids. Remember how that felt! God chose **you!** He promises that He is with **you!** He promises that He is your God! He will strengthen **you!** He will help **you!** He will never leave **you!** Share how this touches **you!**

DAY 2

Confess | Learn | Adjust

*“Encourage one another **daily**... so that none of you may be **hardened by sin's deceitfulness.**”* Start each day with God talking about how you lived the last 24 hours so sin can't creep in and harden your heart. **How was yesterday?** Relationships? A heart to serve? Humble? Kind & gentle? God's presence in your life?

Read | Listen | Apply | Change - James 2:14-26

This is a key passage for recovery! True faith involves making a total commitment to God and results in salvation. True faith is expressed through good deeds, but these deeds don't justify you. Obedience merely demonstrates that your faith is genuine. *“Faith without deeds is dead.”* Why is this passage so important for your recovery?

What deeds in your life demonstrate to others that you are a Christian?

Do those who work with you know that you are a Christian? Why or why not?

Quote | Thought

Actress **Mae West** once said, **“I used to be white as snow, but somehow I drifted.”** Casting Crowns sings a song called “Slow Fade”. No Christian man ever wakes up and says, “I am going to pursue sinning today.” It's the small, moment by moment choices made all day long that determine our character. We think if we let thoughts drift a little, it won't hurt. But it does! It may be time for you to **stop drifting** and to **start pursuing** the kingdom of God and His righteousness (Matthew 6:33). Do you believe you're moving closer to God or closer to being your own god? **Why?**

Reflect: Ephesians 2:8-10 You are beautiful piece of art painted by God!

*It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For **we are** God's workmanship, **created** in Christ Jesus to do good works, which God prepared in advance for us to do.*

Pray

God, Jesus, Father, Holy Spirit, **we desire to worship You!** You are God Almighty! We call on You to wake us up if we are DRIFTING in our lives. We want You to increase our awareness to what we are **allowing** ourselves to think about.

We want to be a blessing to You! We want to put our faith in action. We want to be a light to the world around us. We want people to see You in us. We want to be different than the secular world. May we lead people to You and not drive them away! **Thank you** for the free gift of salvation. Wow, I am blessed to know you personally! **Thank you, Jesus. Amen!**

DAY 3

Confess & Repent | Learn | Adjust

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.” Proverbs 28:13 Repentance or renouncing sin should always be tied to confession. You have been confessing sins daily, but have you renounced them?

Describe below:

Read | Listen | Apply | Change - James 3:13-4:10

How is God using His Word to speak to you today?

What are the two types of wisdom? How do they differ, and why does this matter to you?

Reflection Verse: Proverbs 1:28-33 Are you wise or a fool? Inspect your fruit.

*They will call to Me (Wisdom) but I will not answer; they will look for Me but will not find Me, 29 since they hated knowledge and **did not choose to fear the Lord.** 30 Since they would not accept My advice and spurned My rebuke, 31 they will **eat the fruit of their ways** and be filled with the fruit of their schemes. 32 For the waywardness of the simple will kill them, and the complacency of fools will destroy them; 33 **but whoever listens to Me will live in safety and be at ease, without fear of harm.**”*

Purity Principle | Quote | Thought

NO WAR, NO PEACE! Israel couldn't enjoy the milk and honey in the land God had for them without first destroying the enemy that was living in the land. What enemies are living in your land? It's important to ask God to help you to **destroy the enemies** that you have allowed to remain in your life **like pride, lust, rebellion, shame, fear, selfish ambition, bitterness, etc.** If you let the enemies of your life live, you will never enjoy the peace of God.

List your **Top “3” Enemies in your life** that you want God to help you destroy. What does it look like to go to **war against these enemies?** Describe below:

1.

2.

3.

How did God describe heavenly wisdom in James 3:17? Ask Him to give you wisdom from heaven. What **“3”** characteristics of heavenly wisdom are you to pursue?

1.

2.

3.

DAY 4

Confess | Proclaim Victories | Learn | Adjust

Periodically we ask you to focus the entire day on the victories your experiencing in your life. It can become very discouraging to always look at what's wrong, so what's been going right? What can you learn from the right choices you have been making? Do you need to make any adjustments to stay in a WINNING mindset?

Read | Listen | Apply | Change - James 5:7-20

What's God saying to you about patient perseverance in this passage of scripture today?

Do you believe and live out verses 13-16? Why or why not?

What is one way James 5:7-20 could change you if you applied it to your life?

Reflection Verse: 1 Peter 1:6-7 Why do some people suffer according to these verses?

*Rejoice, though now for a little while **you may have had to suffer grief in all kinds of trials.** 7 These have come **so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proven genuine** and may result in praise, glory and honor when Jesus Christ is revealed.*

Purity Principle | Quote | Thought | Pray

Ralph Waldo Emerson, a philosopher and poet, said, **“Sow a thought - Reap an action; Sow an action - Reap a habit; Sow a habit - Reap a character; Sow a character - Reap a destiny!”** This is a great quote because it illustrates the slow and gradual impact of our daily decision-making. This week we have been talking about how life is a moment by moment process. It is how we prepare for life eternally. Ask God to show you the importance of “the moment” you're living!

Start **SOWING** right thoughts consistently, and you will never regret the **character** that you will develop or the **destiny you will REAP.**

PREPARE FOR ETERNITY ONE THOUGHT AT A TIME!

The Healing Power of Confession

Ask God if you have any sin(s) that need to be confessed to someone other than Him. God says if we confess our sins to **one another** and pray for each other, **we will be healed!** **Let nothing hinder your prayers!** Write below any action steps you need to take now.