

DAY 7

Sitting with God - Practice just sitting with God.

What does it look like for you to sit with God? Do you have any expectations?

Practice quieting your mind, and learn to enjoy just being in His presence. Remember, we are human beings not humans doing. Be still before God. Then practice...

Confess, Learn, Adjust - an easy way to help us identify what's going on 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 every week!*

1)

2)

3)

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

Take every thought captive... Think on things that are true...!



DAY 1

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

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

Read & Listen - Rom. 6:1-23 This may be the most powerful recovery chapter in the Bible. What did **GOD reveal to you** as you read this passage?

How can you APPLY this to your life, and how will it change you?

Reflect on Romans 6:11-14 - Your life is an offering. Who or what will you offer it to?

Count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. 14 For sin shall no longer be your master...

Purity Principle / Quote / Thought / Prayer

Definition of JOY: **“A deep feeling of being completely satisfied; having contentment that results in feelings of happiness, delight, and pleasure.”** Isn't this what we all want? When tempted this week, ask yourself, *“Will this give me real, lasting joy, or will it result in a few minutes of pleasure followed by feelings of guilt, shame, and discouragement?”*

Ask God to help you recognize when you're slipping down the A-Z temptation scale. **List the feelings you will experience after you overcome a temptation.**

5 Minutes with God - Talk / Listen / Journal

This chapter has revealed a **New Life** (V4), a **New Nature** (V6, 14,19), and a **New Freedom** (V7, 18, 22) we have in Christ. V19 shows us we are weak in our old nature, and without God's Spirit, we are slaves to our sexual lusts. But with the HOLY Spirit, we are now slaves to living righteously! Ask God about your NEW LIFE, nature, and freedom you have as a Christian. **Describe how these truths can impact the choices you make and why.**

DAY 6

Talk with God about Your Last 24 Hours: Confess Learn Adjust

Get in the habit of daily **confession & celebration**. Ask God what you can **learn** from it, then make **adjustments** so you do or don't repeat!!

Read / Listen / Apply / Change - Romans 12:1-21

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?

Reflect on Philippians 4:8-9 - Mind transformation doesn't happen by accident...

*Brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.** 9 Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And the God of peace will be with you... We must practice catching our thoughts.*

Purity Principle / Quote / Thought / Prayer

God said, **“It is His will that you should be sanctified; that you should avoid sexual immorality; that you should learn to control your body in a way that is holy and honorable.”** 1Thes 4:3 People often say they want to know what God's will is for their lives. This scripture is a big part of His will.

God's WILL for us is to **FLEE temptation** and to stay unpolluted from the world. Start by simply doing what you know is **God's WILL** moment by moment. As you keep this thought at the **front of your mind**, you will find it becomes easier and easier!

Why should you follow God's WILL for your life even though there is nothing you can do to make Him love you more? This is key.

5 Minutes with God - Talk / Listen / Journal

Ask God to speak to you about these commands from Romans Chapter 12 today!
Underline the ones you feel you need to work on...

Love must be sincere. **HATE EVIL, CLING TO GOOD.** Be devoted to others.

Honor others above yourself. **Stay spiritually zealous.** Be joyful in hope. **Faithful to pray.**

Patient in suffering. **Be generous!** Bless those who attack you. Live in harmony with family.

Do not be proud or conceited. Do not repay evil. **Be at peace with others.**

Offer your body as a living sacrifice. **Renew your mind.** Don't conform to the world.

DAY 5

Keep Short Accounts - Confess / Learn / Adjust

- 1) Prayerfully **Confess & Turn** from your wrongs and celebrate victories from yesterday...
- 2) Identify a LIE you believed or a FEELING you were trying to satisfy. What is the truth? What can you **Learn** from it?

- 3) What **Adjustments** or action steps can you take to not repeat the same mistakes?

Read, Hear, Reflect, Apply, Change - Romans 8:18-39

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 - Romans 8:14; Galatians 5:16

14...Those who are led by the Spirit of God are the son's of God... 16 walk by the Spirit, and you will not gratify the desires of the flesh. We must walk by the SPIRIT, in our choices!

Purity Principle / Quote / Thought / Prayer

Definition of PEACE: **"The absence of inner conflict, free from mental anxiety. A state of feeling tranquil, a silence, a stillness of the soul. Freedom from excessive thoughts, emotions, and harmony with God, others and self."** Steve says, **"When the power of the love for God & the cross overcomes the power of sin, you will know peace!"**

I don't know about you, but I feel relaxed when I am following God's ways. It seems my mind is quietly at rest, and I'm filled with a deep joy. It makes sense because JOY is one of the fruits of the Spirit. **Ask God to grow this fruit in your life.** It is sweet and nothing else will satisfy. Fill up on the fruit of the Spirit! **List below the "4" fruits that you don't experience often in your life and ask God why?** Galatians 5:23 is the list of fruits.

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |

5 Minutes with God - Talk / Listen / Journal

This is a TRUTH that God has given us: **"We are more than conquerors through Him who loved us."** V37 *Why are many of us not experiencing this?* God is not a liar, so what is going on? Talk with Him about how you can be more than a conqueror...

DAY 2

Keep Short Accounts - Confess | Learn | Adjust

This term is used to remind you to not let things build up between you and God. The goal is every 24 hrs you are **Confessing** your wrongs & victories, **Learning** from them, and making **Adjustments**. This is a lifelong habit to try to practice daily. It will change your life!

Read / Listen / Apply / Change - Romans 6

This is such an important chapter for recovery! These truths will help you walk free if they sink into your soul. What impacts you the most as you read these verses?

How did God intend us to live differently from reading these verses?

Reflect on Galatians 2:20 - Sin has no hold on you because you died to it! Live free!

I have been crucified with Christ and I **no longer live**, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.

Purity Principle / Quote / Thought / Prayer

Romans 6:21 asks a great question: **What long-term benefit** are you reaping from your past sins today? Think about it...

Sin is just a quick fix! It alters our mood and makes us feel better for the moment. Then the accusations settle in, and we start to feel like a failure! We wonder if we will ever be able to get this under control. Will we be 80 years old and still allowing our lusts to rule us? **Pure, obedient living leads to holiness, peace and true joy.** It is encouraging, hopeful and restores healthy relationships. The two lives both generate a different result. **Which will you choose?**

5 Minutes with God - Talk / Listen / Journal

Read Romans 6:23. Tell God why you're thankful for eternal life right now!

Ask God to reveal to you what it means in Romans 6:11 to be **"dead to sin and alive to God"** when temptation strikes. Ask Him to teach you how to live this out in daily life!

DAY 3

Talking with God Must be Habitual - Confess Wrongs & Victories | Learn | Adjust

Read / Listen / Apply / Change - Romans 7

What is GOD SAYING to you in this passage?

What steps can you take to APPLY this to your life in order to experience real change?

Reflection Verse - Romans 7:4, 6 - Sin no longer has a grip on you!

Brothers, you died to the law through the body of Christ, that you might belong to another, to Him who was raised from the dead, in order that you might bear fruit for God... 6 But now, by dying to what once bound you, you have been released from the law so that you serve in the new way of the Spirit, and not in the old way of the written code. (Personalized)

Purity Principle / Quote / Thought / Prayer

There is an old saying, “**If you always do what you’ve always done, you will always be where you’ve always been.**” A life of PURITY requires that you make lifestyle changes in order to become the new creation God’s already made you to be! I call it your new Godstyle! **List below any lifestyle changes you believe you still need to make to stop doing what you’ve always done!**

Talk with God / Listen / Journal

Read Romans 7:25. Ask God **what HE would like you to do** to live out actually being a slave to God’s law in your mind! Write it down below:

Lord, I'm not the man I used to be! Thank you! But, I'm still not the man I want to be! God, please carry on the work you have started in me. Help me to stay the course no matter how hard the battle gets or how many times I blow it along the way. Show me how to use your power to overcome sin and how to walk in my new identity as a child of God. Lord, I want you to run my life. Your Word says I no longer live, but you are now living through me. Lord, I want that experientially!! Do what you need to do to get me there, but please be gentle! I Love you, Jesus!

DAY 4

Confess Wrongs & Victories/ Learn / Adjust - Write below what God has been saying to through your daily meeting with HIM. Answer this prayerfully...

Read / Listen / Apply / Change - Romans 8

What is GOD impressing on you in this passage?

How will these verses change you if you apply them to your life?

Reflect on Romans 8:9, 13, 37 - You have a “choice” of what you let control you. *9 You are controlled not by the flesh but by the Spirit, if the Spirit of God lives in you. And, if anyone does not have the Spirit of Christ, he does not belong to Christ... 13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. 37... we are **more than conquerors** thorough Him who loved us!*

Romans 8:9

Purity Principle / Quote / Thought / Prayer

You have the power to choose how you’re going to live. Your past doesn’t control you, even though it has a lot of influence over your decisions. You can’t blame dad or mom for your sin. **Nowhere in Chapter 8** does it say, “Except for those with traumatic events in your past.” No, it says that those whose mind is set on the Spirit will have peace and experience real life. But we have a choice. **We can choose** to set our minds on our past, on temptation, or pleasures of this life which God says will lead to death.

If you are struggling with this, **find someone** you know that has a great walk with the Lord and talk to them. Ask them how they keep their trials and troubles from dragging them down. You don’t always need to spend a bunch of money with a counselor. **God’s Word, His people, and what He did for you on the cross can often be enough to show you how to walk in the Spirit.**

Don’t stop until you get this! You must believe this is true. Start by making one right choice a time. This is foundational in your life and will bring you real happiness. Seek Him in this. **He will be found! :-)**

Talk with God / Listen / Journal - Talk to God about why you may feel separated from His love, care, and concern at times. Write down what you think He says below.