



## DAY 1

### Confess | Learn | Adjust

How'd you live your yesterday? What can you learn from it? Do you need to adjust?

### Connection Passage - Psalm 19:1-4, 13, 14

*V1 The heavens declare the glory of God; the skies proclaim the work of His hands. V2 Day after day they pour forth speech; night after night they reveal knowledge. V3 They have no speech, they use no words; no sound is heard from them. V4 Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun...*

How do these verses speak to you?

The heavens proclaim God's existence, His power, His care, and His love! We are on a ball of matter flying through space, orbiting around the sun at **67,000 mph** while spinning at roughly **1,000 mph**. We worry about a lot of things, but we don't even realize we trust God daily to keep us safe as we travel through space! Read Romans 1:20, then write out the definition of the following words from the dictionary.

**Awe** -

**Reverence** -

**Worship** -

Spend a few minutes worshipping God to the song below. If you're able, get down on your **knees and lift your hands** to God as you cry out to Him in this **humble posture**. Read all the lyrics before you sing along. The words of this song have a different meaning, but pretend you're singing them to God as you wait to meet Him face to face someday when He returns!

**"While I am Waiting"** by John Waller

### The Challenge

Read the verses below and keep an attitude of worship as you read the words. Cry out to God to help you battle against **fleshly temptations**. Slowly read one word at a time and **pray** about what it meaning to you! Example for the word "**keep**" below in V13.

Lord, it blows my mind that you want to "keep" me close to you! You want to spend eternity with me. You chose me! And you will actually help me stay away from willful sin. Thank you!"

**V13 "Keep your servant from willful sins; may they not rule over me."**

As you read the following Psalm, ask God in what ways are the words of your mouth not pleasing to Him. Then ask Him how your thoughts displease Him! Now ask Him to help you change through the power of the Holy Spirit!

**V14 "May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord, my Rock and my Redeemer."**

### Holy, Holy, Holy is our God

The creator of everything has called you and I to serve Him and His people. Ask Him how you can best serve Him here on this planet. Is it at Revive40?

## DAY 6

### Confess | Learn | Adjust

Is there anything from the week you have not dealt with yet? Thoughts drifting into unhealthy areas? Emotions that are controlling you? Relationships that aren't right? Any hiding? Isolating? Pride? Etc... ? **What can you learn from your struggles** and what adjustments can you make to help you live a life filled with the Joy of the Lord?

### "Your Top 3"

What has God been teaching you this week from your recovery work? Come prepared to share it with your R40 teammates. **R40 is about changing lives!**

- 1.
- 2.
- 3.

### Replacement Theory

Replacement theory is a term some counselors use to describe the process of removing old ways of **destructive thinking and** replace these thoughts with **healthy thoughts** based on the truth of the Word of God. This is the reason we emphasize memorizing the "**3 Must Statements**" so much. These statement when consistently applied will change your life! Here is an explanation of each one and why they work.

**1. New You** - This statement is primarily helping you transform your identity as a Christian male. This is who God says you are; not what people say, not what your past behaviors says, and especially not what you have called yourself at times you have failed.

**2. New View** - Is a transformative statement that helps you develop a new way to look at women. This statement can reverse years of cultural programing and help you to have a health way to think about women that consider with the Lords.

**3. Framing** - Is a statement of your personal reality. When we act out as Christian men we typically compartmentalize who we are when temptation strikes. In other words we put out of our mind that we're a Christian. It's hard to act out if your thinking about your family, the testimony you want to be to others, your responsibilities of being a man of God, etc...

These statement will help transform your thinking and help you break free from from willful sin that has been hindering you for years. **These statements need to be simple to memorize, be Biblically based, and used constantly as your thoughts drift into inappropriate areas or temptation is lingering around you!** Recite to be refreshed and to get right with Jesus.

### Reflect | Memorize One!

Write down a scripture this week that will help you defeat your enemy in times of being triggered. Memorize this verse and use it often. Everyone needs a "**new go to scripture!**"

**"The Bible wasn't given to us for information but for our transformation!"**  
D. L. Moody, Evangelist

## DAY 5

### Confess | Learn | Adjust

Describe in your own words what this exercise means to you:

#### Connection Scriptures - Psalm 25:1-2, 8-10, 15-17, 21

*V1 To You, O Lord, I lift up my soul; In You I trust, O Lord my God. V2 Do not let me be put to shame, nor let my enemies triumph over me.*

*V8 Good and upright is the Lord; therefore He instructs sinners in His ways. V9 He guides the humble in what is right and teaches them His way. V10 All the ways of the Lord are loving and faithful toward those who keep the demands of His covenant.*

*V15 My eyes are ever on the Lord, for only He will release my feet from the snare. V16 Turn to me and be gracious to me, for I am lonely and afflicted. V17 The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away my sins.*

*V 21 May integrity and uprightness protect me; because my hope is in You.*

Enemies are anyone or anything that opposes us. Almost half of the Psalms address attacks from our enemies. In V2, David asked God that he wouldn't be put to shame by his enemies. **Ask God to help you triumph over the enemies below that are opposing you.**

LUST                      Prestige                      FINANCES                      Power of Success

Looks

SELF WORTH                      Loneliness                      SADNESS                      Satan

FEAR

What are a couple of ways David copes with the things that come against him in V15-17? What does that look like in your life?

Write down the definition for the two words below. Describe how each of these **powerful forces** can protect your life (V21)?

**Integrity** -

**Uprightness** -

*"Uprightness says, This is the Lord's path," and integrity says, "I will walk consistently in it."* How does this statement bring clarity and help you apply these character qualities to your life?

#### The Challenge

David trusted God with his **soul** in V1. Most Biblical scholars agree that the soul is comprised of the three parts **1) mind 2) will and 3) emotions**. Turn over full control of the three parts of your soul to God right now. Tell Him how you would like to grow in these areas. Spend at least "3" minutes praying about each of them.

#### What is Your Take Away

Explain what you believe God wants you to apply to your life from today's devotional.

## DAY 2

### Repent | Replace (false beliefs with truth) | Reset

When we confess we need to more importantly repent. We need to agree with God that we're sinning but we must also turn from the sin and **turn to God**. Identify any false beliefs and reset your thinking with the Truth.

#### Connection Verses - Psalm 20:1, 4, 7, 22:1-3

Psalm 20 is a prayer asking to be victorious in battle and may have been written after the events in 2 Samuel 10 where David and his men defeat the Ammonites. **What are your major battles right now?** Willful sin? A relationship? Finances? Anxiety? Worry?

Loneliness? List "3" of your current life battles below:

- 1.
- 2.
- 3.

Read the two verses below that deal with **trusting God** in our battles and in the trials of life. Then write a short note to God telling Him how you will **trust Him** in your three major battles listed above!

**1.** Joab said, *"Be strong and let us fight bravely for our people and the cities of God. The Lord will do what is good in His sight."* 2 Samuel 10:12

**2.** *May the Lord answer you in your distress....* "Ps 20:1

Note to God:

As you read V4 below, remember it's ok to ask God to give you "the desires of your heart," but it's important to **TRUST HIM** to do what's best for you. Are you willing to let God do *"what is good in HIS sight"* as Joab said above in Samuel?

*"May He grant you the desires of your heart, and make all your plans succeed."*

Psalm 20:4

Are you willing to let God "change you" so the desires of **your heart** become the desires of **His heart**?

Time to get real right as you read V7 below. God has sent you to fight against an army that is bigger and stronger than you! Would you be looking at the number of chariots, horses, and army size, or would you be willing to trust God in this battle against all odds? Why or why not?

*"Some trust in chariots and some in horses but we trust in the name of the Lord our God."* Psalm 20:7

#### The Challenge

*V1 My God, my God, why have You forsaken me? Why are You so far from saving me, so far from my cries of anguish? V2 My God, I cry out by day, but You do not answer, by night, but I find no rest. V3 Yet You are... the Holy One...* "Psalm 22:1-3

According to the above passage, did God always answer David's cries for help? **Can you relate to David?** Reflect on this phrase: **"Let God be God."** Ask God to give you a heart like David's that realizes at the end of the day that God is the Holy One, Messiah, Creator, and Savior! Pray: Lord, may Your will be done, not mine. Help me to accept that! Amen

#### Stupid Blind Faith?

Trusting God isn't a cope out to just be stupid. Pray and ask God for guidance in your battles, ask other men's counsel, and then put your decision and the results into His hands.

## DAY 3

### Repent | Replace | Reset

Repent and turn from anything that is hindering your life at this time. Replace your sin with a healthy alternative that would be a blessing to God. Then reset your life to be victorious. What is God saying to you at this time?

### Connection Passage - Psalm 23:1-6

*V1 The Lord is my Shepherd, I shall not want. V2 He makes me lie down in green pastures, He leads me beside still waters, V3 He restores my soul. He leads me along paths of righteousness for His name's sake. V4 Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff comfort me. V5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. V6 Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.*

Today's Psalm is one of the most read chapters in the Bible. List the "7" key principles that you believe God wants you to think about, reflect on, and work deep into your life. Write them below. How will you practice each one in your life?

1.

2.

3.

4.

5.

6.

7.

### The Challenge

Today's reading gives us a picture of how much God loves us and wants to bless us. Write below what you think God really wants to communicate to you from today's reading!

### It's Easy to Say I'm Loving

The Bible says we are to love our enemies and pray for those who have hurt us. God's love is humanly impossible to live out apart from Him. His love is selfless, humble, patient, kind, and compassionate. It hardly notices when others do it wrong! Love His way is life changing. It will also change others lives. Think about it.

## DAY 4

### Confess Setbacks | Celebrate Victories | Learn | Adjust

Today, ask God to show you what you need to confess or even better what you need to celebrate. What can you learn from your good and not so good decisions. Adjustment needed?

### Connection Passage - Psalm 24:1-6

*The earth is the Lord's, and everything in it, the world, and all who live in it; V2 for He founded it on the seas and established it on the waters. V3 Who may ascend the mountain of the Lord? Who may stand in His holy place? V4 He who has clean hands and a pure heart, who does not lift his soul to an idol (anything you make more important than God) or swear by what is false. V5 He will receive blessing from the Lord and vindication from God their Savior. V6 Such is the generation of those who seek Him, who seek Your face, O God of Jacob.*

What is God's purpose in putting these type of statements in V1-2 in the Bible? Reflect on what these mean to you in your daily **struggle against the flesh**?

This Psalm was sung the first day of the week at the temple services. Why do you think they chose this one to sing? List the five qualities in V4-5 that God is looking for in His people? **Apart from Jesus these are impossible but should be the goals of our faith.**

1.

2.

3.

4.

5.

Ask God which of the above qualities He wants you to work on and what He wants you to do. Write down your thoughts next to each of the **five qualities** above.

We all know the **principle of reaping and sowing** in Galatians 6:7. What will we reap in this life according to V5 if we are pursuing the character qualities listed above?

### Pray

Lord, my Creator who has made all of the **universe** and everything in it, may I experience Your love and grace here and now in my life. Use me for Your purposes that I may make a difference in the lives of the people I touch! I can't wait to stand in Your holy place and in Your holy presence. Help me to **overcome all willful sin** in my life. May it never get a hold of me again. Lord, I desire to truly love You with all my heart, with all my soul, and with all my mind. Thank You for loving me **unconditionally** and help me to love others the same way. Amen!

### His Holy Presence

Sit in it today. He dwells in you! Ask Him to fully experience Him in every aspect of your life.