

DAY 1

Confess I Replace False Beliefs with Truth I Adjust

How did you live your last 24 hours? Did you walk in truth? If not, what can you learn and change so not to repeat?

Connection Passage - Psalm 8:3-6, 9

V3 When I CONSIDER YOUR heavens, THE WORK OF YOUR fingers, the moon and the stars, which You have set in place, V4 what is mankind that You are mindful of them, human beings that You care for them? V5 You have made them a little lower than the angels and crowned them with glory and honor. V6 You made them rulers over the works of Your hands; You put everything under their feet.... V9 Lord, our Lord, how majestic is Your name in all the earth!

Write down the definition of the words below from the dictionary:

Consider -

Reflection -

Contemplation -

Why do you think it is **so important** that God would put in His Word that we are to **consider** His creation and the works of His hands in V3? How does this help you live life differently?

Why were you created? What is your purpose? What are you passionate about in your service to God?

Reflect on this scripture: *"I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future."* Jeremiah 29:11

The Challenge

Sometimes we don't understand how respecting and worshipping God Almighty, our Father, can **free us** from sexual bondage. Sadly, we often spend more time seeking the counsel of men than seeking what and Whom we are living for. **When we grasp our purpose and serve Jesus here on earth, then our desires change and life becomes less about us and our wants and more about God, others, and His wants!** Take a few minutes to listen to this song and consider this God who loves you and wants to see you free from any hinderance of sin.

So Will I (100 Billion X) - By Hillsong United

Relationship with Jesus

Consider if He can keep the universe intact, can He handle your problems, your life? Give your life completely to Him now! Trust Him.

DAY 6

Confess Setbacks I Learn I Adjust

1) Prayerfully **Confess** any setbacks you not dealt with yet this week.

2) Identify any lie you believed or a feeling you were trying to satisfy. Tell yourself what the Truth is? Then ask yourself what you can **Learn** from it?

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

List your "Top 3" of what God was teaching you this week.

- 1.
- 2.
- 3.

Reflect I Memorize One!

Write down a verse from your weeks study that you would **like to memorize**:

Joy

Present joy is a powerful tool the Lord gives us to fight off the pain of past hurts and help us resist the need for acting out to sooth that pain. Here are a few scriptures to reflect on how this joy can help and where it comes from.

"The fruit of the Spirit is love, joy, peace..." Galatians 5:22

"The joy of the Lord is your strength." Nehemiah 8:10

"Weeping may stay for the night, but rejoicing comes in the morning." Psalm 30:5

"May the God of hope fill you with all joy and peace as you trust in him..." Romans 15:13

David said, *"Restore to me the joy of thy salvation."* Psalm 51:12

God is the one Who restores our joy. Joy is a by-produce of righteous living. He will make this fruit of the Spirit grow in your life as you seek Him and obey Him. God chose you, this should bring joy. God forgives all you sins so you can spend eternity with Him this should bring joy. Joy is found sitting in our Saviors presence. Talk with Him about increasing the joy in your life.

"At every stage, addiction is driven by one of the most powerful, mysterious, and vital forces

DAY 5

Confess | Learn | Adjust

As you practice this principle of meeting with God daily to talk with Him about your yesterday, you will begin in time to reap the fruit of this exercise. Don't grow weary in the process. You plant good seed it will grow. Your thoughts?

Connection Passage - Psalm 18:1-2, 4, 16-17, 19b, 28b

V1 I love You, O Lord, my strength. V2 The Lord is my Rock, my Fortress and my Deliverer; my God is my Rock, in whom I take refuge, my shield and the strength of my salvation, my stronghold.*

V4 The cords of death (sin) entangled me; the torrents of destruction (consequences of sin) overwhelmed me. V16 He reached down from on high and took hold of me; He drew me out of deep waters. V17 He rescued me from my powerful enemy, from my foes, who were too strong for me.

V19 He rescued me because He delighted in me. V28 My God turns my darkness into light.

This is your day! Write your own devotional. What is God saying to you from the above passage?

1.

2.

3.

The Challenge

What is God saying to you through the verse below?

Psalm 18:24 ***The Lord has “rewarded me” according to my righteousness, according to the cleanness of my hands in His sight?***

Journal Your Thoughts

Ask yourself these questions: Daily Concerns? Content? Thankful? Requests of God? What are you feeling emotionally? Fears? Anxieties? Depressed? Shameful? Worthless? Joy? Remember your feeling are not the truth about who you are. Only God has the right to define who you are! You are chosen, called, loved, and created with purpose! Rest in Him! Write down what ever God lays on your heart.

DAY 2

Confess | Learn | Adjust

What can you learn from yesterday? What would you repeat or do differently?

Connection Passage - Psalm 9:1-4, 9-10, Psalm 10:3-4, 11a, 13c

I will give thanks to the Lord with all my heart; I will tell of all Your wonders. V2 I will be glad and exult in You; I will sing praise to Your name, O Most High. V3 My enemies turn back; they stumble and perish before you. V4 For You have upheld my right and my cause... V9 The Lord is a refuge for the oppressed, A stronghold in times of trouble; V10 And those who know Your name will put their trust in You, For You, O Lord, have not forsaken those who seek You. V10:3 For the wicked boasts of his heart's desire, And the greedy man curses and spurns the Lord. V4 The wicked, in the haughtiness of his countenance, does not seek Him. All his thoughts are, “There is no God... V11 God has forgotten... V13 He won't call me to account..”

Many ancient manuscripts combine Psalm 9&10 into one psalm. There are **four I will** statements that David makes in V9:1-2. Many think he sang this after a victory over the Philistines. Below are the **four I wills**. Write down practical ways you will live out each of these in your own life and why. Then add two more of your own.....

I will praise You with all my heart -

I will tell of your wonders -

I will be glad and rejoice in You -

I will sing praises to Your name -

I will...

I will...

Do you **really believe** V9:10? Why or why not? What might you change looking forward?

The Challenge

Psalm 9 shows us the **righteous** believe in God's loving care for them. In Psalm 10, we see the **unrighteous** believe that there is no God, and if there is, He isn't personally involved and won't discipline us. We, as Christians, often respond the same way! When we don't see Him discipline us for our sin, we think He must not care. Or we feel like we are getting away with it because there has been no punishment so far. Read Ecclesiastes 8:12. Ask yourself, “Do I keep sinning in certain areas because there are no apparent consequences?” If this is part of your thinking, confess and repent right now for using God's grace and patience as a reason to keep sinning. Then feel the joy of being free!

DAY 3

Confess | Learn | Adjust

Start each day with God talking about how you lived the last 24 hours.

Connection Passage - Psalm 11:7, 13:8, 14:2, 16:4, 7, 11

Below are a collection of Psalms. Reflect on each one deeply and think about what each means to you! Write down what you feel the Lord is **saying to you!**

Psalm 11:7 ***For the Lord is righteous, He loves justice; upright men will see HIS FACE.***

Psalm 13:8 ***The wicked freely strut about when what is vile is honored among men.***

Psalm 14:2 ***How long must I wrestle with my thoughts and every day have sorrow in my heart?***

Psalm 16:4 ***The sorrows of those will increase who run after other gods.***

Psalm 16:7 ***I will praise the Lord, who counsels me; even at night my heart instructs me.***

Psalm 16:11 ***You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.***

The Challenge

Read the quotes below and ask God to give you an AWE for who HE is and a desire to lay down all the lusts of your flesh!

“Surrounded by Your glory what will my heart feel? Will I dance for you Jesus? Or in awe of you be still?” Mercy Me

“God has “2” dwellings: One in heaven, and the other in a meek, and thankful heart.

“Bring me an “ant” that can comprehend a man, and I will show you a man that can comprehend

DAY 4

Confess & Repent | Learn | Adjust

Confession always needs to be partnered with repentance. There’s no need to confess if you don’t have any desire to repent. Repentance means to turn and go the opposite direction from sin to obedience. This is a big heart shift. Ask your R40 team for help.

Connection Passage - Psalm 15:1-5

V1 Lord, who may dwell in your sanctuary? Who may live on your holy mountain?

V2 The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; V3 whose tongue utters no slander, who does no wrong to his neighbor, (family, friends, co-workers, relatives) and casts no slur on others; V4 who despises a vile person but honors those who fear the Lord; who keeps an oath (his word) even when it hurts, and does not change their mind; V5 who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.

The sanctuary is the dwelling place of God and symbolizes heaven. We are called by God to be morally upright people. God gives us “10” STANDARDS in the Psalm above to help us determine how we are doing. In your own words write down each of these STANDARDS then rate yourself on a scale from 1-10 how you’re doing in each area? Ask God how you can improve in some of these areas of life?

STANDARDS FOR SANCTUARY DWELLERS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Challenge

V5 ends with a promise. Knowing you will “never be shaken” brings peace, trust, and confidence in God because He is there with you in every battle, every trial, and every temptation as you pursue these standards. **The goal is to try to live by them in your life.** The **bad news** is this is impossible on your own. The **good news** is God knows it and it is the very thing He wants to use to bring you into a closer relationship with Him and form a deeper dependence on Him! **Focus on** walking with Him instead of keeping these