

DAY 7

Be in God's Presence - Psalm 16:11 says, *You make known to me the path of life, you will fill me with joy in Your presence, at your right hand are eternal pleasures.*

Wow! God guides us in our lives, He fills us with joy, and on top of that He gives us eternal pleasures for free. Spend a few moments reflecting on these truths and what they mean to you personally. How does God want to use this bible verse to help you in your recovery?

What do you think is required of you in order to enjoy being in God's presence?

Worship - *"Since we are receiving a Kingdom that cannot be shaken, let us be thankful, and thus worship God acceptably with reverence and awe."* Hebrews 12:28

Define AWE from the dictionary:

What does having an awe of God look like in someone's life?

Do you believe you have a healthy awe of God? Why or why not?

Write the main verse you use to fight temptations?

You aren't addicted to a substance...

You are addicted to the relief and alteration of your mood that the substance brings.

WORSHIP

"Be an Unquenchable Worshipper"



Connect with God

You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of Him Who called you out of darkness into His wonderful light... Therefore, "***If you love Me, keep My commands.***"

1 Peter 2:9 John 14:15

Week 3

DAY 1

Walking in the Spirit - Confess setbacks, proclaim victories, **Learn** from them, and make any necessary **Adjustments**. Do this daily.

Connection Song - “Reckless Love” by Cory Asbury

God’s reckless love will do anything to show us the depth of His love going to any extent to protect and pursue us. Romans 5:8 says *God showed His great love for us by sending Christ to die for us while we were still sinners!* Now that is reckless love.

This week you are going to not only WORSHIP in song but also with a “Heart Attitude” that is bowing down in respect and honor to the God who gave everything for you.

Sing along with the lyrics. Try a different posture in worship than you normally take. Stand, kneel, bow, lay face down, sit, arms raised... etc. Listen now and **try to envision singing to Jesus sitting on HIS throne.**

List the “2” things that touched you most as you worshipped God through this song!

1.

2.

What do you **want God to teach you** about worship this week?

What is your reaction to the first line in today’s song?

When have you seen God’s love for you be reckless? Describe what it looked like:

The Challenge

There is one very profound line in the song that says, “**I couldn’t earn it, and I don’t deserve it**” referring to GOD’S CRAZY LOVE for you and me! I find many Christians know it but don’t live by it. They try to perform or be good enough in order to show God they’re worthy of HIS LOVE. This is one of the fastest ways to **Christian Burn Out**.

If you could earn it then you would feel like you deserve it, and that would lead to spiritual pride. Let go of not “feeling” good enough to be a Christian. **That’s why God sent His Son** because we can never be good enough to earn HIS love. Right now, simply rest in BEING and not DOING. Feel the peace to just be you. Nothing more, nothing less... **just His child!**

Sit in His Presence - Tell Him how thankful you are for **HIS reckless love**.

DAY 6

Confess Yesterday’s Victories/Setbacks | Learn Today | Adjust for Tomorrow

Summarize what patterns you are seeing in your life as you ask God to search your heart daily. Let God use this process to form you more into His image.

Your “Top 3” - List “3” ways God spoke to you through your recovery work and devotional times this week. It may have been a principle, a scripture, or something the Lord is teaching you.

Share these with your R40 team each week!

1.

2.

3.

**We worship God to gain a sense of wonder, awe, and gratitude...
It shifts our thoughts off our problems on to the Comforter.**

DAY 5

Confess | Learn | Adjust - Each day you are challenged to ask God to search your heart and show you areas of your life that need some work as well as areas where you are excelling. Then, ask Him to teach you how to practically apply it. If applied, how will it help you in your recovery and ultimately change your life?

Connection Song - "Do it Again" by Elevation Worship

This song is dear to my heart because I have watched God do the impossible over and over again in my life, and I have zero doubt **He will do it again**. He doesn't always do it like I want or when I want, but He has always come through. **Always!** Believing God hears us and will actually do something that we ask of Him takes faith. It takes trust. Here are three scriptures to **help you trust your Father** in heaven and His promises to you!

Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6

Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand. Isaiah 41:10

You will keep in perfect peace him whose mind is stayed on You, because he trusts in You. Isaiah 26:3

We know that in all things God works for the good of those who love Him... Romans 8:28

Write down your thoughts about **trusting** God 100% in your life.

List "2" ways you were touched by God as you worshipped Him singing "Do it again."

1.

2.

The Challenge - Reflect on the thoughts below and let them make you different.

It's easy to believe God will do something for someone else but not for us.

The foundation for trusting God is:

- 1) Belief in His sovereignty; He knows what is better for you and your life than you do.
- 2) You must have a clear understanding of the purpose for which you were created. His goal for you is to form you into His character. It's not His goal for you to have a nice, cushy life with no problems.
- 3) You must believe He chose you, died for you, loves you immensely, and wants to live with you eternally.
- 4) There are tests, trials, and tragedy that God will use for our good in this life. These develop a perseverance, maturity, and a completeness to our faith.

The apostles, prophets, and many of the disciples were killed and tortured because of their faith in God/Jesus. Did God let them down? Did He not "**do it again**" for them? The Bible says this about those who suffered for Him in Hebrews 12:38, "*The world was not worth of them.*" I don't know about you but I would love God to say that about me someday. Will you trust Him with your life completely? Will you trust Him to **Do it Again?**

The Father Loves You

He hasn't dropped the ball in your life. He is holding you in the palm of His hand.

DAY 2

Confess | Learn | Adjust - "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. For those who are led by the Spirit of God are the children of God." (Romans 8:13-14) **Did you live yesterday in the flesh or by the Spirit?**

Connection Song - "So Will I" (100 Billion X) by Hillsong United

Worship is defined in the Webster Dictionary: to honor with extravagant love and extreme submission. Read Psalm 139:1-24 to help you grasp the depth of HIS love for you. His love makes us want to submit to HIM and HIS PLAN for our lives. List below your favorite verse in Psalm 139 and why it grabbed your attention.

Sing along with the lyrics. Try a different posture in worship than you normally take. Stand, kneel, bow, lay face down, sit, arms raised, etc. Listen now and **try to envision singing to Jesus sitting on HIS throne.**

List "2" ways that God touched you as you sang this song to Him!

1.

2.

Define **AWE** from the dictionary, then define it in your own words:

1.

2.

Do you have a reverent fear and AWE of GOD? Explain:

What could you do to increase your awe of God?

The Challenge

Below are a few lyrics from today's song that may really challenge you. Write down your reaction to them.

1. "If everything exists to lift you high, so will I"
2. "If you left the grave behind, so will I,
3. "If you chose surrender, so will I."

Coffee with God - Talk with God about what awes you most about Him.

DAY 3

Yesterday... can be our greatest teacher!

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

- 3) What **Adjustments** could you take to repeat or not repeat the above behaviors?

Connection Song - "I Want to be Different" by Micah Tyler

We all want to be **different** in some way. It is hard to be content with where we are. It's hard to even be honest with ourselves. Let God speak to you about areas that need to go and areas where you excel. But find contentment in ACCEPTING where you are and the changes that still need to be made. Ask God, "If there was one thing spiritually I need to change, Lord, what would it be. Explain

List "2" things that spoke to you as you proclaimed to God that **you want to be different!**

1.

2.

The Challenge

Accept and acknowledge where you are while desiring to be different. Ask God to **form His character in you** and be made into **His likeness**. That is your challenge. Here are four scriptures to reassure you that He is forming you into something **different**:

*"Be confident of this, that He (God) who began a good **work in you** will carry it on to completion until the day of Christ Jesus." Philippians 1:6*

*"In regard to your former way of life, 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." Ephesians 4:22-24*

Put to death (crucify, get rid of) whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Colossians 3:5

*Do not be conformed to this world, but **be transformed** by..." Romans 12:2*

Be in the Father's Presence - Ask Him how HE is at work in you.

DAY 4

Confess & Repent | Learn | Adjust by replacing any lies you may have believed with truth.

Connection Song - "O Come to the Altar" by Elevation Worship

As you sing this song, imagine you are bringing yourself to the ALTAR to offer yourself to a HOLY GOD saying, "Do with me what you want. I am yours. Forgive me for all my sins. Thank you for offering yourself so that I may be forgiven and obtain eternal life." List the "2" ways that going to the altar in worship touched you today.

1.

2.

Two of the verses in this song are key principles of recovery!

- 1) The fifth line of the song says to, "**Leave behind your regrets and mistakes.**" Read Phil 3:13-14. Why is this principle so important in helping you recover from sexual lust?

- 2) The 8th line says, "**Bring your sorrows and trade them for joy.**" Read Matt 11:28-30. God's arms are open wide! He desires that you bring your stuff to HIM. You're not bothering Him and nothing is too trivial. Just come! Why will this principle help keep you from falling during temptation?

Read Romans 12:1. What does this verse say you are offering? What is the purpose of your offering?

Are you willing to offer the Lord your body, your life, your desires, and your plans in a way that nothing matters compared to pleasing God? Why or why not?

The Challenge - R40 is based on the "3" questions the song poses! Reflect on each one.

1. Are you broken? Why or why not?
2. Have you come to the end of yourself? Why or why not?
3. Are you thirsty for God in your life? Why or why not?

If you answered "YES" to the above questions, then you are at a point of having true Godly sorrow. Read 2Cor 7:11. If you have "no regrets" in leaving your sin behind, sit and tell Jesus you are ready to present yourself as a sacrifice on the altar!

Spend some time with the Savior - He is waiting for you with open arms!

WORSHIP LYRICS

“Be an Unquenchable Worshipper”

Week 3

DAY 1 - RECKLESS LOVE by Cory Asbury

Before I spoke a word, You were singing over me
You have been so, so good to me
Before I took a breath, You breathed Your life in me
You have been so, so kind to me

[Chorus]

O, the overwhelming, never-ending, reckless love of God
O, it chases me down, fights 'til I'm found, leaves the ninety-nine
I couldn't earn it, and I don't deserve it, still,
You give Yourself away
O, the overwhelming, never-ending, reckless love of God

[Verse 2]

When I was Your foe, still Your love fought for me
You have been so, so good to me
When I felt no worth, You paid it all for me
You have been so, so kind to me

[Chorus]

[Bridge]

There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down

Coming after me
There's no shadow You won't light up
Mountain You won't climb up
Coming after me
There's no wall You won't kick down
Lie You won't tear down
Coming after me!

DAY 2 - WORSHIP

SO WILL I

by Hillsong United

God of creation
There at the start, before the beginning of time
With no point of reference
You spoke to the dark and fleshed out the wonder of light

[Chorus]

And as You speak
A hundred billion galaxies are born
In the vapor of Your breath the planets form
If the stars were made to worship, so will I

[Verse 2]

God of Your promise
You don't speak in vain, no syllable empty or void
For once You have spoken
All nature and science, follow the sound of Your voice

[Chorus]

[Bridge]

And if the stars were made to worship, so will I
If the mountains bow in reverence, so will I
If the oceans roar Your greatness, so will I
For if everything exists to lift You high, so will I
And if the wind goes where You send it, so will I
If the rocks cry out in silence, so will I
If the sum of all our praises still falls shy
Then we'll sing again a hundred billion times

[Verse 3]

God of salvation
You chased down my heart through all of my failure and pride
On a hill You created
The Light of the world abandoned in darkness to die

[Chorus]

And as You speak
A hundred billion failures disappear
Where You lost Your life so I could find it here
If You left the grave behind You, so will I
I can see Your heart in everything You've done
Every part designed in a work of art called love
If You gladly chose surrender, so will I

[Outro]

Like You would again a hundred billion times
But what measure could amount to Your desire?
You're the One who never leaves the one behind

DAY 3 - WORSHIP

I WANT TO BE DIFFERENT

by Micah Tyler

I don't wanna hear any more
Teach me to listen
I don't wanna see any more
Give me a vision
That You could move this heart
To be set apart

I don't need to recognize
The man in the mirror
And I don't wanna trade Your plan
For something familiar
I can't waste a day, I can't stay the same
I wanna be different, I wanna be changed

Till all of me is gone
And all that remains
Is a fire so bright
The whole world can see
That there's something different
So come and be different, In me
And I don't wanna spend my life
Stuck in a pattern
And I don't wanna gain this world
But lose what matters
And so I'm giving up
Everything because
I wanna be different, I wanna be changed

Till all of me is gone
And all that remains
Is a fire so bright
The whole world can see
That there's something different
So come and be different, oh
I know, that I am far from perfect (oh-oh-oh-oh-oh-oh)

But through You the cross still says I'm worth it (oh-oh-oh-oh-oh-oh-oh)
So take this beating in my heart and
Come and finish what You started
When they see me, let them see You
'Cause I just wanna be different, yeah
I wanna be different, I wanna be changed

Till all of me is gone
And all that remains
Ooh, is a fire so bright
The whole world can see
That there's something different
So come and be different
I just wanna be different
So could You be different... In me

DAY 4 - WORSHIP

COME TO THE ALTAR

by Elevation Worship

Are you hurting and broken within?
Overwhelmed by the weight of your sin?
Jesus is calling
Have you come to the end of yourself?
Do you thirst for a drink from the well?
Jesus is calling

[Chorus]

O come to the altar
The Father's arms are open wide
Forgiveness was bought with
The precious blood of Jesus Christ

[Verse 2]

Leave behind your regrets and mistakes
Come today, there's no reason to wait
Jesus is calling
Bring your sorrows and trade them for joy
From the ashes, a new life is born
Jesus is calling

[Chorus]

Forgiveness was bought with the precious blood...!

[Bridge]

Oh what a Savior
Isn't He wonderful?
Sing hallelujah, Christ is risen
Bow down before Him
For He is Lord of all
Sing hallelujah, Christ is risen

[Chorus] X2

(Outro)

The Father's arms are open wide

DAY 5 - WORSHIP

DO IT AGAIN

by Elevation Worship

Walking around these walls
I thought by now they'd fall
But You have never failed me yet
Waiting for change to come
Knowing the battle's won
For You have never failed me yet

Your promise still stands
Great is Your faithfulness, faithfulness
I'm still in Your hands This is my confidence
You've never failed me yet

I know the night won't last
Your word will come to pass
My heart will sing Your praise again
Jesus You're still enough
Keep me within Your love, oh
My heart will sing Your praise again, oh yes
Your promise still stands
Great is Your faithfulness, faithfulness
I'm still in Your hands This is my confidence
You've never failed

Your promise still stands
Great is Your faithfulness, faithfulness
I'm still in Your hands
This is my confidence
You've never failed me yet
Never failed me yet, Oh, oh-oh
I've seen You move, You move the mountains

And I believe I'll see You do it again
You made a way, where there was no way
And I believe I'll see You do it again
I've seen You move, You move the mountains (Repeat Twice)

And I believe I'll see You do it again
You made a way where there was no way
And I believe I'll see You do it again
I'll see You do it again
Your promise still stands
Great is Your faithfulness, faithfulness
I'm still in Your hands,
This is my confidence
You've never failed,
Your promise still stands
Great is Your faithfulness, faithfulness
I'm still in Your hands, This is my confidence

You've never failed me yet
Oh, You've never failed me yet
And I never will forget
You've never failed me yet,
And I never will forget