

## DAY 7

### Confess | Learn | Adjust

Enjoy slowing down and simply sitting with God in His presence. Imagine sitting with Him on His throne. Revelation 3:21 says we get to do this in heaven someday. Ask Him, "How am I doing as your ambassador on earth?" "What can I do differently?" What did He say:

### Your Top Three

Describe what you want to put into practice from the TRAIN curriculum this week. It may be a recovery principle, a scripture, or something new that God's teaching you.

- 1.
- 2.
- 3.

### The Power of Being Unoffendable

Being "Unoffendable" is about choosing not to respond to insults, attacks, or rudeness; to remain humble, loving, understanding, compassionate, not holding on to anger caused by the offense; seeing others the way that God sees them. This should be the goal of a man of God! Here are some scriptures about being unoffendable:

*"A man's wisdom gives him patience; it is to one's glory to overlook an offense."*  
Proverbs 19:11

*"Fools show their annoyance at once, but the prudent overlook an insult."*  
Proverbs 12:16

*"Everyone should be quick to listen, slow to speak, and slow to become angry..."*  
James 1:19

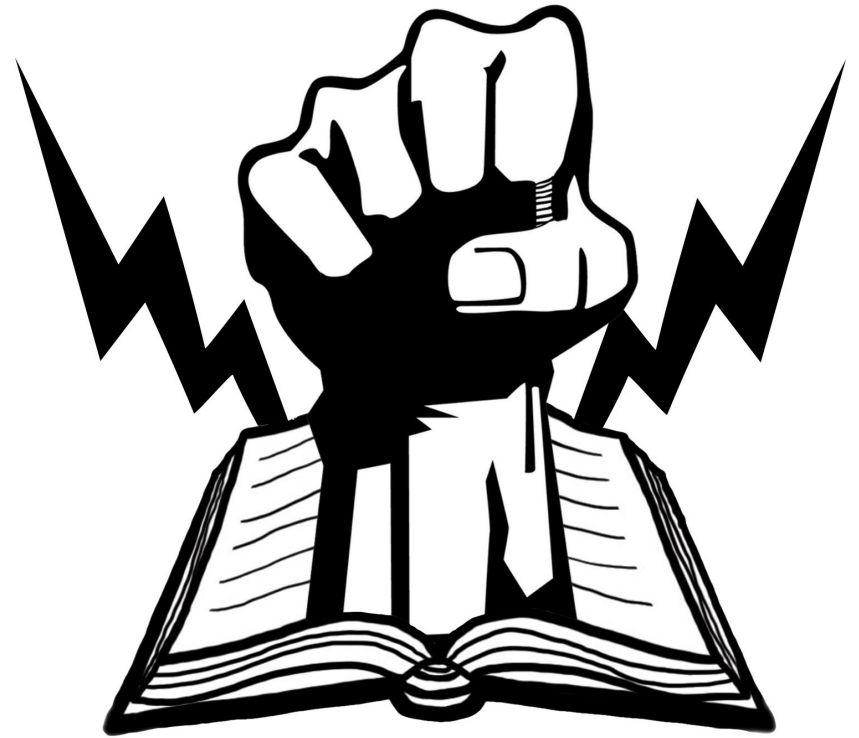
*Do not be quickly provoked (offended) in your spirit, for anger resides in the lap of fools."*  
Ecc 7:9.

When we are unoffendable, we let go of our right to be angry. This doesn't mean you let people walk all over you, but it is more about how you respond to their comments. The goal is to be humble and full of mercy realizing you're not God. Describe below what being unoffendable means to you.

How would being unoffendable help your relationships?

### God

Ask Him to help you become unoffendable, kind in your responses, and full of love.



# THE WORD

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The POWER to change your life!

"Do not merely listen to the Word, and so deceive yourselves.  
Do what it says." - James 1:22

**MIND METAMORPHOSIS - WEEK 5**

## DAY 1

### Walking in the Spirit Through:

Confessing mistakes, proclaiming victories, learning from mistakes & victories, adjusting to repeat or not repeat. This should be done daily looking at your last 24 hours.

### POWER PASSAGE: Job 31:1-12, 33-34 - Read / Reflect / Apply / Change

*1 I made a covenant with my eyes not to look lustfully at a young woman. 2 For what is our lot from God above, our heritage from the Almighty on high? 3 Is it not ruin for the wicked, disaster for those who do wrong? 4 Does He not see my ways and count my every step?*

*5 If I have walked with falsehood or my foot has hurried after deceit— 6 let God weigh me in honest scales and He will know that I am blameless— 7 if my steps have turned from the path, if my heart has been led by my eyes, or if my hands have been defiled, 8 then may others eat what I have sown, and may my crops be uprooted.*

*9 If my heart has been enticed by a woman, or if I have lurked at my neighbor's door, 10 then may my wife grind another man's grain, and may other men sleep with her. 11 For that would have been wicked, a sin to be judged. 12 It is a fire that burns to Destruction; it would have uprooted my harvest...*

*33 if I have concealed my sin as people do, by hiding my guilt in my heart 34 because I so feared the crowd and so dreaded the contempt of the clans that I kept silent...*

What is God saying to you in this passage?

What action steps can you take, and what will the result be in your life if you **apply** them?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

Job makes a vow with his eyes not to “LOOK” with lust at a woman in V1. Why? He answers this in V2-4. In your words, explain his motivation for not lusting after women.

Would it help you to make a vow with your eyes each day to not look lustfully at a woman, “Just for today?” Why or why not? Think about your answer...

We read in V7&9 that the heart is the thing we need to guard. Our lust is a heart issue. Reflect for a few moments on your desire to guard your heart against the temptations of this world. Would you be willing to pray as Job prayed in V10?

Talk with God about what you will do the next time you want to conceal your sin.

## DAY 6

### Walking in the Spirit - Confess, Repent, Learn, Adjust

### POWER PASSAGE: Ephesians 4:17-25 Read / Listen / Apply / Change

*So I (Paul) tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.*

*20 That is not the way of life you learned 21 when you heard about Christ and were taught in Him in accordance with the truth that is in Jesus. 22 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.*

*25 Therefore each of you must put off falsehood and speak truthfully...*

What is God saying to you in this passage?

What action steps can you take, and what will the result be in your life if you **apply** them?

How can these verses help you in **your recovery**?

**Reflect on this John Piper quote and how it relates to today's Power Passage.**

***“God is most glorified in us when we are most satisfied in Him.”***

### Prayer/Quote/Challenge/Principle

We lose our “sensitivity” to God when we willfully sin over time. We must put off falsehood. We must start to live a life based on the truth of who we are as believers in Jesus Christ. But how? Yes, prayer, worship, reading your Bible are important fundamentals, but without a true connection with God, it can become just a bunch of knowledge. You will find yourself saying, **“I should do this!” or “I shouldn't do that!”**

A real life with Jesus is found as you seek Him in everything all day long because you know He has the answers. You start to find contentment in the situations you're in because you know He is with you, and you can trust HIM. You start to dig deep in God's Word not just reading it, but looking into the scriptures that address what your battling. God shows you the way to defeat your enemy. Pursue HIM with all your heart. Seek after His ways and His wisdom. You will find what you're really looking for! Reflect on this.

Ask God to place a desire in you to live out the Ephesian Power Passage.

## DAY 5

Start Each Day with God Talking about How You Lived the Last 24hrs  
Confess Wrongs & Victories... Learn from them... Adjust!

**POWER PASSAGE: Ephesians 5:1-14** - Read / Reflect / Listen / Apply / Change  
*Follow God's example as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God.*

*3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.*

*5 For you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God...*

*8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 for the fruit of the light consists in all goodness, righteousness and truth 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible —and everything that is illuminated becomes a light. 14 This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you."*

What is God saying to you in this passage?

What steps can you take, and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

What does God want you to wake up from? Where have you been sleeping in your faith, and how is it affecting your recovery from lust? Write out your thoughts on this below.

Talk with God about what it looks like to live as a child of the light from V8.

## DAY 2

Walking in the Spirit - Confess, Repent, Learn, Adjust

**POWER PASSAGE: Romans 12:9-17** - Read / Reflect / Listen / Apply / Change  
*9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

*12 Be joyful in hope, patient in affliction, faithful in prayer. 13 Share with the Lord's people who are in need. Practice hospitality. 14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; mourn with those who mourn.*

*16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. 17 Do not repay anyone evil for evil.*

What is God saying to you in these verses?

What steps can you take and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

The passage of Romans above has "15" commands from God. He doesn't give us these commands to burden us with rules but to teach us how to live in a way that brings us the most joy here on earth. When you live like this, your relationships will be better and others will want to have what you have. List below "3" commands you need to work on and "3" that you don't.

<u>Need Improvement</u>	<u>Looking Good</u>
1)	1)
2)	2)
3)	3)

Ask God how to work on you without feeling like you need to perform.

## DAY 3

Connect with God Today to Keep a Clear Conscience - Confess, Learn, Adjust

POWER PASSAGE: Deuteronomy 28:1-12 - Read / Reflect / Apply / Change  
*If you fully obey the Lord your God and carefully follow all His commands I give you today, the Lord your God will set you high above all the nations on earth. 2 All these blessings will come on you and accompany you if you obey the Lord your God:*

*3 You will be blessed in the city and blessed in the country. 4 The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks. 5 Your basket and your kneading trough will be blessed.*

*6 You will be blessed when you come in and blessed when you go out. 7 The Lord will grant that the enemies who rise up against you will be defeated before you. They will come at you from one direction but flee from you in seven. 8 The Lord will send a blessing on your barns and on everything you put your hand too. The Lord your God will bless you in the land He is giving you.*

*9 The Lord will establish you as His Holy people, as He promised you on oath, if you keep the commands of the Lord your God and walk in obedience to Him. 10 Then all the peoples on earth will see that you are called by the name of the Lord, and they will fear you. 11 The Lord will grant you abundant prosperity—in the fruit of your womb, the young of your livestock and the crops of your ground—in the land He swore to your ancestors to give you.*

*12 The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none.*

What is God saying to you in this passage about God's blessings?

What steps can you take to apply it, and what will the result eventually be in your life?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

These next two days are extremely important to understand God's heart and His desire to reward obedience and curse disobedience. We want to ignore these scriptures and say, "That's the Old Testament, and we're now under grace." But we must realize how important obedience is to God, and that He is still capable of blessing us for obedience and disciplining us for disobedience. Our primary focus should be to get His blessing or avoid His correction. Enjoying His presence and His love for us should be our motivation. Christ's death for us should change how we live! Live free in Him...

Be still, and reflect on how good God has been to you!

## DAY 4

Walking in the Spirit - Confess, Repent, Learn, Adjust

POWER PASSAGE: Deuteronomy 28:15-24 - Read / Listen / Apply / Change  
*If you do not obey the Lord, God, and do not carefully follow all His commands and decrees I am giving you today, all these curses will come on you and overtake you:*

*16 You will be cursed in the city and cursed in the country. 17 Your basket and your kneading trough will be cursed. 18 The fruit of your womb will be cursed, and the crops of your land, and the calves of your herds and the lambs of your flocks. 19 You will be cursed when you come in and cursed when you go out.*

*20 The Lord will send on you curses, confusion and rebuke in everything you put your hand too, until you are destroyed and come to sudden ruin because of the evil you have done in forsaking him. 21 The Lord will plague you with diseases until He has destroyed you from the land you are entering to possess. 22 The Lord will strike you with wasting disease, with fever and inflammation, with scorching heat and drought, with blight and mildew, which will plague you until you perish. 23 The sky over your head will be bronze, the ground beneath you iron. 24 The Lord will turn the rain of your country into dust; it will come down from the skies until you are destroyed.*

*25 The Lord will cause you to be defeated before your enemies. You will come at them from one direction but flee from them in seven, and you will become a thing of horror to all the kingdoms on earth. 26 Your carcasses will be food for all the birds and the wild animals, and there will be no one to frighten them away. 27 The Lord will afflict you with the boils of Egypt and with tumors, festering sores and the itch, from which you cannot be cured. 28 The Lord will afflict you with madness, blindness and confusion of mind. 29 At midday you will grope about like a blind person in the dark. You will be unsuccessful in everything you do; day after day you will be oppressed and robbed, with no one to rescue you.*

What is God saying to you in this passage of scripture about God's curses?

What steps can you take to apply it, and what will the result eventually be in your life?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

**These last two days in our reading should make us realize just how in control GOD IS of our lives, our country, our wealth, our health, our safety, even our next breath.**

Write below your expectations of God. How do they affect your joy? Is it God's job to meet our expectations? What is His main purpose for YOU and WHY?

Be Still, Reflect on How God has Corrected You and Why it was Good for You