

DAY 1

Confess Setbacks & Celebrate Victories | Learn | Adjust

Don't forget to celebrate your victories as well as confess your setbacks. What can you learn from your yesterday? What adjustments would help you in your life/recovery?

Connection Passage - Psalm 27:1, 4, 14

V1 The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

V4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek Him in His temple.

V14 Wait for the Lord; be strong and let your heart take courage and wait for the Lord!

Fear is something we all deal with at one time or another. Here are a few common fears. Circle the ones that apply to you, then list any other current fears.

- | | | | | | |
|--------------|----------|-------------|--------|----------|---------------|
| 1. Rejection | 2. Death | 3. Sickness | 4. God | 5. Bills | 6. Loneliness |
| 7. | 8. | 9. | | | |
| 10. | | | | | |

Trust in God is the antidote for most fears. Read V1&2 again. Write down the two things the "Lord is" to David and how these can help you overcome your **fear**.

1.

2.

Read V4 again. What is the two **thing** you would ask the Lord if He and you were standing alone face to face today?

1.

2.

Think about your answers above. How **should/will these** change how you live?

The Challenge

The challenge today comes from V14. Waiting! **Waiting on God in your life may be the most difficult thing you do!** David, the author, was anointed King of Israel at 16 yrs old. He wasn't able to take the throne until he was 30! While waiting, Saul chased him through the desert attempting to kill him. David had to be thinking at some point..."God, I thought you made me King of Israel? Have you forgotten what you promised me? I'm supposed to be King, not hiding in caves in the desert!" Can you relate? Do you feel sometimes as if God has forgotten you and your situation? Do you feel at times like He doesn't care?

Sit with Jesus and tell Him how you feel and listen for His response.

DAY 6

Confess | Learn | Adjust

1. Prayerfully **confess** your setbacks & victories from the week.

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?

"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.

A Slip or Sin

Let's be clear a slip is sin. It is doing something you know your not suppose to do in God's eyes or yours. **So why** do we call it at times a slip and not sin. Great question. So many men struggle with **deep shame** issues and calling it a slip for a time helps them hurdle over their the setbacks in their quest for sobriety.

That being said, I would encourage you men to have men **start calling their slips sin** if they continue in their sin month after month with little victory or any real apparent effort to make it to 30 days.

We are here at R40 to see men set free from sins that are hindering their life in Christ. What can YOU DO to help men in your group break free from sins that have taken them captive?

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!"**

"One of the hardest things I had to learn in recovery is that I was worth it."

Demi Lovato, Actress

DAY 5

Confess | Learn | Adjust

The Bible teaches us to, "Seek first the Kingdom of God." That is the goal each day in this time, to seek Him for what He has for you today. Write below what He said to you today:

Connection Scripture - Psalm 34:7, 17-19

V7 The angel of the Lord encamps around those who fear Him, and He delivers them.

V17 The righteous cry out, and the Lord hears them; He delivers them from all their troubles. V18 The Lord is close to the brokenhearted and saves those who are crushed in spirit. V19 The righteous person may have many troubles, but the Lord delivers him from them all.

List "5" things the Lord will do for you according to this Psalm today?

1. _____
2. _____
3. _____
4. _____
5. _____

How do the "5" things you wrote above affect your **relationship with God**? Why?

V19 says, "**the Lord will deliver you from all your troubles.**" Listed below are "4" ways He may choose to deliver you **through your troubles/trials by...**

1. teaching you to persevere and endure through the power of the **Holy Spirit**.
2. giving you **wisdom** on how to handle the situation.
3. taking it away **miraculously**.
4. bringing the help of **others**.

Which of these ways do you believe the Lord is going to use to get you through the trials you're facing right now? Why?

The Challenge

Today's reading gives us a picture of how much God loves us and wants to bless us.

Reflect on how God eventually delivered Moses, Paul, David, Jonah, Job and many others. **Think about** the length of time for their deliverance, how the deliverance took place, and how each person may have felt before and after **their deliverance!** Reflect...

God's Sovereignty

Read the scripture below twice. The second time replace YOU with your NAME.

"You whom I have taken from the ends of the earth, And called from its remotest parts And said to you, 'You are My servant, I have chosen you and not rejected you. Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand."

DAY 2

Confess | Learn | Adjust

"Do not merely listen to the Word, and so deceive yourselves. Do what it says." Have you been **doing** what the Word says over the last few days? If not, what can you "**do**" differently next time?

Connection Passage - Psalm 29:1-5

V1 Ascribe to the Lord, you heavenly beings, ascribe to the Lord glory and strength.

V2 Ascribe to the Lord the glory due his name; worship the Lord in the splendor of His holiness. ...V3 The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters. V4 The voice of the Lord is powerful; the voice of the Lord is majestic. V5 The voice of the Lord breaks the cedars; the Lord breaks in pieces the cedars of Lebanon.

Ascribe - means to attribute or regard a quality as belonging to...

Worship - means to show reverence or adoration for...

Write down what you want to **Ascribe** to the Lord.

According to reference books, the **Cedars of Lebanon** were over 120 feet tall and 30 feet in circumference. They were like many of our redwood & sequoia trees in California. In V3-5, God is showing us a glimpse of His majestic power. How does **God's power and His control** over all the earth affect how you think and live life each day?

The **voice of the Lord** is emphasized in today's reading to show His power. He is constantly speaking to His creation and to each of us. Take a minute and write down what you think He might want to say to you right now?

The Challenge

Worship the Lord giving Him the praise and adoration He deserves. Below is a recommended song to listen to. You can pull up the lyrics on the internet and sing along if you want.

So Will I (100 Billion X) by Hillsong United

DAY 3

Confess I Replace False Beliefs with Truth I Adjust

If you have something to confess you probably have a lie or a false belief you've bought into. Replace those lies with God's truth. Then, make the necessary adjustments. What is God showing you?

Connection Passage - Psalm 32:1-5, 8-9

V1 Blessed is the one whose transgressions are forgiven, whose sins are covered. V2 Blessed is the one whose sin the Lord does not count against them and in whose spirit is "no deceit." V3 When I kept silent, my bones wasted away through my groaning all day long. V4 For day and night Your hand was heavy on me; my strength was sapped as in the heat of summer. V5 Then I acknowledged my sin to You and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And You forgave the guilt of my sin. V8 I will instruct you and teach you in the way you should go; I will counsel you with My loving eye on you. V9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.

Who does God consider **blessed** in V1-2?

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

Is being **blessed** by God important to you? Why or Why not?

Describe how you will change how you are living in order to be **blessed** by God?

What does V4-5 say will happen to us if we **hide our sin**; when we confess it to God?

- 1.
- 2.

There are "3" phrases in V8 that God says He **will do** in your life! What are they and what does it mean to you?

- 1.
- 2.
- 3.

The Challenge

Tom Landry, coach of two Super Bowl victories, said, "I help men do what they don't want to do, so they can become the men they really want to be." Men, ask God to develop an "I will do anything" attitude in you to become the man of God that you really want to be. God, in V9, warns that, if necessary, He will show you the depth of His love by leading you in the way you should go at times by "bit and bridle" so that you can learn His ways are best! He desires to teach you, guide you, and counsel you in His ways. Just ask Him to help you. **Keep seeking Him** because He promises that He will be found by you. Come On! **This is an amazing adventure with God!**

Lord! Savior! Creator! Almighty God! Wonderful Counselor!

DAY 4

Confess I Repent I Learn I Adjust

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him." 2 Chronicles 16:9 Has your heart been **fully committed** to the Lord over the last few days? What does a fully committed heart look like? What can you learn from this?

Connection Passage - Psalm 33:8-12

V8 Let all the earth fear the Lord; let all the people of the world revere Him. V9 For He spoke, and it came to be; He commanded, and it stood firm. V10 The Lord foils the plans of the nations; He thwarts the purposes of the peoples. V11 But the plans of the Lord stand firm forever, the purposes of His heart through all generations. V12 Blessed is the nation whose God is the Lord, the people He chose for His inheritance.

Fear of God is a main theme throughout the Bible. We are to be in "awe and reverence" of Him because He is all-powerful! He decides if we get to take our next breath. Do you have a healthy **fear** of the Lord? Why or Why not?

According to V10-12, why is it important for your life to follow **God's plan**?

Sexual sin "was" a part of your routine/part of **your plan**. How did God deal with this **plan** of yours and what do you think **His plan** is for you now?

The Challenge

God says in V12 as His "chosen son" and as you make Him Lord of your life He desires to "bless you!" List the Top "5" blessings in your life that you are extremely thankful for!

- 1.
- 2.
- 3.
- 4.
- 5.

Write these on a 3X5 card or in your cell and read until memorized. Recite daily!

Pray: Thank You, God

Lord, today I realize that I want to desperately be a blessing in the plan you have laid out for my life. I confess and repent of all the years I have lived the way I wanted. Heal me and give me a **new zeal** for following You and Your ways. Thank you for dining for me and giving me life eternal! Thank you! Thank you! I love you!