

DAY 1

Confess Setbacks & Victories | Learn | Adjust

Start your day by talking with God about how you lived the last 24 hours. Make sure you are celebrating your victories as well as looking at areas of your life that may still need some work.

Connection Passage - Ps 119:1-2, 9-11, 36-37, 59-60, 67-68, 71, 75, 92, 127-128, 164-165

Read the Scriptures today and let them sink into your heart. There is a space below each passage to journal notes of what God may be saying to you!

V1 Blessed are those whose **ways are blameless**, who walk according to the law of the Lord. V2 Blessed are those who keep His statutes and **seek Him with all their heart**.

V9 How can a young man keep his way pure? **By living according to Your Word**. V10 I seek You with all my heart; do not let me stray from Your commands. V11 I have hidden Your Word in my heart **that I might not sin against You**.

V36 Turn my heart toward Your statutes and not toward selfish gain. V37 **Turn my eyes away from worthless things**; preserve my life according to Your Word.

V59 I have considered **my ways** and have turned my steps to Your statutes. V60 I will hasten and **not delay to obey** Your commands.

V67 Before I was afflicted I went astray, **but now** I obey Your word. V68 You are good, and what You do is good; teach me Your decrees... V71 It was good for me to be afflicted **so that I might learn Your decrees**... V75 I know, O Lord, that Your laws are righteous, and **in faithfulness You have afflicted me**... V92 If Your law had not been my delight, I would have perished in my affliction.

V127 **Because** I love Your commands more than gold, more than pure gold, V128 and because I consider all Your precepts right, **I hate every wrong path**.

V164 Seven times (7x's) a day I praise You for Your righteous laws. V165 Great peace have those who love Your law, and nothing can make them stumble.

The Challenge

Embrace the words from the book of Psalms you have read today and live them out!

DAY 6

Confess Yesterday's Setbacks & Victories | Learn Today | Adjust for Tomorrow

Don't be a prisoner of your past. Today is a new day! You have to own your pain, sins, and victories today. During your time with God ask yourself if there is anything you need to own. Try to give it to Him once and for all.

"Your Top 3" - Summarize What God Taught You this Week!

What "3" things impacted you the most from your recovery work and devotional time this week. It may be a principle, a scripture, or something new God is teaching you. There is power in sharing your "Top 3" with your R40 team each. Try to understand why this is important!

- 1.
- 2.
- 3.

Is the Holy Spirit Real?

Many men live as if the Holy Spirit isn't real. They go to porn sites, massage parlors, strip clubs, etc. with no awareness they are taking the Holy Spirit with them into those places. Or, do they know and just not care. Remember I was one of these men. Paul challenged the men of Corinth to think about the Holy spirits presence in their lives,

*"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 **Do you not know that your bodies are temples of the Holy Spirit, Who is in you, Whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.**"*
1 Corinthians 6:18-20.

I want to ask you, *"Do you not know that your body is the temple of the Holy Spirit, Who is in you?"* **Do you care?** Do you even think about it? Or, do you compartmentalize Him, ignore Him, and just set Him aside so you can do your thing? I don't want to spin you into a shame cycle and I don't believe Paul did either, but we must realize the **HOLY SPIRIT IS REAL!** **I want to wake you to the fact He lives in you!** The Holy Spirits presence in our lives should make a difference in how we live! If you minimized the Spirits presence in your life; like I did, write a note to Him **telling Him how sorrowful you are** for compartmentalizing Him:

Memorize Just One Impact Scripture

Write down a scripture that could help you in defeating your enemy in times of being triggered. Memorize this verse. Everyone needs a **new go-to scripture or potential life verse**.

DAY 5

Confess Setbacks | Learn | Adjust

What have been your greatest spiritual battles over the last few days? How have you overcome them or what can you do next time they arise to defeat them?

Connection Passage - Psalm 147

How good it is to sing praises to our God, how pleasant and fitting to praise Him! 2 The Lord builds up Jerusalem; He gathers the exiles of Israel. 3 He heals the brokenhearted and binds up their wounds.

4 He determines the number of the stars and calls them each by name. 5 Great is our Lord and mighty in power; His understanding has no limit. 6 The Lord sustains the humble but casts the wicked to the ground. 7 Sing to the Lord with grateful praise; make music to our God on the harp. 8

He covers the sky with clouds; He supplies the earth with rain and makes grass grow on the hills.

9 He provides food for the cattle and for the young ravens when they call. 10 His pleasure is not in the strength of the horse, nor His delight in the legs of the warrior; 11 the Lord delights in those who fear Him, who put their hope in His unfailing love... 13 He strengthens the bars of your gates and blesses your people... 14 He grants peace to your borders and satisfies you with the finest of wheat...

This Psalm answers the question, “**What gives God joy?**” The One who created everything gets joy from His people **trusting** in Him and their **worship** of Him. We don’t know who wrote this Psalm but He clearly had a healthy awe and wonder of Almighty God. What did God show you about Himself in this Psalm?

How could this Psalm impact the way you live? How can it help you in your recovery?

List the “6” of the most impactful things **God does** according to this Psalm and reflect on why they are important for you to understand about Him.

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|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

This Psalm states God gives, strengthens, grants, provides, etc. He has given you talents, spiritual gifts, and abilities to do the work of the Kingdom down here on earth. What talents has He given you and how can they be used for His glory on this planet while your here?

The Challenge

Ask the Lord if He delights in you. (Answer this knowing He loves you and chose you as one of His children). But why does He delight in you?

DAY 2

Confess | Learn | Adjust

This exercise isn’t about daily introspection but connecting with God prayerfully. Ask the Lord, “What am I doing well and what can I do to be formed more into Your image.” 1 Timothy 4:7 says to “train yourself to be godly.” Training is a daily experience with God!

Connection Passage - Psalm 121:1-8

V1 I lift up my eyes to the mountains—where does my help come from? V2 My help comes from the Lord, the Maker of heaven and earth. V3 He will not let your foot slip— He who watches over you will not slumber; V4 indeed, He who watches over Israel will neither slumber nor sleep. V5 The Lord watches over you— the Lord is your shade at your right hand; V6 the sun will not harm you by day, nor the moon by night. V7 The Lord will keep you from all harm— He will watch over your life; V8 the Lord will watch over your coming and going both now and forevermore.

It was **111 degrees outside** and I got a flat tire one July afternoon many years ago without a jack! I called AAA and they sent a guy that would arrive in about an hour. It felt like an eternity. So, I opened my Bible and it opened to today’s passage! LOL... God has a way of teaching us that He is in control even if life feels out of control. Write down a tough time when God was your helper. How did He get you through it?

How does it make you feel to know the Lord wants to help you, He watches over you, will keep you from harm, and never sleeps? Describe in detail:

If you are like most of us, we think we are protected by our guns, our home security systems, car air bags, and even the foods we eat. But people with guns still get killed, homes with security systems still get robbed, air bags don’t always prevent injury, and sometimes the healthiest people die unexpectedly. Write a note to God telling Him of your trust in Him to protect and restore your life.

The Challenge

The footnote in my Bible states: “**We are not really protected by anything created, but by the Creator of everything!**” Confess to God any areas of your life where you have taken control because you don’t see Him doing things the way you want or it’s not quick enough. List them below. This may take some deep thought.

Share with God...

About turning complete control of your life over to Him. Then practice resting in His arms!

DAY 3

Confess | Learn | Adjust

Daily seek God to open your eyes to how you lived yesterday. Scripture encourages us in Matthew 7:24, “Everyone who hears these Words of Mine and puts them into practice is like a **wise man** who built his house on the rock.” What areas of your life need to be moved onto the Rock?

Connection Passage - Psalm 139:1-4, 7-10, 13-18, 23-24

Read the scriptures today and let them sink into your heart. There is a space below each passage for you to journal notes of what God may be saying to you.

V1 You have searched me, Lord, and You know me. V2 You know when I sit and when I rise; You perceive my thoughts from afar. V3 You discern my going out and my lying down; You are familiar with all my ways. V4 Before a word is on my tongue You, Lord, know it completely.

V7 Where can I go from Your Spirit? Where can I flee from Your presence? V8 If I go up to the heavens, You are there; if I make my bed in the depths, You are there. V9 If I rise on the wings of the dawn, if I settle on the far side of the sea, V10 even there Your hand will guide me, Your right hand will hold me fast.

*V13 For You created my inmost being; You knit me together in my mother’s womb. V14 I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. V15 My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth. V16 Your eyes saw my unformed body; **all the days ordained for me were written in Your Book before one of them came to be.** V17 How precious to me are Your thoughts, God! How vast is the sum of them! V18 Were I to count them, they would outnumber the grains of sand—when I awake, I am still with You.*

V23 Search me, God, and know my heart; test me and know my anxious thoughts. V24 See if there is any offensive way in me, and lead me in the way everlasting.

The Challenge

Remember the depths of God’s love for you as described above. Ponder how intimately He knows you! **God is all-knowing, all-seeing, all-powerful.** The greatest gift God has given us is to know Him and to be known by Him! Eternal salvations not to bad a gift either.

A Relationship with God

What does a relationship with God really look like? Ask him what you can do to deepen yours.

DAY 4

Confess Setbacks & Celebrate Victories | Learn | Adjust

Ponder yesterday. Do you think you lived surrendered to God’s will? What did you do really well? What can you learn from it? Is there any adjustments the Lord wants you to make?

Connection Passage - Psalm 143

Lord, hear my prayer, listen to my cry for mercy; in Your faithfulness and righteousness come to my relief. 2 Do not bring Your servant into judgment, for no one living is righteous before You. 3 The enemy pursues me, he crushes me to the ground....

4 So my spirit grows faint within me; my heart within me is dismayed. 5 I remember the days of long ago; **I meditate** on all Your works and **consider** what Your hands have done. 6 I spread out my hands to You; **I thirst for You** like a parched land.

7 Answer me quickly, Lord, my spirit fails... 8 Let the morning bring me word of Your unfailing love, for **I have put my trust in You.** Show me the way I should go, for to You I entrust my life. 9 Rescue me from my enemies, Lord, **for I hide myself in You.**

10 **Teach me** to do Your will, for You are my God; may Your good Spirit leads me... 11 For Your name’s sake, Lord, preserve my life; in Your righteousness, bring me out of trouble. 12 **In your unfailing love, silence my enemies;** destroy all my foes, for I am your servant.

This Psalm was written by David in the midst of feeling hopeless and possibly a little depressed over the constant attacks of His enemies. This is a psalm many people could have written because it is so relatable to our lives. What did you get out of this prayer of David’s?

Write down a few observations you make from the way David prays:

The Challenge

David’s enemies chased him through the wilderness. **Saul at one point took 3,000 men** from Israel to kill him in the Desert of En Gedi. The same men that David was to be King over! Psalm 143 may have been written during this time when David was hunted down like a criminal. Unjust, unfair, yes. But **David new God was with him** and believed He would deliver him. David in his righteousness wouldn’t kill Saul even though Saul was trying to kill him.

People may not be hunting you down to kill you but you have enemies; various people, lusts, anger, hatred, pain, past traumas, and ultimately your flesh and Satan’s army. **Will you learn to go to the Lord** like David did instead of turning to sex, drugs, alcohol, food, etc.? Going to God is hard in times of temptation when your not use to it. You may have knee jerk reactions to turn to your sin of choice for relief instead. We all have been there! **But today** begin a pursuit of God in times of being triggered. **You can do it!** With God all things are possible.

This is a Relationship Building Prayer

Practice pouring out your heart to God the way David did in his prayer today.