



# Week 1 Study Sheet

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## Reclining Faith (Comfort)

**Consider** Uncertainty is uncomfortable. We like to live in our comfort zone where we can predict outcomes and anticipate results. A reality filled with change and a future filled with question is a recipe for anxiety and fear. We don't know the future, so how can we face uncertainty with hope and confidence? Faith. The life of Abraham is a story of faith. He leaves his comfort zone to follow God's leading and trusts God when life doesn't make sense. Have you experienced any Abraham-like-faith-testing moments in your life?

**Discover** Read [Genesis 22:1-19](#)

- Why doesn't God reveal his full plan to Abraham when he calls him to offer Isaac?
- What do we learn about God through this story?
- What do we learn from Abraham about trusting God in moments of uncertainty?
- Reflect on a time you felt confused or scared by something God was leading you to do? How did you respond?
- How is the story of Abraham and Isaac a foreshadowing of the gospel?

**Pray** Express your trust in God as a good Father who cares for you. Surrender your will to his. Seek his wisdom and ask him to direct your choices and shape your thoughts. Ask him for the faith to trust him when things aren't clear and for the courage to follow him moment by moment.

**Practice** Read through [Psalm 139:1-24](#) each day this week. Ask these questions as you read: How well does God know me? How much does God value me? How trustworthy is God? Allow the Holy Spirit to focus your attention on different words or phrases and meditate on those truths throughout your day.

**Engage** Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about Abraham's faith. Read [Genesis 12-24](#), [Hebrews 11:8-19](#), [Romans 4:1-25](#)



# Week 2 Study Sheet

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## Endless Dishes (Pride)

**Consider** Do you find it hard to admit when you're wrong? Do you easily ask for help? Are you quick to apologize? Take an honest inventory. How many of your choices are focused on what is best for you? Pride. It has a way of sneaking into our lives, and is often evident in our unwillingness to listen to anyone but ourselves. Nebuchadnezzar let pride keep him from following godly advice, and he lived with the consequences. In the end, he was humbled, restored, and able to break away from his pride. Have you experienced God's grace, even while living with the consequences of a prideful decision? What does it take to be free from pride?

**Discover** Read [Daniel 4:1-37](#)

- Where and how is Nebuchadnezzar's pride on display in this story?
- How did his pride become an obstacle of what God intended?
- What happened when he acknowledged God as "Most High"? (v. 34-37)
- How do you typically respond to advice or opportunities to repent?
- Why is it essential for followers of Jesus to be able to receive godly advice?

Read [Luke 18:9-14](#)

- What contrast in prayer and posture do you see between the Pharisee and the tax collector?
- What misconception did the Pharisee have about his relationship with God?
- What do we learn from Jesus' response to these two prayers? (v. 14)

**Pray** Recall [Psalm 139:23-24](#) and invite God to search your heart and mind. Confess the times you let pride get in the way of obeying him or loving others. Voice your desire to live according to his will, and for the sake of others, by repeating the words of Jesus, "Not my will, but yours be done." ([Luke 22:42 NIV](#))

**Practice** Memorize [Psalm 139:23-24](#). Prayerfully invite God through his Spirit to examine your heart and see if there are any areas of pride you need to repent. If you are able, consider kneeling while you pray as a way to humble yourself before God. Seek God's strength to help you break free from your daily struggle with selfishness and pride. Finally, resolve to live differently, and follow Jesus' example of humility.

**Engage** Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about the destructive power of pride and the freedom found in humility. Read [James 4:6](#), [Proverbs 11:2](#), [Proverbs 12:1](#), [Proverbs 16:18-19](#), [Matthew 23:12](#), [1 Corinthians 4:7](#), [Philippians 2:1-11](#), [Mark 10:45](#)



# Week 3 Study Sheet

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## Dirty Laundry (Lust)

### Consider

I deserve this. I'm not hurting anyone. Just this once. These are some of the lies we tell ourselves to justify our sinful actions. David had the same thoughts when he acted upon his lustful desires for Bathsheba ([2 Samuel 11](#)). His lingering glances led to desires, which led to actions, that resulted in pain, death, and regret. David's choices had severe consequences. We must not allow ourselves to be deceived. Like David, our decisions to give into temptation and satisfy our fleshly desires may seem harmless, but they will only lead to death ([Romans 3:23](#), [James 1:15](#)). David confessed his adultery and received God's forgiveness. Do you believe that God can fully and completely forgive your sin and remove your guilt? How can we experience freedom in Christ? ([1 John 1:9](#))

### Discover

Read [Psalm 51:1-19](#)

- What words of repentance draw your attention in David's Psalm of confession?
- Why does David say that it was only against God he had sinned, when others were clearly hurt (v. 4)?
- What actions did David vow to take in response to God's forgiveness?
- What are the marks of genuine repentance?
- What do we learn from this Psalm about God's judgement and mercy on those who repent? (v. 16-17)

Read [1 Corinthians 6:12-20](#)

- How does this passage address the rationalization, "I'm not hurting anyone"?
- How can an understanding that we are members of Christ's body help us resist temptation?
- What distinctions does Paul make about sexual sins? (v. 18-20)
- How does this Scripture's message compare with the message of our culture?

### Pray

Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to expose the things in your life that aren't pleasing to him. Confess your sin to God, accept his forgiveness, and allow his Spirit to heal and release guilt's hold on you. Thank him for his strength to resist temptation. Ask him to awaken your heart to what is truly good and beautiful so that sin becomes increasingly repulsive. Reclaim freedom in the name of Christ.

### Practice

[James 5:16](#) calls us to confess our sins to one another so that we can be healed. Find a trustworthy brother or sister in Christ you can confess your sins to, receive prayer, and receive healing. Courageously share your shortcomings and mistakes with one another. Hold each other accountable, pray for each other, and help one another overcome struggles with sin.

### Engage

Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about resisting temptation and living with a pure heart. Read [Job 31:1-4](#), [Psalm 101:1-5](#), [Proverbs 27:17](#), [Matthew 5:27-30](#), [1 Corinthians 10:13](#), [James 4:7](#), [1 Peter 1:13-26](#), [2 Timothy 2:22-26](#), [1 John 1:8-10](#), [1 John 2:15-17](#)



# Week 4 Study Sheet

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## Emotional Hoarding (Resentment)

- Consider** The gospel reminds us time and time again that forgiveness is a gift we receive but don't deserve. Yet so often we carry the baggage of resentment and bitterness from past hurts, especially when the hurt comes from someone we love. It's an unfortunate reality that we have all been on the giving and the receiving end of pain. But as followers of Jesus, we have been called to love authentically and forgive others as we have been forgiven. Are you harboring resentment from past hurts? Could your resentment be keeping you from experiencing the freedom God intends?
- Discover** Read [Genesis 25:19-34](#)
- How does this passage foreshadow the coming conflict between Jacob and Esau?
- Read [Genesis 27:35-41](#)
- What happened to Esau? What was he feeling?
  - What did he determine to do in response?
- Read [Genesis 33:1-20](#)
- What does Jacob risk by asking his brother for forgiveness?
  - How are you encouraged by Esau's reception of Jacob? (v. 4)
  - Why do you think Jacob says to Esau, "For seeing you is like seeing the face of God"? (v. 10)
  - What significance is there in seeing the image of God in others when it comes to forgiveness?
  - What was the difference between the legacy Jacob and Esau received from their parents and the legacy they left their children?
- Pray** Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to reveal any areas of bitterness or resentment. Ask him to free you from the bonds of unsettled feelings and bitterness. Thank him for the abundance of his love and the forgiveness you've received. Ask him to provide you with storehouses of love to pour out on those who have wronged you.
- Practice** Give the gift of forgiveness. Prayerfully write down the name of any person you feel resentment toward. Ask God to change your heart and enable you to forgive them the way he has forgiven you. Determine the next step toward reconciliation and take it. Share your decision to reconcile with your biblical community so they can encourage you in your obedience and rejoice in your freedom.
- Engage** Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these principles from God's Word about freedom from resentment through Christ. Read [Genesis 4:1-16](#), [Genesis 25-33](#), [Hebrews 12:15](#), [John 13:34-35](#), [1 John 4:20](#), [Philippians 4:5](#), [Romans 12:2](#)



# Week 5 Study Sheet

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## Cleanfluencer (Opinions)

### Consider

Who is in your inner circle? Think of the people you spend most of your time with, or the person you turn to first for advice. What characteristics set your confidants and mentors apart from your acquaintances? We tend to become like the people we give our time and our ear to. In [1 Corinthians 15:33 \(NIV\)](#) we are cautioned that, “Bad company corrupts good character.” In other words, it can be challenging to make the right decisions, when we have the wrong friends. Community is a choice, and a critical part of following Jesus. Would you say the influence of your inner circle brings you closer to, or further from, Jesus?

### Discover

Read [1 Kings 12:1-17](#)

- What did Rehoboam do right in this situation? What did he get wrong?
- What caused Rehoboam to seek out different advice after hearing from the first group?
- Why is it important for leaders to listen and evaluate the advice they're given?

Read [Proverbs 12:26, 13:20, 27:17](#)

- Why is accountability in community important?
- What roles have the guidance of the Holy Spirit and community had in the big decisions of your life?
- What obstacles have you experienced to living accountably?

### Pray

Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to reveal any harmful influence. Seek his wisdom to draw boundaries and distance yourself from people who lead you away from him. Thank God for the godly and loving people he placed in your life. Ask him to use you to encourage and bless your inner circle with wise counsel.

### Practice

Make a Wise Counsel list. Write the names of three to five people you can seek out when you need advice. Pray for each of them and reach out to thank them for being a godly influence in your life. Add to your list someone you can walk with in biblical community. Pray for them and ask them how you can serve them as you follow Jesus together.

### Engage

Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about the freedom from bad company through Christ. Read [John 16:13](#), [Galatians 5:13-14](#), [Psalm 1:1-3](#), [Proverbs 12:26](#), [Proverbs 13:20](#), [Proverbs 19:20](#), [Proverbs 27:6](#)



# Week 6 Study Sheet

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## Swept Under the Rug (Regrets)

**Consider** We all have moments of regret. Occasions when we spoke in anger toward a loved one. Times where we acted against our better judgement. These moments often linger as heavy, defining events that determine the direction of our life. But they don't have to. No decision is beyond God's power to redeem. The Apostle Paul's story is an example of how God can redeem past mistakes. Instead of allowing his past to define his future, God used Paul's regrettable decisions as evidence of his transforming power. Are you ready for God to redeem your past choices as opportunities to minister to others and tell of God's goodness?

**Discover** Read [Acts 26:4-23](#)

- What actions from Paul's past defined him as an enemy of Christ? (v. 4-12)?
- After his conversion, how did Paul allow his past to shape his future?
- How does Paul incorporate God's grand story of redemption into his testimony?
- How has God shaped your past to become a testament to Jesus' transforming work in your life?

Read [Philippians 3:7-14](#)

- Where did Paul find his value and identity prior to knowing Christ?
- How did Paul's view of himself change after he came into a relationship with God through Jesus?
- As a follower of Jesus, what perspective did Paul now hold about his past?
- How did Paul's new focus help him live free from guilt and shame?

**Pray** Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to reveal how regrets have hindered you. Ask him to free you from linger feelings of shame and fear. Thank him for his transforming, redemptive love for you. Ask him to use each moment of your past to minister to others.

**Practice** Write out your story. Use Paul's recounting of his story as a model. Tell about the wrong places you've looked for identity and hope. Explain how you've lived contrary to God's will. Then explain how you encountered God and how he changed your life.

**Engage** Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about freedom from regret through Christ. Read [Exodus 2:11-25](#), [1 Samuel 15:10-31](#), [Psalm 103:11-18](#), [Joel 2:18-27](#), [John 8:1-11](#), [John 21:15-19](#), [Acts 9:1-20](#), [2 Corinthians 7:10-16](#)



# Week 7 Study Sheet

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## The Grass is Always Greener (Comparison)

### Consider

Have you ever felt like you didn't measure up? Feelings of unworthiness come from many sources: Scrolling through your social media feed, having dinner in your friend's newly furnished home, seeing your co-worker receive a promotion, or walking by your neighbor's new car. Unlike the joy that comes with celebrating another's blessing, comparison traps us in a cycle of low self-esteem, envy, bitterness, and discouragement. Comparison really is the thief of joy. Have you ever been in a similar situation? How do we find freedom from the trap of comparison, and allow God to have the final word on our worth so we can experience the abundant life God intends?

### Discover

Read [1 Samuel 18:1-16](#)\*

- How would you describe the relationship between Jonathan and David, and between Saul and David?
- What name would you give the emotion exhibited by Saul?
- What can we learn about Saul based on his response to the praises David received?
- How would you have felt during this celebration if you were in Saul's place?

*\*Note: For further study on the "evil spirit sent from God" (v. 10), read this article from The Gospel Coalition: <http://bit.ly/SaulEvilSpirit>.*

Read [2 Corinthians 10:7-18](#)

- What is Paul's tone in this passage? How does he respond to the unwarranted criticism from the Corinthians?
- For what reason did the Lord give Paul his authority? (v. 8)
- What does this passage teach us about the trap of comparison? (v. 12)
- If we are not to compare ourselves to others, then upon what standard are we to evaluate ourselves?
- What guidance for letting go of comparison does the follower of Jesus find in this passage?
- How can you and your community help each other in this moment?

### Pray

Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to reveal the areas of your life where you are most vulnerable to comparison. Ask him to free you from a need to please others or attain a perceived ideal. Thank him for affirming your true value as his child. Ask God to teach you what pleases him and to incline your heart to what matters to him.

### Practice

Develop a gratitude habit. Set an end-of-the-day alarm every day this week. When the alarm sounds, pause and express gratitude to God for the good in your life ([James 1:17](#)). Select one good thing from the day that you are especially thankful for and share it with someone in your family or biblical community.

### Engage

Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word about freedom from comparison through Christ. Read [Romans 12:3](#), [Philippians 2:3](#), [2 Corinthians 13:5](#), [Ephesians 2:10](#), [Galatians 6:4-5](#)



# Week 8 Study Sheet

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## Clean Freak (Control)

**Consider** Just let me do it! I'll do it myself! Have these words ever left your mouth in a moment of stress or frustration? Jesus tells us that, "What you say flows from what is in your heart." ([Luke 6:45 NLT](#)) Anxiety and fear often flow from our heart's desire for control. The great paradox is that the more we seek control, the less control we have. Self-control has an important role in life, but when we attempt "God-control" we place our hearts in danger by seeking something we were never meant to attain. Thankfully, "God is greater than our hearts, and he knows everything." ([1 John 3:20 NIV](#)) Our best position in the journey of life is as God's co-pilot. In what areas of life do you struggle to allow God to have control?

**Discover** Read [Numbers 20:1-13](#)

- What leadership challenges did Moses face in this passage?
- What was the heart condition of the people?
- How did Moses respond to God and the people?
- How did Moses' choices impact the people?

Read [Matthew 26:36-46](#)

- Who does Jesus turn to in his distress?
- What can we learn from how Jesus handled himself in an unwanted situation?

**Pray** Recall [Psalm 139:23-24](#) and invite God to search your heart and mind to reveal the hopes, ideas, needs, and fears you need to surrender to him. Invite God to take control of those matters. Praise God as the great ruler of all things. Declare your trust in his wisdom, power, and goodness. Rest in knowing he has full control of your life.

**Practice** Observe a Sabbath. Set aside one day this week to refrain from all forms of work. Slow yourself down. Take a nap. Read a book. Concentrate on God for extended periods throughout your day.

**Engage** Reading the Bible each day leads us to encounter God and helps us learn to follow Jesus moment by moment. Review these passages from God's Word to learn to trust God's plan for your life. Read [Deuteronomy 31:7-8](#), [Joshua 1:1-9](#), [2 Chronicles 7:14](#), [Psalm 37:5](#), [Psalm 56:3](#), [Proverbs 3:5-6](#), [Isaiah 55:6-9](#), [Matthew 11:28-30](#), [John 16:4-15](#), [Philippians 4:4-7](#), [Romans 12:1-2](#), [Hebrews 11:1-6](#), [James 4:13-17](#)