

# **50 Days to** **Spiritual Freedom**

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**50 days to Spiritual Freedom**  
**Day 1**  
**Becoming Spiritually Disciplined.**

**[1Co 3:1 + 2 NASB]** - And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ. I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able,

Paul had more to say to the Corinthians but he felt he could not say it. His reason was that they were not mature enough to handle it. God has more for you too. He wants you to become mature enough to handle it.

Becoming spiritually disciplined helps us to grow to maturity in Christ and receive all that God has for us. Every Christian should want all that God has for them. There is no shortcut to spiritual maturity. We must embrace spiritual disciplines if we hope to become fruitful laborers in God's vineyard.

The first problem we run into when beginning our spiritual disciplines is time. Yesterday you used all 24 hours of your day doing something. It has been that way ever since you were born. That means that something you did in the past must go in order to make time for spiritual disciplines. What will it be? What time of the day will you do them? How will they fit in your schedule? All these questions must be answered if you are going to become spiritually disciplined and move on to maturity in Christ.

Decide the following things and make a commitment to becoming spiritually disciplined.

1. What will you give up to make room for your disciplines?
2. What time of the day will you do your disciplines?
3. How much time will you set aside for your disciplines.
4. Where will you do your disciplines?

Make sure you have the tools to do your disciplines.

1. A Bible that you find easy to read.
2. A notebook that can become your dedicated journal.
3. Pens or pencils – more than one.
4. A well lit and comfortable quiet space where you will not be interrupted.

Write out your answers to the questions above. This is your guide to becoming spiritually disciplined for the sake of your freedom. Don't get discouraged. This is a journey not a pass fail test. Rely on the person that is discipling you to help you stay on track. If needed you can do your disciplines with a friend in order to build them into a habit.

**[Jos 3:5 NASB]** - Then Joshua said to the people, "Consecrate yourselves, for tomorrow the LORD will do wonders among you."

## **Day 2**

### **What are Spiritual Disciplines?**

**1 Timothy 4:7** - ...On the other hand, discipline yourself for the purpose of godliness;

The Bible has much to say about discipline and godliness. As a disciple of Jesus I am seeking to be a faithful and obedient servant of the Lord. Jesus has paid a high price for me. Spiritual disciplines are habits that I intentionally put into my life that are designed to help me hear the Lord. These habits help me to walk in the spiritual reality of my faith. Becoming spiritually disciplined is not the response to some duty assigned to me. Becoming spiritually disciplined is a passionate pursuit of Jesus/

During this period of devotion towards spiritual freedom we will engage in five spiritual disciplines. I call these the Inward Disciplines. I have named them that because they help us to be more spiritually aware and build up what Paul calls the inner man.

[2Co 4:16 NASB] 16 Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

These five disciplines are:

1. Fasting
2. Bible Study
3. Prayer
4. Meditation
5. Journaling

Fasting is to deny your flesh. The most common form is food but other things can suffice. When we fast we intentionally put the needs of our spirit above the desires of our flesh. For this time period we will abstain from something for 24 hours once a week.

Bible Study refers to the lesson given on each day. We are looking to learn what the bible instructs or reveals.

Prayer is simply communicating with God.

Meditation in this context is to dwell on God's word and ask Him what it means for us and how it should be affecting us.

Journaling is to write down our observations each day so we have a written record to review.

Start this week by scheduling your day of fasting. Stay consistent throughout the remainder of this study. You will be fasting one day each week as a discipline.

Bible Study -

Read Galatians 5:16-25 Write down the deeds of the flesh (v. 19-21) that are still evident in your life.

Prayer -

Repent of these things and ask God to cleanse you of your iniquity. Ask God for His help in overcoming these deeds of the flesh.

Meditation -

Spend some time dwelling on the fruit of the Spirit (Gal.5:22+23). Consider how your life will change as these things replace the deeds of the flesh that still bother you.

Journaling -

Write down the deeds of the flesh that you discovered were still in your life.

Write down some specific steps that you will take to overcome these steps. Record anything else of significance that came from your time today.

### **Day 3**

## **Why Must We Be Spiritually Disciplined?**

**[2Ti 1:7 NASB]** - For God has not given us a spirit of timidity, but of power and love and discipline.

**[Gal 5:25 NASB]** - If we live by the Spirit, let us also walk by the Spirit.

Walking by the Spirit of God can at times seem like a very foreign concept. It is just that. If we have been born again it is because of the Spirit of God who then dwells in us. It is that Spirit that brings us new life in Jesus Christ. Notice the passage above. God has given us a spirit of discipline. Being spiritually disciplined is one of the ways we learn to walk in the Spirit. Walking in the Spirit is how we discover God's power.

We must never look at spiritual disciplines as a duty assigned to us to gain God's approval. In Christ we are already reconciled to God. We seek to be disciplined so we can know God and His power. This is eternal life according to Jesus.

**[Jhn 17:3 NASB]** "This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.

We discipline ourselves for the purpose of godliness. We do it so we can overcome our root sins. We do it so we can know God and His power in our lives. We do it so we can walk in the Holy Spirit.

Bible Study -  
Read John 14.

Prayer -  
Have you had an experience with the Holy Spirit of God? The Bible says God gives the Spirit to those who ask.

[Luk 11:13 NASB] - "If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?"

Take a moment in your prayer time to ask God for the Holy Spirit.

Meditation -

Spend some time contemplating the power of God. Think about creation and all the forces of the universe. Spiritual disciplines help us to know the power of God. How have you experienced His power?

Journaling -

Write down the things that John 14 says the Spirit is here to do for us. Mark any of these that you have experienced. Write down examples of times you have experienced God's power in your own life.

## Day 4 Fasting as a Discipline?

**[Mat 16:24 NASB]** - Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.

*Spiritual benefits:* Fasting as a discipline strengthens the inner-man (the spirit) by denying the flesh and bringing it under the control of the spirit.

In our modern times the idea of denying our-self is the farthest thing from our mind. We live in a world that says we could live for today and indulge ourselves. The ideas of pleasure and leisure drive many people's lives. The life that Christ died to give you is deeper than that. It is a life of purpose, joy and peace. It cannot be found in the worldly pursuits that surround us.

Fasting is the easiest way to begin to discover the spiritual life. It will teach you how much your flesh rules over you. To decide to fast is to decide to walk in the Spirit.

Bible Study -

Read Luke 4:1-14. Write down the things Satan used to tempt Jesus..

Prayer -

Ask God to strengthen your spirit. Ask for the power to subdue your fleshly appetites as you seek to grow in spiritual strength..

Meditation -

Spend some time contemplating the ways your flesh rules over your life. How many ways does your spirit rule over your flesh?

Journaling -

Write down the things that Satan tempted you with on your last



fast. What are some ways that you have denied yourself in order to follow Jesus?

## Day 5 Prayer

**[Luk 11:1 NASB]** - It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, "Lord, teach us to pray just as John also taught his disciples."

For many people prayer is a difficult thing. Even the disciples that walked with Jesus must have struggled with prayer. As we see in the passage above they asked Jesus for help with how to pray. Have you ever done that?

Prayer is simply communicating with God. Your prayer life will be better if you are open, honest, persistent and communicate what is really on your mind and burdening your heart.

Bible Study -

Read Matthew 6:5-15. Write down the things we are supposed to ask for and the things we are supposed to avoid as we pray. ..

Prayer -

Ask God to teach you to pray. Use the prayer from Matt. 6 as a guideline for your own prayer. Rely on God to show you how to pray.

Meditation -

Matthew 6:14+15 tell us how important forgiveness is to our prayer life. Take some time and write down anyone you need to forgive. You have been forgiven by God and He expects you to forgive others as well.

Journaling -

Use Matthew 6:5-16 as a guide to make an outline for your prayer time. According to this passage what should be included? Make sure to include two very important aspects outlined in this

passage. We must start with acknowledging God's holy name. We must end with forgiving others as God has forgiven us.

## **Day 6**

### **Bible Study and Meditation**

**[2Ti 2:15 NASB]** - Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth.

**[2Ti 3:16-17 NASB]** - All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.

The Bible is the revelation of God. It tells us who He is, how He interacts with creation and how we are to interact with Him. The Bible is something we must learn to handle. It is a complex collection of writings that was assembled over many years. It is the most widely read and distributed book in human history.

The reason to study the Bible is to be equipped for every good work. We must conclude that the Bible is essential to doing what God considers to be good works.

Bible Study -

Read Hebrews 4:12, 11:3, 2Peter 3:5 and Ephesians 6:17.

Consider the implications these passages have on describing the Word of God.

Prayer -

Ask God to show you the power of His Word.

Meditation -

Read 1 Peter 1:22-25. Spend some time thinking about how the Word of God has brought you to salvation in Christ. Ask God for help in understanding the power of His Word.

Journaling -

Write down some ways that the Word of God has impacted your life. How can you share this word with others?

## Day 7 Journaling

This discipline is the most debatable of all the disciplines. The word does not appear in the English version of the Bible. That does not mean it is not Biblical or valuable.

Consider the books of Luke and Acts. They are the journals of a doctor named Luke that wanted to relay his real life experiences with Jesus to his friend Theophilus.

**[Act 1:1 NASB]** - The first account I composed, Theophilus, about all that Jesus began to do and teach,

In fact, we can consider the whole Bible to be God's journal to us. If that doesn't strike you then let's examine the usefulness of journaling.

Look back through your own journal. You have 6 days of entries by now. Go back through and see what you wrote down. This journal becomes your faith resume when times get tough. A place where you can go to remember where you came from, how far you have come and who it was that faithfully guided you there.

Bible Study -

Look at the beginning of each book in the New Testament. How many were letters and how many were journals of events?

Prayer -

Thank God for anything He has shown you or taught you in this last week.

Meditation -

Read 1Co 6:20 and memorize it. Consider the meaning of the passage and what it says about how God views you.

Journaling – Write your observations from this lesson.

## Day 8 The concept of Biblical freedom

[Gal 5:1 NASB] - It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery. ...

[Gal 5:13 NASB] - For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love serve one another.

[2Pe 2:19 NASB] - promising them freedom while they themselves are slaves of corruption; for by what a man is overcome, by this he is enslaved.

There are many people proclaiming freedom today. They proclaim that freedom is from the Law or from demons or some other form of freedom. The Biblical concept of freedom is much broader than that. The Bible presents two rulers over this world. One is Satan who rules over the kingdom of darkness. The other is Jesus who rules over the kingdom of light. In Galatians 4 these two kingdoms are symbolically represented by two women. They are Sarah and Hagar. One produces slaves and the other produces children who are free. The free children are ruled by the Spirit. The slaves are ruled by their flesh.

The biblical definition of freedom is the ability to know and serve God. The Bible is clear that we cannot rule our own lives. There are only two rulers in this world and you are not one of them. You are either under the kingdom of darkness or the kingdom of Jesus. There is no kingdom of **you** even though this is a common lie of the enemy.

[Col 1:13 NASB] - For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son,



Bible Study -  
Read 1Peter 2:13-25

Prayer -  
Thank God for providing a way for you to be free. Ask God to lead you to becoming a fruitful servant of Jesus..

Meditation -  
Memorize Galatians 5:1

Journaling – Write down the things beside Christ that currently enslave you.

**Day 9**  
**Two kingdoms – two choices**

[Rom 6:16 NASB] - Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?

Do you take obedience seriously? The Bible does.

[Jhn 14:23-24 NASB] - Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him. "He who does not love Me does not keep My words; and the word which you hear is not Mine, but the Father's who sent Me.

As stated in the last session, there are only two kingdoms at work in the world today. You get to choose which one you will obey. Obedience is the thing that decides which kingdom rules over you.

Bible Study -  
Read 1 John 2:3-6

Prayer -  
Are you seeking to obey God? If you are, take a minute to thank Him for allowing you to become His servant and dedicate yourself to obeying His Word..

Meditation -  
Memorize Romans 6:16

Journaling – What changes must be made in your life in order to obey God more fully?

**Day 10**  
**It's more than just the Law**

[Rom 8:2 NASB] - For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

The freedom that Christ gives us is the freedom to live as God designed for us to live. We no longer have to fear death or be enslaved to sin. Through Christ and the power of His resurrection, we can be free from the things that have entangled our lives. Sin has lost its power over us because the power of sin was in the Law!

[1Co 15:56 NASB] - The sting of death is sin, and the power of sin is the law;

This is a powerful new reality. We need to embrace this reality. The Bible is clear that we are not sinless. It is also clear that Jesus has set us free from sin's power. Have you repented of your sin? Have you placed your faith in Jesus death and resurrection for the forgiveness of your sins? Do you desire to obey God? Then you have the power through the Spirit of Christ to walk from from the power of Sin.

Bible Study -  
Read 1 Peter 1:3-9

Prayer -  
Take some time to thank God for the inheritance He has reserved for you in heaven.

Meditation -  
Memorize 1 Peter 1:3

Journaling – What are some of the various trials that have been distressing you lately? These trials are meant to produce praise,

glory and honor for Jesus. How have they accomplished this in your life?

## Day 11

### What is a stronghold?

[2Co 10:4 NLT] - We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments.

Strong's G3794 - anything on which one relies

1. of the arguments and reasonings by which a disputant endeavors to fortify his opinion and defend it against his opponent

Stronghold is every thought raised up against the word of God. It is how Satan defends his position in your life. If the Word of God says to do something - the stronghold convinces you not to do it. The thoughts that rise up then rationalize your decision to keep doing what you have been doing.

The stronghold in your life tries to reason away the Word of God. It tells you things like - He doesn't mean YOU - He doesn't mean ALL - That's not possible, etc...

Strongholds are meant to void the application of God's Word in your life. Strongholds lead us to a life of intellectual agreement with God's Word but a lifestyle that is disconnected from it's instruction. Strongholds want us to preach and believe what we do not live. This is the definition of a hypocrite. Hypocrites cannot live in the power of God's design so instead they create religion that fits their strongholds. A form of godliness that denies the power.

Bible Study -  
Read 2 Corinthians 10:3-6

Prayer -  
Everyone has strongholds that have been built into their lives. Ask

God to show you any strongholds that you need to get rid of.

Meditation -

Memorize 2 Corinthians 10:4

Journaling – Write down any strongholds that are in your life.  
What are some things the Bible says that you have a hard time agreeing with or doing?

**Day 12**  
**How do we tear down a stronghold**

[Eph 6:11 NASB] - Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

Jesus came to destroy the works of the devil. It says so in 1John 3:8. The works of the devil are the strongholds he has in your life. He plants lies into your thinking and then reinforces those lies in many ways. We must prepare for a battle with him if we are going to tear down his strongholds.

Bible Study -  
Read Ephesians 6:10-18

Prayer -  
That God will teach you how to put on His armor and win your fight with Satan's strongholds.

Meditation -  
Memorize James 4:7

Journaling – Write down your understanding of each part of the armor of God outlined in Ephesians 6. Include how you can put them on.

## Day 13

### Who is the enemy – How the enemy works

Satan is a created being (John 1:3; Colossians 1:16).

He is not equal to God. He was created by God and is therefore subject to God. He does not have unlimited power. Because Adam obeyed Satan, Satan gained Adam's rule over this world. Jesus came to defeat Satan and give us back our rightful place as rulers over this world. In order to take this place back we must defeat Satan in our lives. To do this we must understand how he works.

#### **The Ways Satan Attacks -**

On the mind (Romans 12:1-2; 2 Corinthians 4:4; James 1:14)

Based on occult connections (Deuteronomy 18:9-14; Acts 8:9)

Based on curses (Genesis 12:3; 27:12; Deuteronomy 11:26; Proverbs 26:2; Daniel 9:11; Malachi 3:9; Luke 6:28; Acts 23:12)

Based on personal or corporate sin (Genesis 4; 1 Samuel 21)

Based on ancestral sin (Exodus 20:5-6)

We give Satan rule over us when we obey him instead of God. Remember our earlier lesson – Who you obey rules over you.

Bible Study -

Read Matthew 4:1-11

Prayer -

That God will free you from the strongholds of Satan and teach you how to stand against his attacks.

Meditation -

Memorize Romans 16:20



Journaling – Write down how you feel when you accept the fact that Satan is a defeated and finite enemy.

## **Day 14**

### **The battle for the mind and your obedience**

The Spiritual battle is a battle for dominion over God's creation. The original intent of man was for him to steward and rule over God's creation - see Genesis 1:26-28. Man gave his rule to Satan when he ate of the forbidden fruit. He chose to seek his own self over obeying God.

The battle is fought in our minds. When we choose to believe a lie then Satan builds a stronghold there. When we choose to believe and obey the truth then the stronghold is broken and we choose to be ruled by Jesus. Jesus builds His kingdom on the ground of truth. Our freedom is not automatic. We must consecrate ourselves or be enslaved to Satan through his lies.

[2Ti 2:26 NASB] - and they may come to their senses and escape from the snare of the devil, having been held captive by him to do his will.

Bible Study -  
Read Col. 3:8-17

Prayer -  
That God will free you from the strongholds of Satan and teach you how to stand against his attacks.

Meditation -  
Memorize 1John 3:10

Journaling – Review your journal from this last week and write down some actions you will take to walk free from Satan.

## **Day 15**

### **The 3 most common ways Satan attacks**

Three of the most common ways that Satan attacks the believer is through obsession, oppression and suppression.

To be oppressed is to have forces from outside bring restraining powers against you. Some examples are imprisonment, slavery or racism.

To be obsessed is to be ruled by ungodly desires. People get obsessed over many things. Some examples are drug addiction, gambling or pornography.

To be suppressed is to be kept from reaching your full potential. Suppression attacks you from within. Examples are fear, spiritual blindness and rebelliousness.

In order to find our freedom in Christ we must learn how to overcome these common areas of attack.

Bible Study -  
Read Acts 10:36-41

Prayer -  
That God will strengthen you as you prepare to oppose Satan and his attacks in your life.

Meditation -  
Memorize 1John 4:4

Journaling – Write down some of the ways you have experienced these attacks of the devil.

## Day 16 Oppression

**Oppression** – to be afflicted or attacked

Some sicknesses are demonic attacks (James 5:13).

An affliction may be a *spirit of infirmity* (Luke 13:10-17).

Oppression may also come in the form of racism, violence, imprisonment, persecution, suffering, or captivity.

Oppression attacks the person from *without*.

Oppression must be dealt with by praise that is based on seeing our suffering in the light of eternity (Job 1:20-22); submission to spiritual authority (James 5:13) and prayer (Genesis 20).

Bible Study -

Read Psalm 103:6-13

Prayer -

Pray for God to reveal to you any ways that Satan is oppressing you. Apply the spiritual disciplines and tools outlined above to help you get free from these works of the devil.

Meditation -

Memorize Psalm 9:9

Journaling – Write down the strongholds you have identified and add them to a daily prayer list until the stronghold is broken.

## **Day 17** **Suppression**

**Suppression** - to be kept from full potential

Suppression may be the result of a lack of proper spiritual authority or leadership (Matthew 9:35-36).

Spirits will keep people suppressed through spiritual blindness (2 Corinthians 4:3-4).

Suppression can be the result of fear (2 Timothy 1:7).

Suppression attacks people from *within*.

Suppression must be overcome through discipleship (Matthew 9:37-10:1); revelation – rhemas (Jeremiah 5:21-24; Ephesians 6:17) and faith (Hebrews 11:1, 6).

Bible Study -

Read 2 Corinthians 4:1-6

Prayer -

Pray for God to reveal to you any ways that Satan is suppressing you. Apply the spiritual disciplines and tools outlined above to help you get free from these works of the devil.

Meditation -

Memorize Romans 1:18

Journaling – Write down the strongholds you have identified and add them to a daily prayer list until the stronghold is broken.

## Day 18 Obsession

**Obsession** – to be controlled by an unrighteous desire

Examples of Obsession from the Bible

Samson (lust) Judges 14

King Saul (power) 1 Samuel 16:14; 19:9-10

Ananias and Sapphira (greed) Acts 5:1-11

Simon the sorcerer (power) Acts 8:5-24

Obsessive behavior is rooted in lusts, which are uncontrolled desires.

“Obsessed” means to be “preoccupied.”

Obsession attacks the person from *within through their lusts*.

Obsession can be overcome through repentance (Acts 8:22), godly music (1 Samuel 16:23), pure speech (James 3:2), fleeing youthful lusts (2 Timothy 2:22), humility (James 4:5-10), and contentment (Philippians 4:11-13).

Bible Study -

Read 2 Timothy 3:1-5

Prayer -

Pray for God to reveal to you any ways that Satan has you obsessed. Apply the spiritual disciplines and tools outlined above to help you get free from these works of the devil.

Meditation -

Memorize Proverbs 25:28

Journaling – Write down the strongholds you have identified and add them to a daily prayer list until the stronghold is broken.

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## **Day 19**

### **Putting on the armor of God**

Some say that Paul wrote the passage in Ephesians 6 while under guard in a Roman prison. The idea is that he saw the weapons and armor of the centurion and related it to spiritual warfare. This makes for great imagery but is not likely. The passage quotes from Isaiah 59 where the same wording is used to describe how the Lord brought salvation to us.

It is Jesus that is the ultimate spiritual warrior. Paul is encouraging us to fight like Jesus fought. We should seek to use the same weapons He used. We need not imitate mans ways but should always seek to do things God's way.

Bible Study -  
Read Ephesians 6:10-17

Prayer -  
Pray for God to strengthen you as you learn to battle by fighting for your own freedom from the strongholds of Satan

Meditation -  
Memorize Romans 13:12

Journaling – Write down the ways that your spiritual disciplines help you put on the armor of God. Which ones are associated with each part?



## Day 20

### Using our weapons to win the battle

**Spiritual Weapons:** The Holy Spirit has given us seven spiritual weapons:

1. The sword of the Spirit (rhemas) (Matthew 4:1-11; Ephesians 6:17).
2. Prayer (Matthew 17:14-21; Ephesians 6:18).
3. Fasting (Daniel 10:3; Matthew 4:2; 17:21).
4. Jesus' name (Mark 16:17; John 14:14; Acts 4:12).
5. The blood of Jesus (Colossians 2:14-15; Revelation 12:11).
6. Agreement with others in prayer (Leviticus 26:8; Deuteronomy 32:30; Psalm 91:7; Ecclesiastes 4:9-12; John 18:19; Acts 1:14).
7. Praise (2 Chronicles 20:19-22; Psalm 104:33; 108:3; 135:3,21; 138:1; Acts 16:25; Philippians 4:8).

Bible Study -  
Read Luke 14:25-35

Prayer -  
Pray for God to give you understanding and wisdom in how to use each of the weapons listed above.

Meditation -  
Memorize Matthew 4:4

Journaling – Write down the ways that each spiritual weapon can be used. What are some ways that you have seen them work for you?

## **Day 21**

### **Using disciplines to fight back**

Spiritual disciplines will help you in many ways. They help you to hear God's voice, reveal sin, strengthen your spirit and many other ways. Spiritual disciplines are also useful to fight specific battles in your life. Below are a few examples.

#### **Meditating in passages to address specific issues**

1. Temptation – Psalm 25; Galatians 5; James 1
2. Moral purity – Romans 6; Colossians 3
3. Seeking God's will – 1 Thessalonians 4; Romans 12
4. Love – Philippians 2; 1 Corinthians 13; 1 John 3
5. Spiritual growth – Matthew 5-7; John 15; 1 Peter 2; 2 Peter
6. Thoughts – Philippians 4; 2 Corinthians 10; Hebrews 4
7. Faith – Mark 11; Ephesians 6; James 2; Hebrews 11
8. Submission – Romans 13; Hebrews 13; 1 Peter 2
9. Fear – Psalm 27; Isaiah 8:9-22; Luke 12; 2 Timothy 1
10. Worry – Psalm 23; Psalm 46; Matthew 6:25-34; Philippians 4
11. Repentance – Psalm 51; Luke 15; Romans 2; Revelation 2-3
12. Depression – Nehemiah 8; Psalm 34; Philippians 4; James 1
13. Discouragement – Psalm 23; John 14-15; 2 Corinthians 4
14. Loneliness – Psalm 23; Psalm 32; Psalm 68:5-13; Psalm 103

15. Prayer – Psalm 55:16-20; Psalm 63; Luke 11; John 17
16. Protection – Psalm 18; Psalm 91; Psalm 121
17. Health – Exodus 15:26; Psalm 103; Proverbs 3:1-13; James 5
18. Discontentment – Psalm 37:1-11; Matt. 6:19-24; Col. 3; 1 Tim. 6
19. Faithfulness – Matthew 24:36-51; Luke 16; 2 Timothy 2
20. Guilt – Romans 8; 2 Corinthians 7; 1 John 1
21. Anger – Matthew 5; 1 Corinthians 13; Ephesians 4
22. Patience – Psalm 103; Isaiah 40:28-31; Luke 8:4-15; James 1
23. Sorrow – Psalm 13; Psalm 42; Isaiah 35; 53; 55:1-16; John 14-15

**Purposes of fasting:**

1. Strengthening the spirit (Luke 4:1-2,14)
2. Intercessory prayer (Deuteronomy 9:18)
3. Seeking discernment of God's will (Judges 20:23-27)
4. Mourning (1 Samuel 1:1-7)
5. Confession and repentance (1 Samuel 7:1-6)
6. Worship (1 Samuel 9:11-13)
7. Grief (1 Samuel 20:34; 31:13)
8. Supplication (2 Chronicles 20:1-3)
9. Seeking God's will and guidance (Ezra 8:21-23)

Bible study helps us to know God's word and to

tear down lies of the devil. Try doing a word search on a topic that troubles you. For example look up the word pride and see what God has to say about it. Then ask God to give you His heart for pride.

Bible Study -  
Read Psalm 23

Prayer -  
Pray for God to give you understanding and wisdom in which disciplines to use against your strongholds..

Meditation -  
Memorize Psalm 61:3

Journaling – Make a plan. Review some of the strongholds that are affecting you and make a plan to use spiritual weapons to break their grip on you.

## **Day 22**

### **The 5 root sins – What are they**

What are root sins? Root sins are those sins that are the basis for other sins. They breed sinfulness causing us to make bad decisions to commit other sins. Attacking the behavior will not remove the iniquity. The sin must be dealt with at the root. Root sins feed our fleshly nature. They interfere with our ability to follow the Spirit. These sins are directly opposed to the Gospel of the cross.

Root sins:

- Fear (Romans 8:15; 2 Timothy 1:7).
- Bitterness (Ephesians 4:31; Hebrews 12:15).
- Pride (Proverbs 16:18; Isaiah 14:12-17).
- Lust (Matthew 5:28; Galatians 5:16; 1 Corinthians 10:6).
- Greed (1 Timothy 6:10).

Fear opposes faith

Bitterness opposes forgiveness

Pride opposes humility

Lust opposes denying our flesh

Greed opposes forsaking the World

Bible Study -

Read John 8:1-11

Prayer -

Pray for God to reveal any root sins in your life. Be specific as to how these sins manifest in your behavior...

Meditation -

Memorize Romans 11:16

Journaling – Write down the root sins that are affecting your life

and any thing God shows you about them.

## **Day 23**

### **Pride**

The world has its definition of pride and God has another. According to the Bible, pride is thinking that you don't have to do what God says. Arrogance is thinking that will go unpunished. Pride is the opposite of humility. Pride feels the need to boast and defend. Humility gives praise to others and endures suffering.

[Pro 16:5 NASB] - Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished.

The simple solution to pride is your choice. It is your choice to humble yourself.

Bible Study -  
Read James 4:1-10

Prayer -  
Pray for God to reveal any ways that you have been proud.  
Commit to Him to be humble and make the choice to humble yourself.

Meditation -  
Memorize 1 Peter 5:5

Journaling – Write down the ways that pride has reared up in your life. What things must you face in order to humble yourself?

## Day 24

### Fear

The only good fear is a proper fear of God. This is not fear as most know it. The fear of the Lord is an awesome respect. The root sin of fear is altogether different. This fear involves danger or punishment. The root sin of fear stands in opposition to faith. It prevents us from accepting God's sovereignty and protection.

Some fears may appear helpful. We are told that fear is a healthy safety for our lives. The Bible does not communicate this. Instead of getting hung up on what fear is good and what fear is bad, let's just work on fears that prevent our fruitfulness and intimacy with God. Some examples are fear of man, authorities, public speaking, etc...

Bible Study -  
Read Romans 8:12-17

Prayer -  
Pray for God to show you which fears are roots to sinful behavior and which are healthy.

Meditation -  
Memorize 1 John 4:18

Journaling – Write down the fears that are roots to sinful behavior. How can you face these fears and overcome them? What are the reasons you have these fears?



## **Day 25**

### **Bitterness**

Bitterness results when we fail to forgive. It can affect our behavior in many ways. The concept of forgiveness is the foundation of our salvation. We have been forgiven much!

If we accept God's forgiveness then we must extend our forgiveness to those that have wronged us. There are no exceptions here. Failing to do this will put a block between you and God. It will prevent your fruitfulness in your life. The place of forgiveness is the place of peace and joy.

Many may have done you wrong but it is time to put that at the feet of Jesus. Let God deal with their sin as justly and fairly as He has dealt with yours.

Bible Study -  
Read Matthew 6:9-15

Prayer -  
Pray for God to show you anyone you hold something against. This includes yourself and God.

Meditation -  
Memorize Hebrews 12:15

Journaling – Write down all the people you need to forgive and why you need to forgive them. Be specific. Forgive them every day until you have no more hard feelings towards them. This may take weeks, months or even years.

## Day 26

### Greed

God has nothing good to say about the greedy. Greed indicates we still love the world. Jesus said we must give up everything in order to be His disciples.

[Luk 14:33 NASB] - "So then, none of you can be My disciple who does not give up all his own possessions.

Greed opposes giving up the things of the world. Generosity is one way to oppose greed. In the book of Acts we see that the new believers responded to the Gospel by selling all they owned and sharing it with those in need.

[Act 4:34-35 NASB] - For there was not a needy person among them, for all who were owners of land or houses would sell them and bring the proceeds of the sales and lay them at the apostles' feet, and they would be distributed to each as any had need.

The Gospel should destroy greed in our lives. Jesus gave up everything in order to give us everything. We should follow His example.

Bible Study -  
Read 1 Timothy 6:17-19

Prayer -  
Pray for God to show you where greed has a hold on you.

Meditation -  
Contemplate James 4:4

Journaling – Write down some practical ways you can begin to oppose greed in your life and make a plan to get started.

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## **Day 27**

### **Lust**

Lust is not just about sexual desire. Lust is a craving for the forbidden. It can manifest in many ways. Lust opens us up to many types of sin. Lust is driven by our flesh and the desires it produces in us. To overcome lust we must crucify our flesh and allow the Spirit to rule over us. Denying ourselves is a requirement for the disciple of Christ.

[Mat 16:24 NASB] - Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.

Lust opposes denying our flesh. The Apostle Peter likens lust to being blind or short sighted.

Bible Study -  
Read 2 Peter 1:1-11

Prayer -  
Pray for God to show you where lust has a hold on you. Ask God to give you His eyes for the things you lust after. Ask Him to show you how they will really impact your life if you continue to pursue them.

Meditation -  
Memorize 1 John 2:16

Journaling – Write down some practical ways you can begin to oppose lust in your life and make a plan to get started.

## **Day 28**

### **Fighting at the roots**

Fighting roots sins is where the battle starts. By focusing on these 5 areas of our life we can shut off the enemy's attacks and find our freedom in Christ. The root sins are where people get set back in their faith.

The process of destroying these roots in your life is called consecration. It is literally "setting apart" for God's use. When we seek freedom from Root sins we are preparing to be used by God.

Many people accept Christ and immediately want to begin serving in some way. Very few take the time to consecrate themselves first. In order to be fruitful laborers in the vineyard of the Lord we must first break down Satan's strongholds in our life. Only then can we put on the armor of God and stand against the schemes of the devil.

Bible Study -  
Read Ephesians 1:1-14

Prayer -  
Pray for God to show you how to defeat the root sins in your life.

Meditation -  
Memorize Ephesians 5:27

Journaling – Review your journal from the last 5 days.  
Summarize the ways you are being influenced by the 5 root sins.  
Make all of these a target of your prayer time until they no longer hold power over you.

## Day 29

### God

The dictionary definition of God is the one Supreme Being, the creator and ruler of the universe. By this definition there can only be one true God. Many people have their own idea of who God is and what He is like. Should we be able to say what God is like? Most of the time people define God the way they want Him to be. They say things like "my God wouldn't do that", as if by saying this they can determine who God is and what He is like. This is not possible. For God to be God He is who He says He is and not who you say He is.

Christianity holds to the belief that the Bible is the revelation of God. It tells us who He is, what He is like and what his plan is for all of creation. What the Bible represents are the attributes of God. The things He can and cannot do. His character traits and His power. Here are some examples. In 1 Timothy 1:17 the Bible declares that God is eternal, immortal, invisible and the only God. God knows all things. 1 John 3:20 confirms this. Psalm 147:5 says His understanding is infinite. You can't teach God anything. He knows it all. Theologians call this Omniscience.

Another attribute of God is that He is everywhere at all times. Theologians call this omnipresence. This is a hard concept to grasp. Here are three verses to help you with this. Acts 17:27, Proverbs 15:3, Col. 1:17. God is sovereign over everything. That means that He rules with complete authority and power. No one can thwart Him. Look at Psalm 103:19.

So let's summarize these attributes. God is all knowing, everywhere at all times, all powerful and rules over everything. God is holy according to Psalm 99.9. The word holy has many meanings. It means to be free from any defilement, from crime, idolatry and any profane thing. It is more than innocent. It is pure. God is pure. The Bible also says God is love in 1 John 4:8.

So there you have it. The Bible declares God to be all knowing, all powerful, everywhere at once, holy and love. This is the basic understanding of who God is.

Bible Study -  
Read Romans 1:16-23

Prayer -  
Pray a prayer of thanks to God for loving us enough to reveal Himself to us and seek a relationship with us. .

Meditation -  
Memorize Mark 12:29

Journaling – Write down some ways you see God revealing Himself to you.

## Day 30

### Jesus

According to the Bible Jesus existed before the rest of creation. Let's stop for a minute and look into one of the most confusing teachings in all of Christianity - the Trinity. The uniqueness of the Christian faith is that God is so loving and personal that He would go to great lengths for you to know Him. No other faith or doctrine among mankind says that God came to earth in human form in order to sacrifice himself for our benefit. That is what Jesus did. Over the course of time, theologians and church leaders have debated the simple message of John chapter one until they came up with a doctrinal position that defines Christianity - the triune God.

Let's start with why the doctrine of the trinity was developed in the first place. When you read and study the Bible you will find that there are certain things that only God can do. These include creating everything, saving us from our sins and so on.... As we read, we see these things being credited to Jesus like in Colossians chapter 1. So in the Bible we see Jesus doing things that only God can do. We see God's Holy Spirit referred to in this way as well. We also know that Jesus was human. So what a dilemma we have. How do we reconcile all this information that appears to conflict with our understanding of how things work? Remember that the Bible is the revelation of God's identity. We don't get to define Him. We can only try to understand who He is. This is an impossible task without His help. God is too big for us to understand Him.

Look again at Colossians chapter 1. It says the fulness of God dwelt in Jesus. John chapter 1 says the Word, Jesus, became flesh and dwelt among us. Here is my simplest explanation of this complex doctrine of the trinity. There is one God. He is so powerful and immense that He can do anything, knows everything, and can be everywhere at the same time. So God can



be on His throne in heaven, on earth as the Holy Spirit and dwelling in Jesus in His fulness all at the same time while still being one God! God does not need to be three Gods to accomplish this. The concept of the trinity that is communicated in the Bible just makes God more loving and caring.

Because Jesus was God in a human body he was able to live a sinless life. See 1Peter 2:21-25, 2Cor 5:21, 1John 3:5. This is another thing that only God could do. Did you ever wonder why the Bible says Jesus was born of a virgin? Matt 1:23-25 It is because this is the only way he could avoid being conceived in the sin of Adam. So Jesus is the one being in the universe that is both fully God and fully man at the same time. God came to earth as Jesus to provide a way for our sins to be forgiven and for His Holy Spirit to be restored to us. This is why Jesus is the only way to be saved because He is the only one that could save us.

Jesus proved all of this to be true by coming back from the dead. According to 1 Thess 4:16 and 2Tim 4:1 He is alive now and He will return to earth some day to claim those who are His own and to judge His enemies.

Bible Study -  
Read John 1:1-14

Prayer -  
Pray a prayer of thanks to Jesus for loving us enough to suffer and die for us so we could know God.

Meditation -  
Memorize Colossians 1:19

Journaling – Write down some ways Jesus has changed your life.

## **Day 31**

### **Holy Spirit**

When the Bible speaks of the Holy Spirit it is referring to the Spirit of the one true God. As I outlined before in my explanation of the trinity, it is referring to another way in which God relates to us and makes Himself known to us. The Holy Spirit is a person, not an “it”. Some people will tell you that the Holy Spirit is just a force like electricity. Some will just ignore him. If we carefully examine the Bible, we will see what God is communicating to us about the Holy Spirit.

There are three essential elements in being a person:

- a. intelligence (the ability to think and be aware of your existence)
- b. volition\_(the ability to choose: the will)
- c. emotion (the ability to feel)

The Holy Spirit is described in the Bible as having all of these attributes.

The Holy Spirit is God at work in our lives today. It is the Holy Spirit that gives us the power of God to minister and the intimacy of God to know Him. It is the Spirit that indwells us and gives us supernatural abilities called 1 gifts. The Holy Spirit is active and involved in our lives. If we have accepted Christ as our Lord and savior, He is in us and active through us.

Bible Study -

Read Acts 1:1-8

Prayer -

Pray that God will generously give you the Holy Spirit and that you will experience His power in your life..

Meditation -  
Memorize Luke 11:13

Journaling – Write down some ways you have experienced the Holy Spirit.

## Day 32

### Man

It is very important to understand your condition and place in creation. Man was created by God for a purpose. Understanding that purpose will bring meaning to your life. God designed man as an expression of Himself. God is infinite and man is finite. Everything that could be expressed about God in a physical form was expressed through Adam. That expression was meant to proclaim the Glory of God. That is our supreme purpose. We have been designed and made by God to declare His glory and steward over His creation.

Adam chose to seek more than what God had given him. This caused sin to enter the world. Since all humans descended from Adam, all have sinned. Man could not correct this condition. There was no way for Adam to fix what he had done in his own strength.

#### **The Condition of Mankind.**

- All have sin = Romans 3:23 – For all have sinned, and come short of the glory of God
- Salvation is not earned = Eph 2:8+9

When Adam sinned God removed him from His presence. Jesus came to make a way for us to have the presence of God restored to us. This is accomplished through the Holy Spirit as we accept Christ's atonement for our sins.

God made us for a purpose. He designed works for us to do before He made us. Most people think they have to find these works on their own but you cannot find them in your own strength. The way to find these works is to consecrate and prepare yourself for fruitful service. God will bring the works to you.

Bible Study -

Read Genesis 1:26-31

Prayer – Ask God to show you what is still in the way of you finding your Ephesians 2:10 works..

Meditation -  
Memorize Ephesians 2:10

Journaling – Write down any thoughts or revelations you have had today.

## **Day 33**

### **Creation**

[Gen 1:1 NASB] - In the beginning God created the heavens and the earth.

There is no greater statement in all of the Bible than this. God created! The recognition that God created everything implies purpose. Why did God create?

Romans 1:20 says we can know God by observing what was created. His invisible attributes, His eternal power and divine nature, can be seen and understood from observing the creation.

The creation is more than just the place we live. It is a living, breathing declaration of who God is. Understanding this will help us to understand how important it is that we care for the planet we live on.

Bible Study -

Read Colossians 1:1-20

Prayer – Ask God to show you His power, attributes and divine nature through the creation.

Meditation -

Memorize Romans 8:28

Journaling – Write down some things you can learn about God from seeing His creation.

**Day 34**  
**God's purpose in creation**

It is clear that God had a purpose for creating everything. God is declaring who He is, His glory through the created things. This includes both the physical and spiritual creations.

God also loves His creation. He has a purpose for every part of it. When we begin to understand the immensity of God, we will begin to see His glory in creation.

Bible Study -

Read Psalm 97:1-6

Prayer – Praise the glory of God and thank Him for revealing Himself to you through the creation.

Meditation -

Memorize Psalm 19:1

Journaling – Write down some ways God has been made real to you.

## **Day 35**

### **Man's purpose in creation**

What role does man play in this huge thing God created? Man was designed to care for the creation. Genesis 1:26-28. Man was designed to be a living declaration of God's glory. 1Cor. 11:7. The way we declare Go's glory is by obeying Him. When we live according to the Word of God we proclaim that we believe He is who He says He is.

We can also declare God's glory by telling of the wonderful things He has done for us. Some call this our testimony. The Bible says that our testimony has the power to overcome the enemy. Rev. 12:11

In order to fulfill our purpose in Christ we must steward God's creation, Obey His commands and declare His works through our testimony.

Bible Study -

Read Psalm 8

Prayer – Ask God to help you recall all that He has done for you.

Meditation -

Memorize Psalm 19:1

Journaling – Begin to write your testimony. Keep it simple. What was your life like before Jesus? What has changed? What part did God play in that change?.



## **Day 36** **God is loving.**

[1Jo 4:8 NASB] - The one who does not love does not know God, for God is love.

Here is another declaration the Bible makes about God. He is love. Consider that thought. It does not just say God is loving or He loves us. It does say those things too. It declares that God IS love.

One way God showed His love for us was by sending Jesus to die for us. He went to great lengths to bring us back into a place of relationship with Him.

[Rom 5:8 NASB] - But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

According to the Bible, this is the greatest expression of love that can be made.

[Jhn 15:13 NASB] - "Greater love has no one than this, that one lay down his life for his friends.

Christ died for you out of love.

Bible Study -

Read Ephesians 3:14-19

Prayer – Ask God to fill you with His love so you may experience His peace..

Meditation -

Memorize Romans 5:8

Journaling – Write down some ways that God has shown His love

to you.

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**Day 37**  
**God is sovereign.**

[1Ti 6:15 NASB] - which He will bring about at the proper time--  
He who is the blessed and only Sovereign, the King of kings and  
Lord of lords,

God is sovereign. That means He is in control of everything. He does not just rule over it. Nothing can happen unless God allows it. For many people this is a point of stumbling instead of comfort. They can't understand why there is suffering in the world or why children die is God is sovereign. How can God be all loving and all sovereign but not stop the atrocities we see in the world each day?

The only way to come to peace with this is to humble yourself and realize that we lack the understanding that God does. He knows all. He measures everything on the time frame of eternity. He came and suffered for a period of time in order to give us a greater future. Perhaps the evil we see in the world is a necessary part of a greater good for all in the future.

Would you suffer for a moment in order to have paradise forever? Most people would say yes. The promise of the Bible is that one day soon, all suffering will stop for those who place their faith in Jesus.

Bible Study -

Read Psalm 47

Prayer – Ask God to give you understanding of how evil can exist under His sovereign power

Meditation -

Memorize Revelations 21:4

Journaling – Write down anything God has revealed to you today.

**Day 38**  
**God is forgiving.**

[1Jo 1:9 NASB] 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

God initiated the act of forgiving you. Without His sacrifice on the cross there could be no forgiveness. He is the author of forgiveness. He has chosen to forgive all your sins. There is no sin that God cannot or will not forgive. Read the verse above again. Notice the word – ALL?

Bible Study -

Read Hebrews 9:23-28

Prayer – Praise God and thank Him for forgiving you of all your sins.

Meditation -

Memorize 1 John 1:7

Journaling – Write down any guilt or shame that you are experiencing from your past or current sins..

**Day 39**  
**God is indwells us – intimacy and power**

[Eph 1:13-14 NASB] - In Him, you also, after listening to the message of truth, the gospel of your salvation--having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of God's own possession, to the praise of His glory.

The Bible teaches us that upon repenting of our sins and accepting Christ as our Lord and Savior, God dwells in us through His Holy Spirit. This allows us to have an intimate relationship with our creator. Through this we can know God and communicate with Him.

This same Spirit also gives us supernatural power the Bible calls spiritual gifts. It is through the use of our spiritual gifts that we are able to feel God's power working through us.

Bible Study -

Read Romans 8:9-11

Prayer – Ask God to make known to you what spiritual gift He has given to you.

Meditation -

Memorize 1 Corinthians 3:16

Journaling – Write down any spiritual gift you think you have.

## **Day 40**

### **Church Practices - God designed the church to run a certain way**

Many people accept church as the acceptable way God meant for it to happen. Very few people compare their church experience to the way the Bible instructs us to do church. This is a common modern problem.

[Jhn 5:19 NASB] - Therefore Jesus answered and was saying to them, "Truly, truly, I say to you, the Son can do nothing of Himself, unless it is something He sees the Father doing; for whatever the Father does, these things the Son also does in like manner.

Jesus knew how important it was to follow God's design. It is the source of power. The church was designed to operate on spiritual gifts as a supernatural assembly of God's children. Today it has been turned into an organization that barely resembles its original design.

Bible Study -

Read 1 Corinthians 12

Prayer – Ask God to give you a passion to experience the church as He designed it.

Meditation -

Memorize 1 Corinthians 14:12

Journaling – Write down how many of the gifts listed in 1 Corinthians 12 have been present in the church services you have attended.

**Day 41**  
**The body of Christ – the Bride - is the goal**

[2Co 11:2 NASB] - For I am jealous for you with a godly jealousy; for I betrothed you to one husband, so that to Christ I might present you as a pure virgin.

God has come to earth and offered a sacrifice for man in order to accomplish a goal. He is setting apart a people for Himself.

[1Pe 2:9 NASB] - But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light;

Paul calls the church the Body of Christ. The Bible talks of the marriage of Christ, the Lamb. His bride is the church. This symbolic language is communicating to us the great love God has for His people and His desire for them to be unified in love.

In modern times the Good News of Jesus has been turned into a message of a personal Savior. While there is truth in that statement it is very incomplete. God wants us unified through His Spirit and loving each other as sacrificially as He loves us. The Goal of the Good News is to form the Church the way God designed it to be formed.

Bible Study - Read Romans 12:1-10

Prayer – Ask God to show you your place in the Body.

Meditation -  
Memorize Ephesians 4:12

Journaling – Write down any thoughts you have on your right and



responsibility to use your spiritual gifts to build up the body, the church.

**Day 42**  
**We must do things God's way**

Adam and Eve only had one rule - violating that rule cost them and us a lot. In the desert after leaving Egypt Moses was told to speak to the rock to get water. He struck it instead. Numbers 20: 7-12 This cost Moses the Promised Land

Nadab and Abihu didn't follow God's instructions in Lev 10:1 + 2  
It cost them their lives.

King Saul in 1Samuel 15, brings back the things God prohibited and it cost Saul the kingship

From these few examples we can see that God strongly desires us to follow His instructions His way.

We are free to obey God not to do whatever we want.

Bible Study -

Read Romans 13:11-14

Prayer – Ask God to show you His ways and lead you to follow them.

Meditation -

Memorize Acts 5:29

Journaling – Write down any practices or habits that are contrary to God's ways.

## **Day 43**

### **Painful events can lock us in lies**

Satan sometimes lays the foundations of his strongholds in our lives through painful experiences. These painful experiences can include:

5. Sexual abuse
6. Physical abuse
7. Verbal abuse
8. Drug and alcohol addiction
9. Loss – of a loved one or a destabilizing loss of security such as losing your home to fire.

When we experience these things as a child it may cause us to believe lies about ourselves and about God that we carry with us to adulthood. Sometimes these lies are then reinforced and hidden under layers of experiences that cover up the original stronghold. In some case of abuse people make vows to protect themselves in the future. These vows can become hidden obstacles to your relationship with God and to enjoying fruitful ministry.

In order to destroy the stronghold and be set free from it you must dig through the pain of your past and uncover the lies that you believed as a result of these experiences. Any vow that was made must be renounced and you must allow God to heal you from the pain of your past.

Bible Study -

Read Hebrews 10:19-25

Prayer – Ask God to show you any painful past experiences that Satan may be using against you.

Meditation -

Memorize Romans 8:1

Journaling – Write down any events that God revealed to you.

**Day 44**  
**The Gospel heals sin, shame and guilt**

When we look at the original sin of Adam and Eve we see that they were not sorry for their disobedience - they were afraid due to their nakedness - shame! His actions of disobedience brought a realization of his shame for his immediate past.

The path to redemption from this curse went through the Law which is also a curse - Galatians 3 - Jesus came to redeem us from the curse and this will be fulfilled in the end. What part of the curse are we redeemed from now?

When we put on Christ (Romans 13-14) we are clothed in righteousness and not the skins of animals. The Law no longer gives us the ability to look past our shame but rather our shame is removed through the Spirit.

The Gospel of Jesus provides the way to be free from our sin, shame and guilt.

Bible Study -

Read Isaiah 54

Prayer – Ask God to show you where shame and guilt are still present in you.

Meditation -

Memorize Isaiah 61:7

Journaling – Write down any events that God revealed to you.

## **Day 45**

### **Love is Unconditional**

God is love. He showed His love for us by dying for us while we were yet sinners. There are many ideas of love in the world. I can love my wife, my dog and even ice cream. All of these loves are not the same. Understanding the love of God is key to your spiritual freedom.

The love of God is unconditional. You do not earn it and you cannot lose it. God's love is not an expression of His feelings towards you. It is an expression of who God is and His relationship to you. Understanding that everything God is and does is out of His love for us, is the only way to ever understand our relationship with God. He is always doing what is best for us and others.

Everyone experiences God's love in a unique way. His expression of love is as unique as each individual. You can experience God's love by asking Him to show it to you.

Bible Study -

Read Romans 8:35-39

Prayer – Praise God for His love towards you and ask Him to show it to you in a meaningful way.

Meditation -

Memorize 1 John 4:8

Journaling – Write down any ways God has shown His love to you.

## **Day 46**

### **Not transactional**

Many people have been raised in transactional relationships. The idea is that I will do something for you and I expect something in return. It is so common that we don't even realize we are doing it until someone shows us. Many times these transactions are not spoken. They come in the form of expectations. We do a thing and hope to invoke a certain response from the other party. When that does not happen we are disappointed.

Transactional relationships build expectations. Expectations kill unconditional love. God does not work this way and neither should we. God's love is complete and unconditional. Our obedience or performance does not change His love for us. He knows our shortcomings and has decided to live in us and to guide us to live by His design.

The way out of transactional relationships is to kill your expectations. We should show love without regard for the response.

Bible Study -

Read Ephesians 2:4-10

Prayer – Ask God to show you how transactional relationships have hurt your ability to love unconditionally.

Meditation -

Memorize Romans 3:28

Journaling – Write down any transactional relationships you discovered and ways you can eliminate this from your life.

## **Day 47**

### **Unmet and over met needs**

After Adam came under Satan's rule and authority he and Eve produced offspring that was also under Satan's rule. This is defined by theologians as original sin. We are all born into the kingdom of darkness. Those who choose to believe and obey the Lord are transferred into the kingdom of Jesus. See Col 1:13.

We are all born into Satan's kingdom because we are all offspring of Adam. The same goes for our children. We are transferred from Satan's kingdom to the Kingdom of light, or of Jesus, when we accept by faith that Jesus is our only possible Savior and that He died for our sins and God raised Him from the dead. This is the spiritual transaction commonly referred to as salvation.

Transactional relationships cripple love. Unmet and over met needs shape our bondage. Unmet needs shape our relationships. We are lured into transactions with those we love when we don't get our needs met by them. For example - we have a felt need for our loved ones to accept Christ and be saved. We then act towards them in a certain way that is in some way directed by that desire. Instead of showing them unconditional love, which is what we are called to do, we try to direct them to Jesus. No one can direct anyone to Jesus. Only those that God calls can get to Jesus John 6:65.

Identifying our unmet needs and our over met needs can help us to identify where Satan has us bound. Jesus can and will heal of us our emotional hurt in order to free us from our flesh. Remember that all our needs are met in Christ. Phil. 4:19. When we try to get our needs met by humans it feeds our flesh. When we respond to the behavioral conditioning of over met needs we walk in the flesh. When we participate in transactional relationships we attempt to control outcomes. Only by turning to Jesus for our needs and allowing Him to have His proper role as



Savior and sanctifier, can we join with Him in stewarding His kingdom.

Bible Study -

Read Titus 3:1-7

Prayer – Ask God to show you your unmet and over met needs and how they have affected your relationships.

Meditation -

Memorize Philippians 4:19

Journaling – Write down the needs you have been trying to get met by people instead of by Jesus.

## Day 48 The Goal of the Gospel

The Gospel is designed to produce fruit for God. This spiritual fruit is the transformation of those who hear and obey the Gospel. This will result in a person who is born again, born of the Spirit, consecration in the life of that person and the joining of that person with others, the church.

Spiritual transformation restores us to the glory of God for which we were created. The Holy Spirit accomplishes this transformation by imparting to us the very *life* of God through His Son, our Lord Jesus Christ. Through the work of the Spirit in our inner man, Christ dwells in our hearts through faith, we experience His love, are filled with all the fullness (pleroma) of God, and are restored to His image or glory (Ephesians 3:14-19).

In the hands of the Holy Spirit, the Gospel becomes an instrument of sanctification – a holy separation *from* the world and ourselves *to* God. The Gospel sets us aside for God's purposes. It does this as we are transformed by its power. The Gospel will leave us changed if we choose to obey it.!

Bible Study -

Read Romans 12:1-8

Prayer – Ask God to show you any parts of the Gospel that you need to obey. Praise Him for providing the power of transformation to you.

Meditation -

Memorize Romans 1:16

Journaling – Write down the things God has shown you about the Gospel.

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## **Day 49** **To be like Christ**

Following Christ is an active pursuit of the Christian *spiritual* life. It begins with a decision and surrender to a lifestyle of obedience, spiritual growth, and sacrificial worship. It is not a casual choice made out of self-interest, but a denial of self, the taking up of a cross, and a dying to this world. It is a life-transforming decision which requires complete and total surrender. Christ will not be apprehended in the frivolity and superficiality of religious consumerism which is diametrically opposed to the Cross – a life of consecrated and deliberate self-sacrifice.

The goal of discipleship is to bring the disciple into practical union with Christ *through the Gospel*. We apprehend Christ through the principle of the Gospel:

### **There are two key things to keep in mind:**

1. The disciple is not learning a subject; he is following a Master.
  - His goal is a Person – Christ.
  - Discipleship is not a series of studies but a growing awareness of Christ.
2. The things of God cannot be apprehended by the mind of man because they are spiritually discerned.
  - We must learn to become completely reliant on the Holy Spirit (1 Corinthians 2:1-5).
  - It is the Spirit Who reveals Christ to us and guides us into a deepening relationship with Him (John 16:18-26).

Bible Study -

Read 1 Corinthians 2:9-16

Prayer – Praise God's power and love. Thank Him for choosing to

save you.

Meditation -  
Memorize 2 Timothy 1:9

Journaling – Write down how the Gospel has changed you.

## **Day 50**

### **The Final Goal is to form the Body of Christ**

This is the final day of this series. Through it, you should have discovered many ways that the enemy has kept you from living a free and abundant life.

[Jhn 10:10 NASB] - "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

The thief in the above passage is Satan. You can be ruled by the thief who came to destroy you or by the God who loved you and died for you.

By choosing Christ you are dedicating yourself to live by God's design and obey His commands. It is essential that you form relationships with other followers of Christ. The church that God designed is an essential part of His plan for the world. But beware! There are many false teachers and churches in the world. They make up their own rules and pass them off as God's rules.

Participating in a religious institution that does not follow God's design will only hinder your spiritual growth. The Bible has much to say about how the church is designed to function. Learn it and compare it to the churches you seek out. Avoid hypocrisy and division.

You do not need to join an existing church in order to obey God. You can gather with another and start from there. God will honor your earnest desire to obey Him and experience the church the way He intended.

You have only one assignment for this last session.

Prayer – Commit to act on what you have learned. God has shown things for a reason. Seek others to join with in order to be what

God designed for you to be.

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