

the first

30

30 minutes

30 days

30 decisions

## The first 30

The first 30 minutes.

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The first 30 decisions.

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The first 30 days after a camp or retreat are a big deal.

As you settle back into your life, there may be this feeling that *something* is different, but you can't figure out what it is.

It's you.

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In the last few days, God has done something real in your life. It was real - it's important to remember that. Now the challenge and the question is: How do we keep growing?

They say that doing something for 30 days makes it a habit. It starts out as something we do until it becomes part of who we are.

This journal is a tool for you to make spending time with God a part of your daily life from now on.

The first 30 days are a big deal.

You can do it.

You've *got* this.

It was  
real.



(HOW IT WORKS)

DAY 00 - EXAMPLE

5 minutes - SILENCE

*Be still. Unplug. Slow down.*

*Turn off or silence any technology. Remove temptation to be somewhere else so you can be present in THIS place and in THIS moment. Silence will take practice, but you'll get better at it!*

- *The 1st minute you may fidget - this is new and feels weird.*
- *The 2- minute you'll be tempted to check your phone or be distracted - focus in!*
- *The 3- minute you will start to hear every little sound around you - don't be distracted by them.*
- *In the 4- minute somewhere, if you stick with it, you may begin to feel a peace.*

*This is what we are going for - not a booming voice, but a peaceful focus so that we can hear God speak in the moments that follow.*

5 minutes - JOURNAL

*Write a few sentences about anything you want.*

*This space is for you to be write about what's going on inside you. Your fears, your joys, the things God is showing you, and the hopes you have for the day ahead.*

*Some days will have suggestions about what to write, and some days will leave it up to you.*

*The only thing that's important here is to be honest.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

*"And you yourself must be an example to them by doing good works of every kind. Let everything you do reflect the integrity and seriousness of your teaching."*

*2 Timothy 2:7*

*What do you think this scripture means? Use the space below to write your thoughts.*

*This space is for you to read and wrestle with scripture. Listen for what God may be trying to say specifically to you.*

5 minutes - THINK

*This space will have thoughts designed to challenge you, make you think more deeply about the topic of the day, and ask questions as you wrestle with some difficult truth.  
For our faith to really change us, it has to take root in our hearts AND our minds.*

5 minutes - DECISION: *It's decision time. Writing them down makes our choices more real.*

*This is the tough part - decision time.  
Making a decision about something that is a challenge BEFORE we are in the situation is important.  
The best part: LESS FEAR.*

*By making a decision ahead of time, we have confidence in the moment of decision.*

*Making these decisions on our own also makes a game-changing statement about us:  
WE KNOW WHO WE ARE AND WHAT WE BELIEVE.*

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

*This space is to encourage you to find and contact an accountability partner so that you can pray for each other. If you don't have one, ask a leader about getting one!*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down.*

*At the back of this journal is a place to record things you are praying for. Two important parts of the prayer page are the DATE ANSWERED & HOW section! Make sure you are looking for the answers and record when God shows them to you!*

Day 00 \_\_\_\_\_ DONE!

*For those of you who love to check things off a list. Boom!*

## DAY 1 - FRIENDSHIPS

5 minutes - SILENCE

*Find a place, remove distractions, and listen.*

5 minutes - JOURNAL

*Use the space below to write 2 - 3 sentences about how you are feeling at this moment.*

5 minutes - STUDY SCRIPTURE

*Read today's scripture a few times. Let it sink in.*

There are "friends" who destroy each other, but a real friend sticks closer than a brother or sister.  
Proverbs 18:24

Of course, your former friends are surprised when you no longer plunge into the flood of wild and destructive things they do. So they slander you. 1 Peter 4:4

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*

5 minutes - THINK

So you are about to re-enter your life (if you haven't already) and in many ways you may be expecting everything to have changed...but it hasn't, has it? The situations you left here may still be here. There may even be some consequences from some decisions made before you left that you may still have to face.

But one thing IS different - YOU! God has changed YOU! You aren't alone! The Lord goes with you into every situation and Your God be there with you - just trust Him.

The hardest place to do this is with those who know you best - your friends. They may have a hard time adjusting to the changes you've made - change is sometimes hard for other people to embrace - but if they see that you are serious about it, they will be forced into a decision. They will have to choose to respect your choice to change or not. "Not" may include being made fun of or friends not believing you are serious about this change. or, (and maybe more painfully) it may look like them not wanting to hang out with you.

On the other hand, you may discover others who are like you - looking for a fresh start and hoping to find a new crew to hang out with who are trying to follow Jesus. If they're looking, doesn't it make sense to shine as bright as possible so you can be found? So SHINE!

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What do you need to decide today about your friendships?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 1 \_\_\_\_\_ DONE!

## DAY 2 - YOUR PAST

5 minutes - SILENCE

*Remember - this is something you will get better at with practice!*

5 minutes - JOURNAL

*Use the space below to write about how things went yesterday. Any God sightings?*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"Brothers and sisters, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:12-14

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*



5 minutes - THINK

"Forgetting what is behind..." Sometimes *who we were* stops us from being *who we are called to be*. Guilt, shame, and regret can be paralyzing if we don't live like we are forgiven. By the way, just in case you forgot - you ARE forgiven! (Time out for a 5 second party!)

So what does it mean to "strain forward to what lies ahead?" What does it take to live like you are forgiven?

Maybe it means to live with confidence that you can handle what's coming today because you know that your identity is in Christ. You are a child of The King and *that* is where your value comes from. No matter what happens today, you are sure that God Loves you, is FOR you, and believes in you! Forget the way life *used* to be, things are different now, right?! And by "things", I mean you!

Circumstances may not have changed, situations may still be difficult, and life may be challenging, but when you understand God is FOR you, it's a game changer. The future is in God's hands and God is on your side...so LET'S GOOOO!

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided. Record any answers God reveals.*

What decision will you make today about your past and your future?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 2 \_\_\_\_\_ DONE!

## DAY 3 - TRUTH

### 5 minutes - SILENCE

*START by first turning off or silencing and putting away any technology that might distract  
Spend 5 minutes in silence. Remember - this is something you will get better at with practice!*

### 5 minutes - JOURNAL

*Use the space below to write 2 - 3 sentences about what's going on today.*

### 5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." John 8:31-32

"So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body."  
Ephesians 4:25

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*

5 minutes - THINK

If the truth sets us free, what does lying do? Keep us imprisoned. Think about it. When you lie, your behavior has to change to match the lie you told. So you can't do what you want, you are trapped by the lie.

Why do we lie? Because we don't want to...get in trouble? Offend someone? Lose friends?

This might happen if we don't lie, but have we thought about the power of the truth?

When we speak the truth, we give those around us permission to speak it too. POWERFUL!

When we choose the truth, we make a choice against fear. GAME CHANGING!

When people know we speak the truth, we are more respected! BONUS!

When we speak the truth, we become more Christ-like and that's our goal now right?!

So I guess the question is: what's your goal? Become more Christ-like, or...not?

A word of caution here: "I'm just bein' honest" is not a phrase you can say and magically have permission to blow someone up. Love is what our honesty should feel like, even when it is hard.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What decision will you make today about the truth?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 3 \_\_\_\_\_ DONE!

## DAY 4 - TIME

5 minutes - SILENCE

*Don't forget to remove any distractions!*

5 minutes - JOURNAL

*Use the space below to write about any struggles you've had in the last few days.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is. Ephesians 5:15-17

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*

5 minutes - THINK

They say that "time is money", but time seems more valuable when we consider that NO amount of money can buy back time we've lost. Are you spending the time you have wisely? Are you doing things that matter?

Where do you spend MOST of your time (besides school)? How much time do you spend on yourself and things that only benefit you? How much time do you spend for the benefit of others?

What you spend time doing will determine the kinds of opportunities available to you later. For example:

If you spend time watching Netflix, you will have plenty of opportunities to talk with others about the shows you watched.

If you spend time mentoring someone, you get the chance to change a life!

So, what will you do with the time you have today?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What decision will you make today about the way you spend your time?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 4 \_\_\_\_\_ DONE!

## DAY 5 - GOSSIP

5 minutes - SILENCE

*Spend the time listening...slow down...remove any distractions...be still...listen.*

5 minutes - JOURNAL

*Write about any good things that have happened since you started this journal.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

A gossip goes around telling secrets, but those who are trustworthy can keep a confidence. Proverbs 11:13

A gossip betrays a confidence; so avoid anyone who talks too much. Proverbs 20:19

*What do you think God is trying to say to you through those scriptures? Write one or two sentences in the space below.*

5 minutes - THINK

Gossip is dangerous because it can feel so normal. It seems like we are always talking about somebody. The latest news about the celebrity of the moment is constantly talked about online. The fact that something is trending tells us how many people are talking about it at any given moment!

Where does conversation cross the line into gossip?

A rule of thumb is would you be okay with someone recording what you say and playing it later in front of those you were talking about...with you in the room?

Would what you are saying hurt them or betray their trust?

Would they want people to know the information you are putting out there?

Why do we talk about other people? Why do we listen to others do the same thing? It happens in so many of our groups it starts to feel normal. How do we change it?

What if we chose to only speak positive and true things about others?

What if we walked away from conversations that were negative about people who weren't there?

What if we changed the subject more when gossip tried to wedge its way in?

One of the best ways to tell what we're made of is what we talk/text/tweet about. What are *you* about?

This challenge is tough and best accomplished with a small group of friends who are committed to doing it and holding each other accountable. Allow God to use you to create a new normal!

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you respond to gossip today?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 5 \_\_\_\_\_ DONE!

## DAY 6 - LAZINESS

5 minutes - SILENCE

*Slow down. Get away from any technology that might interrupt your time.*

5 minutes - JOURNAL

*Use the space below to write a few lines about how you and God are doing.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

The lazy person claims, "There's a lion on the road!

Yes, I'm sure there's a lion out there!"

As a door swings back and forth on its hinges,

so the lazy person turns over in bed.

Lazy people take food in their hand

but don't even lift it to their mouth.

Lazy people consider themselves smarter

than seven wise counselors. Proverbs 26:13-16

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*



5 minutes - THINK

Laziness creeps up on us...slowly. We think to ourselves, "We'll do it later." Then we get distracted...and we put our feet up...and then we're laying down...and then we're napping...and then we've been asleep for hours...and all the things we were *going* to do are still waiting for us... "We'll do it later..."

All of us have the temptation to do less than our best for a variety of different reasons.

Laziness is the result of knowing what we are called to do, and doing something easier. Easier is not always better.

How do we avoid laziness? It's different with each of us, but having a plan definitely helps. So what's your plan? Who's going to hold you to it? These are the questions that help defeat laziness when it tries to creep back in.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What's one thing you will do this week to fight laziness?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 6 \_\_\_\_\_ DONE!

## DAY 7 - FEAR

*Today we are going to switch it up! In the space below, draw or write about what a few of your fears look like to you. Try to go deeper than spiders or snakes.*

*Use this space to write or draw how you feel when God gives you the courage to face your fears.*

DECISION: *Which of your fears will you face today? Ask God for strength and courage to do it. Write down which one and how you plan to face it.*

Day 7 \_\_\_\_\_ DONE!

## DAY 8 - YOUR VOICE

5 minutes - SILENCE

*Slow down. Get away from any technology that might interrupt your time.*

5 minutes - JOURNAL

*Use the space below to write about something you have learned about God in the last 8 days.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

*"Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way."*

*1 Peter 3:15-16*

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*

5 minutes - THINK

Your voice matters.

You may have no idea how powerful your voice is yet, but be assured it is. What are you saying with your voice? Notice we aren't talking about *words* yet. Your "voice" has a lot to do with your actions. If your actions match what you say you are about, your "voice" is true and people will know it and respect you for it - even those who may not agree with you.

A famous financial advisor had a show where people asked his advice about money - people listened to what he said and believed him... until he declared bankruptcy. People stopped listening to him about how to handle money because his words and actions didn't match.

St. Francis famously said: "Preach the Gospel at all times, and if necessary, use words."

When your life matches what you say, your voice has more influence. What does your life say about who you are? More than that - what does your voice say about who God is in your life? Do the things you say match what you do no matter where you are or who you are around? If they don't, you may be muting your own voice! If your words do match up, your voice can be used by God to make a difference...because your voice matters!

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you use your voice?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 8 \_\_\_\_\_ DONE!

## DAY 9 - JOY

5 minutes - SILENCE

*Are you ready to be still? Prepare your space, your stuff, and yourself.*

5 minutes - JOURNAL

*Use the space below to write about how you are doing spiritually.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."  
James 1:2-4

*What do you think God is trying to say to you through that scripture? Write one or two sentences in the space below.*

5 minutes - THINK

The scripture for the day tells us to “consider it an opportunity for great joy” on days when “troubles of any kind” come our way. For sure! Wait, seriously?! How are we supposed to do that? Someone stole my phone - AWESOME! My boyfriend dumped me - OUTSTANDING! I didn’t make the team I tried out for - THIS IS GREAT! Not real life.

How is this possible? It is possible because joy is deeper than happiness and can’t be touched by what happens to us. Do you see it? Happy is a state that depends on what happens to us. Joy comes from a place that is anchored deeper than that. Joy is what we experience when we game changing truth that seriously jacks up our world in a spectacular way! We GET it!

That God loves us - no matter what, the end, forever and ever, amen.

That there’s nothing we can do to make God love us less.

That there’s nothing we can do to make God love us more.

That God has a plan for our lives.

That God is for us, not against us.

Joy has roots deep down into these truths and the things that happen to us don’t affect our joy. Someone stole my phone - it’s only stuff. My boyfriend dumped me - I have the opportunity to focus on others and God. I didn’t make the team - God has a plan for me. This is a real joy-full life.

5 minutes - DECISION: *It’s decision time. Writing them down helps solidify them in our mind so use the space below to write down what you’ve decided.*

How will you express joy when something difficult happens to you this week?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the “Pray” section at the back of this journal and write down what you are praying for today. Pray for each one after you’ve written it down. Record any answers God reveals.*

Day 9 \_\_\_\_\_ DONE!

## DAY 10 - POPULARITY

5 minutes - SILENCE

*Are you ready to be still? Prepare your space, your stuff, and yourself.*

5 minutes - JOURNAL

*Write a few sentences about any stuff you are dealing with today.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"My dear friends, don't let public opinion influence how you live out our glorious, Christ-originated faith.

If a man enters your church wearing an expensive suit, and a street person wearing rags comes in right after him, and you say to the man in the suit, "Sit here, sir; this is the best seat in the house!" and either ignore the street person or say, "Better sit here in the back row," haven't you segregated God's children and proved that you are judges who can't be trusted?

Listen, dear friends. Isn't it clear by now that God operates quite differently? He chose the world's down-and-out as the kingdom's first citizens, with full rights and privileges."

James 2: 1-5 (The Message)

*What do you think God is trying to say to you through this scripture? Use the space below to write a few sentences about it.*



5 minutes - THINK

There is a carbonated drink called "Popular" and it is the worst stuff you've ever tasted. Yes, really. The first bit you taste is VERY sweet and not half bad...and then the aftertaste hits your tongue and you're sorry you ever had taste buds! It is THE WORST! And then the only thing that can fix it...is another drink. A truly vicious beverage cycle!

Popularity is a lot like that in real life. There's nothing wrong with being liked or respected, until staying liked drives our decisions. Are you willing to make unpopular decisions and say unpopular things as a Jesus follower? Jesus did all the time.

Many students believe being popular can solve most of the problems they have - if enough people like the things they do or say things will magically be better. But then, to stay popular, they feel forced to do, say, and be certain things - they are trapped by popularity.

When we choose to embrace our identity as children of God, we experience the freedom to be true to ourselves rather than pressured by anyone to be anything but authentic.

The question is where do you get your identity? Is it in other people's opinions? Is it in what sport or instrument you play? Is it in who you hang out with or what you have? Or is it in the love of God?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What are you going to choose to do when it comes to popularity this week?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 10 \_\_\_\_\_ DONE!

## DAY 11 - LOVE

5 minutes - SILENCE

*Set your tech on shhhh and listen.*

5 minutes - JOURNAL

*Write a few sentences about how you are doing today.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"God showed how much He loved us by sending His one and only Son into the world so that we might have eternal life through Him. This is real love—not that we loved God, but that He loved us and sent His Son as a sacrifice to take away our sins. Dear friends, since God loved us that much, we surely ought to love each other." 1 John 4:9-11

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

Saying "I love you" first is a scary thing. Seriously! Especially when you are not sure what the response will be... "Thanks?" or "That's cool..." don't have the same ring as "I love you too!" That's what God did though - Jesus is God's "I love you" before we even had a *chance* to say anything back. THAT'S real love.

We are called to love others like God loved us - without guarantees of love in return and at 100%. Scary to the point of terrifying?! Possibly. Completely life changing and powerful?! Definitely. Where does the fear come from? Potential rejection? Being laughed at?

Ok - we've identified the fear. Where does the life-changing power come from - God's love given to us and flowing through us to others.

When we get that God is trying to love people THROUGH us, we figure out our role in His plan. We are the way God shows love to people - He sent Jesus and now He's sending us. Same message, new method! We are God's hands and feet reaching out to the world so we must have God's eyes as well. Look around for ways to show love to people this week

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you show love to someone today?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 11 \_\_\_\_\_ DONE!

## DAY 12 - HOPE

5 minutes - SILENCE

*Be still, listen closely, and enjoy the silence.*

5 minutes - JOURNAL

*Take a moment and write down your thoughts about what's going on between you and God.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls."

Hebrews 6:18-19

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

Hope is about what's possible.

Hope is also about what is impossible.

What do you hope for? What do you believe is possible? What if you add God's unlimited power, love, and grace? Do you believe that what you thought was impossible, really *is* possible *with God*?

The verse of the day describes hope as an anchor - something that holds us steady when

It has been said that Hope is a dangerous thing - it can cause you to reach higher and believe in impossible things. Are you hope-full? Are you full of hope in what God can do?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What do you hope for that could only be possible with God?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 12 \_\_\_\_\_ DONE

## DAY 13 - GRACE

5 minutes - SILENCE

*Stop. Listen.*

5 minutes - JOURNAL

*Write a few sentences about anything you want.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." Ephesians 2:8

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

It isn't fair. Everyone gets the same amount of Grace no matter what. NO MATTER WHAT?! It isn't fair!

That's the good news - God's gift of Grace is not fair.

What would it be like if grace WAS "fair"? People would *do* more.

People waking up extra early to do good things to get more grace.

People making deeper sacrifices financially to give more money to get more grace.

People going out of their way to be kind, encourage peace, and grow self-control, all to get more grace. Why?

How much *doing* would it take? How much would we have to do to earn God's love? Could we ever *do* enough to say, "Ok God, now you OWE me some Grace." Does that sound right?

The good news is that Grace, the love and favor of God, has already been offered to us at 100%.

Nothing held back to make sure we do it right. Nothing kept from us just in case we change our minds.

Everything that could be given, has been given in Jesus.

All the forgiveness we need. All the strength we need. All the peace we need. All the love we need.

For us. It isn't fair. It's grace.

5 minutes - DECISION: *It's decision time. Writing decisions down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you love someone who is difficult for you to show love to today?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 13 \_\_\_\_\_ DONE!

## DAY 14 - ANGER

Today is a creative day! In the space below, write down all the things/ people that make you angry. Get as specific as possible. Dig DEEP - go past surface irritation to things that have happened in your life that have been truly painful that make you angry. Ready? GO!



On this side, make a list of all the people you need to forgive and what you need to forgive them for. Be specific. THIS will be truly difficult, but you can do it. Take a look at the list on the other page if you're not sure who to list.

Now comes the hard part, circle the ones you will choose to forgive today. Circle as many as you feel you can truly forgive. This doesn't mean you need to call them, or even talk to them about your forgiving them. All it means is that you are free from the anger and unforgiveness that was chaining you down.

Today's decision: Who will you choose to forgive?

Day 14 \_\_\_\_\_ DONE!

DAY 15 - Parents

5 minutes - SILENCE

*Remove distractions. Prepare your space. Wait before the Lord.*

5 minutes - JOURNAL

*Write about what you are feeling today.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"Children, obey your parents because you belong to the Lord, for this is the right thing to do. 'Honor your father and mother.' This is the first commandment with a promise: If you honor your father and mother, 'things will go well for you, and you will have a long life on the earth.'"

Ephesians 6:1-4

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

We knew this was coming, right? The devotion that says "Children, behave because your parents said so. The end."

But that's not what the scripture above says, is it?

It says obeying your parents isn't for *their* benefit, it is for *yours!*

It says obeying your parents isn't because of who *they* are, but because of who *you* are!

So, are you looking for the loophole? A way to somehow be able to do what you want? Is this really about them? Or do we just want to do what we want... pretty much all the time?

We belong to The Lord. We are children of The Most High God.

But we are still learning how to be those things, aren't we? We have been learning how to live in ways that honor God but we don't nail it every day, right? So God offers forgiveness.

And in forgiving us, He shows us how to love our parents (who don't nail it every day).

Are you able to love your parents by offering forgiveness to them?

Forgiveness for missing it.

Forgiveness for totally making a wreck of things. We need this, so they must need it too.

We love our parents, because we... and *they*, are The Lord's, and this is right.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do or say to your parents today to honor God?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 15 \_\_\_\_\_ DONE!

## DAY 16 - Your Eyes

5 minutes - SILENCE

*Unplug. Focus. Breathe.*

5 minutes - JOURNAL

*Use the space below to write about what God's been doing in you.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!" Matthew 6:22-23

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

What you allow into your mind shapes the way you think, which shapes the way you act, and the way you act becomes who you are. The things we watch to entertain ourselves are important. So what are you looking at?

There is an expression that says "The eyes are the window to the soul". Imagine if everything you saw in a day was played back on a screen that anyone could access. What would you project onto that screen? Parks where you were hanging out? Games you were playing? Laughing with friends? Or would it be TV and movies you've already seen? Porn?

What we have to think about are the long term effects of what our eyes view. Watching pornography can change your brain chemistry and if you continue, in the long term it can affect your marriage, your friendships, and your self-esteem. Watching violence as entertainment is another example of something that over time can change us by numbing our sensitivity to violence in general. Do we *want* violence to become entertaining to us? Is that a good thing?

With all that is beautiful in the world, why wouldn't we want to let the best and most beautiful things be the images that flood our souls with light through the windows we call eyes?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you change about what you watch this week?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 16 \_\_\_\_\_ DONE!

## DAY 17 - The Mirror

### 5 minutes - SILENCE

*You're getting good at this. Remember to put away all distractions. Focus in. Listen well.*

### 5 minutes - JOURNAL

*Use the space below to write about what's happening in your world today.*

### 5 minutes - STUDY SCRIPTURE *Read today's scriptures a few times. Let it sink in.*

"Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God."

1 Peter 3:2-4

But the Lord said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart."

1 Samuel 16:7

*What do you think these scriptures mean? Use the space below to write your thoughts.*

5 minutes - THINK

Here's the good news - you won't always look like this. Now the bad news - you won't always look like this. For some of us, this is just what we hoped to hear, for others, it's a real bummer.

The mirror can be one of the most traumatic places to stand, but God is not concerned with our outward appearance when it comes to our worthiness, usefulness, or acceptance by Him.

External beauty is temporary and all of us have imperfections in our appearance. The truly heartbreaking thing about people who spend TONS of money trying to look "perfect" is that they were already perfect. So are you. How do we stop valuing ourselves and others by appearance alone?

Scripture says that not only did God know us, but our Creator has knit us together with hands that were full of care and love beyond measure in our mother's womb. The great thing about this picture is that we can look in the mirror and be pleased with what we see there because God is pleased. If you want to get healthier, great! If you want to change your hair color, go for it! Just understand that God is more concerned with the condition of your heart than the style of clothes you wear. See the mirror for what it is - an opportunity for us to reflect on our Creator's love for us, not a measuring stick to determine our value.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will your response to appearance, yours and others, be different?

My Appearance

Others' Appearance

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 17 \_\_\_\_\_ DONE!

## DAY 18 - IDOLS

5 minutes - SILENCE

*You know what to do.*

5 minutes - JOURNAL

*It's your space to use as you like.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"Yes, they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise, they instead became utter fools. And instead of worshiping the glorious, ever-living God, they worshiped idols made to look like mere people and birds and animals and reptiles." Romans 1: 21-23

*What do you think this scripture means? Use the space below to write your thoughts.*



### 5 minutes - THINK

There's not a lot of people building 40 foot images of cows or kings these days, but idols are all around us. An idol is anything that becomes more important than our relationship with God - which makes it easy for just about anything to become one in our lives. So how do we know if something has become an idol?

To test if something is an idol, ask yourself whether or not you are willing to release it? If God asked you to give up something you cared very deeply about, would you have to think about it or would you have no hesitation? How hard something is to release tells you how close to an idol it might be for you.

Let's put it to the test: Is there any relationship you *wouldn't* give up? Any sport? Any musical ability? Anything you own? Any hobbies? These are typically fairly easy to define as things that may become idols in our lives. But what about your comfort - God calls you to speak a difficult truth to a friend... Your country - God calls you to serve in a country you wouldn't choose to vacation in? Your choice of college - God calls you to change your plans and potentially your career? Now we are getting into some not-so-releaseable stuff, aren't we?

Is there anything you wouldn't give up? What would happen if you never gave that thing up?

The other side of that coin is the freedom you have when you know that *nothing* owns you and your choice to become Christ-like is one you make without anything held back.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do if something becomes an idol in your life?

### 5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

### PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 18 \_\_\_\_\_ DONE!

DAY 19 - MONEY

5 minutes - SILENCE

*Don't get in a hurry. Slow down. Remove the distractions. Listen carefully.*

5 minutes - JOURNAL

*Use the space below to write about things that have been troubling you.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"For the love of money is the root of all kinds of evil. And some people, craving money, have wandered from the true faith and pierced themselves with many sorrows." 1 Timothy 6:10

"No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money." Matthew 6:24

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

Money is powerful stuff. It can do all kinds of things:

Cure disease and cause death. Start wars and save whales. Cause family fights and adoptions.

Serve and enslave.

The problem is not money. Money isn't evil all by itself any more than a chainsaw is evil. But if you put either one in the hands of an irresponsible person and we are talking major damage friends. So how do we use money without allowing it to take over our lives? Wisdom.

Being wise with our money means we learn how to spend it, save it, and make it serve our calling as believers instead of allowing ourselves to be controlled by it. Being wise with our money also means being careful who we are supporting with it. Are you aware of what the people you are giving your money to are going to do with it? Knowing where the stuff you buy comes from is another part of using money wisely instead of just buying what we want because we can.

Does money motivate you? Are you always looking for the next biggest, best, shiniest thing? Or are you content with what you have? Money is powerful stuff - be wise with it.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do to prevent money from controlling your life?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 21 \_\_\_\_\_ DONE!

DAY 20 - Peace Making

5 minutes - SILENCE

*Be still. Be present in this moment. Remove any distractions. Listen.*

5 minutes - JOURNAL

*Write a bit about what you sense God speaking to you about.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness." James 3: 16-18

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

Two people are arguing. They are getting louder. Someone steps in, asks what is wrong, offers to help them work it out, and sees it through. This is a peace maker.

A rumor about a friend starts going around. The rumor is an ugly one and is not true. The friend is getting more and more upset until they begin talking about "teaching them a lesson". Someone steps in, asks why they are upset, says they are sorry that happened, and offers their support if a conversation needs to happen with the one who started the rumor. This is a peace maker.

Conflict and drama are easy to find and peace makers can often help rewrite the story so anger doesn't turn ugly. What about when it happens to you? It's often easier to step into someone else's problem and see a way out, but when it's our problem do we make peace?

Preparation comes before the battle. In other words, your heart must already be free of envy and selfishness - the things that steal the heart's desire for peace. When you are seeking God above all else, you become more and more hungry for peace so when the battle between your heart and your hurt comes, your heart will already be prepared for peace.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do when you or others around you must choose between fueling anger or making peace?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 20 \_\_\_\_\_ DONE!

DAY 21 - MUSIC

Switching it up again today! Listen to worship music for the first 20 minutes and write down any lyrics that are meaningful to you in the space below.

Write your own lyrics or words below that describe how you feel about God:

Today's decision:

What kind of music will you allow to inspire you and what will you do with the music you have?

Day 21 \_\_\_\_\_ DONE!

DAY 22 - STEALING

5 minutes - SILENCE

*Disconnect from distraction. Listen. Be.*

5 minutes - JOURNAL

*Use the space below to write about what you've been worried about.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

"Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need." Ephesians 4:28

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

In the book "The Kite Runner" there is this quote:



*"There is only one sin, only one. And that is theft. Every other sin is a variation of theft...When you kill a man, you steal a life. You steal his wife's right to a husband, rob is children of a father. When you tell a lie, you steal someone's right to the truth. When you cheat, you steal the right to fairness."*

Take a moment to read that quote again. It rings true in our lives doesn't it? Stealing has taken on completely new forms with stealing music by burning a disc and giving it to a friend, stealing truth by editing Wikipedia, or stealing someone's peace of mind through a post about them on social media, whether it's true or not.

Why would we be tempted to steal? Do we need these things? Need is a VERY strong word by the way. If we take something from a store, was it something we truly needed? If we lie, did we really need the truth to remain hidden, or was it just to make things easier for ourselves?

So how can we make it right? Give back the things we stole. If we lied, tell the truth. If we cheated, confess and accept responsibility. If we took something, return it or pay for it. When we give back the things we stole, we get back something only we can restore: Honor.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do about the things you have stolen and address the temptation to steal?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 22 \_\_\_\_\_ DONE!

DAY 23 - Your Church

5 minutes - SILENCE

*Silence makes hearing easier. Remove the distractions. Get yourself set. Go.*

5 minutes - JOURNAL

*Write a few sentences about how you want today to go.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer.

A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need. They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.

Acts 2:42-47

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

Sometimes we get confused and think that the church is a place. Or we think the church is a building. Or we think the church can only happen if we have something scheduled and leaders there to run it and it is "official". The truth is most of the time, the church is us - being together, eating together, laughing and celebrating together, and enjoying hanging out.

And that is how the church grows - because who wouldn't want to be a part of a group of people like that?

What are the problems at your church? Every church has them. EVERY church. Why? Because churches are made up of people - like us. People aren't perfect and so the church isn't either. What a relief right?! Now we can stop waiting for our churches to be perfect! What a relief!

But what about the things that *can get better*? Can you think of one problem that couldn't be solved by loving each other more?

Wait a sec - think on that. So who does it start with? Us. Embrace the ways that things aren't perfect and love each other more - isn't *that* a perfect church?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you help your church this week?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 23 \_\_\_\_\_DONE!

DAY 24 - REST

5 minutes - SILENCE

*Quiet your mind. Silence your stuff. Calm your soul. Listen.*

5 minutes - JOURNAL

*Use the space below to write about what you are hearing from God lately.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

Mark 6:31

This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.

Isaiah 30:15

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

"I'm so busy! You wouldn't believe all the stuff I have to do! I feel like I don't even have time to eat!" Sound familiar? We are living in a world that is running faster and faster. The more we get done, the more there is to do. Sundays used to be a day when businesses weren't open and people took the opportunity to rest. Did you know that the US Postal Service now delivers on Sundays?! The mail on Sundays! Whaaaat?!

When did we decide that rest wasn't something we needed? In preschool they made us take naps - we would all be super down for that now right? How much rest do we take during a typical week? Do we really rest, or do we turn something on and let images and sound pour into our brain while we do our best not to think? The problem is the thing we are trying to rest, our brain, can't because it is literally still "on".

Rest happens when we go to a solitary place. Rest happens when we change the scenery. Rest happens when we are unavailable to help others solve problems. Rest is not just sleep. Rest is deeper than that. We need rest that helps us remember our priorities and our place in the world. Rest helps us look at our schedule and decide what to STOP doing so that we can START doing the most important things. Are you resting? We all need it. Oh, and eat something too.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How and when will you take time to rest on a regular basis?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 24 \_\_\_\_\_ DONE!

DAY 25 - PLAY

5 minutes - SILENCE

*Be quiet. Be still. Be undistracted. Be unplugged. Be ready.*

5 minutes - JOURNAL

*Write a few sentences about anything you want.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

*So whether you eat or drink, or whatever you do, do it all for the glory of God.*

*1 Corinthians 10:31*

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

There's not much written about how to play a game in the Bible. There are things written about not cheating, being honest, and having self-control, but nothing very specific about how to kick this playground ball coming at me from the pitcher in kickball or how to throw this ball so that I nail someone on the other team and we win the dodgeball tournament. Unless those other things, (not cheating, being honest, and having self-control ARE about playing...

The thing to keep in mind is that as believers, we are part of a bigger story. The WAY we play is what is important. It's not about playing full tilt, 100%, leave nothing on the floor kind of effort - it's about realizing that at some point the competition will end...and then what?

Did the way we play glorify God, or ourselves? I don't mean were we able to stand on the stage, hold the trophy and thank God for our ability - I'm talking about playing clean and losing when playing dirty could have gotten us a win. Being honest about who the ball went off of when it goes out of bounds. Knowing someone else is cheating...and giving them the ball anyway so that there is absolutely NO doubt when you win, you won *clean*.

Encouraging those who make mistakes is part of playing clean. Controlling your temper in competition is part of playing clean. Not arguing with officials is part of playing clean. Being humble when you win is part of playing clean. At the end of the competition is it possible that someone could look at us and say, "There's something about them. They are just so..." So that when they ask the question, "Why are you...like that?" God's bigger game plan kicks in.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will the way you play reflect the goal of God's bigger game plan?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 25 \_\_\_\_\_ DONE!

DAY 26 - KINDNESS

5 minutes - SILENCE

*This is time you set aside to listen, be still, and focus on God. Unplug and relax.*

5 minutes - JOURNAL

*Use the space below to write about how you've been feeling about you and God.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

We have been beaten, been put in prison, faced angry mobs, worked to exhaustion, endured sleepless nights, and gone without food. We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love. We faithfully preach the truth. God's power is working in us. We use the weapons of righteousness in the right hand for attack and the left hand for defense.                      2 Corinthians 6:5-7

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

"Kill them with kindness" is a phrase that originated in scripture. Romans 12 says:



*Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the Lord. Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads." Don't let evil conquer you, but conquer evil by doing good.*

The idea is to show those who have hurt us that when they are vulnerable, we will choose to be kind instead of cruel.

Being kind to those who are kind to us - no problem. Being kind to those who are not - a bit more challenging. Maybe more like super hard. Something inside of us yells, "I don't want to be a doormat" or "I can't let them walk all over me". But hang on a second - kindness is what we extend to our enemies when they are down, but what about when they're not? The scripture above shows pretty clearly that it isn't our job to *bring* them down and probably, if they are acting the same way to everyone else, they will bring *themselves* down. We are called to be kind when they are hurting, rather than take advantage of their pain to get some revenge.

Can we be kind to an enemy in pain? Do we have the courage to have our kindness rejected? Is it possible to turn an enemy into a friend? Try kindness, and see what God can do.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you show kindness to those it is most difficult to be kind to?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 26 \_\_\_\_\_ DONE!

DAY 27 - WHAT'S FUNNY

5 minutes - SILENCE

*Take a second and unplug from distractions. Slow it down. Use the time wisely.*

5 minutes - JOURNAL

*Write a few sentences about anything you want.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

Since you have heard about Jesus and have learned the truth that comes from him,<sup>22</sup> throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.<sup>23</sup> Instead, let the Spirit renew your thoughts and attitudes.<sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy. Ephesians 4: 21-24

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

What makes you laugh? When people fall? A one year old trying to eat birthday cake? A particular actor? A certain word? Is the laughter at someone else's expense? Are we most amused by the abuse of others? What makes what is funny, funny?

There are countless cameras in the world now and it seems that anytime someone is about to do something that may result in their total humiliation, everyone's phone comes out to capture the embarrassment live. There are now multiple shows that specialize in humor captured on camera and the host narrates the moment. But have we ever taken a step back and asked, "Why is that funny?"

Sexuality is something that can make us uncomfortable, especially when we don't understand its sacred, holy, and beautiful nature. Do we laugh at jokes that are sexual because they are funny or because we are uncomfortable talking about it in healthy ways? The same could be said about almost any topic - racism, politics, another gender, etc.

How do we say, "That's not okay" about a joke or attempt at humor that belittles, or abuses others? What if we just didn't laugh?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do about humor that is offensive?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 27 \_\_\_\_\_ DONE!

DAY 28 - CHECK-IN

It's time to check-in on your progress. Use the space below to either draw or write how you have changed since you began this journal.

On this side, write or draw how you hope to grow as The Spirit continues to shape you to be more and more like Christ.

Today's decision:  
How will you allow the Spirit into the parts of your life that you've kept private until now?

Day 28 \_\_\_\_\_ DONE!

DAY 29 - CALLED

5 minutes - SILENCE

*This time of silence is designed to focus your mind, slow your soul, and help you listen.*

5 minutes - JOURNAL

*Use the space below to write about what's on your mind today.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself." But if you are always biting and devouring one another, watch out! Beware of destroying one another. Galatians 5:13-15

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

A calling can shape a person's entire life...if they respond to it.

We're different. I don't mean different in a can't-stop-eating-glue kind of way - I mean we see things from a different perspective. By "we" I mean people who follow Jesus and are daily trying to be more and more like Him - we're different.

We're different because we are called to live in freedom - we are free because God loves us. God calls us to love ourselves without fear so that we can fearlessly give love away. It's a really beautiful calling: freedom to love each other without fear.

Some days living out this calling to love is harder than other days, right? The days when we are hurt by a friend, misunderstood by parents, treated unfairly by a teacher, or when we make unwise choices making our lives tougher - on those days, we are still called.

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

How will you live out your calling to love God and love others today?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 29 \_\_\_\_\_ DONE!

DAY 30 - WHAT'S NEXT

5 minutes - SILENCE

*As we have done, let us continue to do. Unplug. Prepare. Focus. Listen.*

5 minutes - JOURNAL

*Use the space below.*

5 minutes - STUDY SCRIPTURE *Read today's scripture a few times. Let it sink in.*

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding.

For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. May you always be filled with the fruit of your salvation—the righteous character produced in your life by Jesus Christ—for this will bring much glory and praise to God.

Philippians 1:6 & 9-11

*What do you think this scripture means? Use the space below to write your thoughts.*

5 minutes - THINK

You made it! Take a time out and have a 5 second party! Seriously! Go! I'll be here when you're done! (sounds of celebration)



Whether it took you 30 days or 300 days you made it to the last day in this journal and that means you get to start thinking about what's next. What's next in your spiritual growth is something you should definitely get some other people's guidance on but, hopefully you've gotten better at listening to what God is trying to say to you. So...you tell me, what's next?

Before you answer, remember that your spiritual life is a journey, not a destination. We aren't looking to arrive a particular end-game, finished product, or completion...at least not while we're breathing. So don't worry about being a spiritual giant.

Just keep focused on the next step along the path. If you stumble on the way, you don't have to go back to the beginning - it doesn't work like that. You can't unlearn what you've learned right? All you have to do is stand back up and keep going or crawl or just barrel roll along the road...we've gotten off track... You get the idea - one step, one day, one moment at a time.

So, what's next?

5 minutes - DECISION: *It's decision time. Writing them down helps solidify them in our mind so use the space below to write down what you've decided.*

What will you do to keep this habit for the next 30 days?

5 minutes - ACCOUNTABILITY & PRAYER

*Call/ text your accountability partner to let them know your decision and ask them what you can pray for them today.*

PRAY

*Go the "Pray" section at the back of this journal and write down what you are praying for today. Pray for each one after you've written it down. Record any answers God reveals.*

Day 30 \_\_\_\_\_ DONE!

PRAY

<i>What you are praying about</i>	<i>Today's Date</i>	<i>Date Answered</i>	<i>HOW?</i>

PRAY

<i>What you are praying about</i>	<i>Today's Date</i>	<i>Date Answered</i>	<i>HOW?</i>