



SpirituallyHungry.com
Presents:

The 31 Day New Year's Challenge

**Work on Your
Resolution**

*With
God*



It's the beginning of a new year, and you want to make changes in your life, right?

Maybe you want to lose weight, or getting your finances under control. Perhaps, it could be working on your marriage or giving up smoking.

Every year we go through the annual cycle of resolutions as a society, and every year, by the third week of January most have quit their New Year's resolution, or at least faltered. Only the few survive and achieve their goals. And after failing, we usually think, "well there's always next year" or maybe "I'll give it another try in a few days or weeks."

What if I told you there could be more to your resolution? What if there was a way to achieve your goal through the power of God?

Yes, through the power of God!

That's what this challenge is all about - learning and depending on the power of God.

Do you know that God is deeply interested in you?

That His love for you knows no bounds!

Take a moment and think about how well you know this. How well do you live in this reality?

Part of God's love for you and me is depending on Him for your strength and guidance.

And that simply means we are not alone and we don't have to figure anything out on our own!

So journey with us this month as we, together as a people God, learn to turn to Him for help in our New Year's Resolution.

We have prayerfully crafted a guidebook that will help you in your journey with your New Year's resolution.

If you have done a Spiritually Hungry Challenge before, please note that this one is a little bit different.

Instead of daily challenges, this month will focus on **weekly challenges**. The purpose of a weekly challenge is to align your heart and mind on a single spiritual discipline for the entire week.

Spiritual disciplines are a great tradition of the Church that date back centuries. In short, they are simple ways to connect with God. The intention is not to master the technique, but rather use it as a means to find your way to God.

Should you be interested in learning more spiritual disciplines check out the fabulous resource *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. It's been my favorite resources for years, and an essential purchase for anyone interested in connecting to God.

In addition, this challenge includes **daily Scripture readings**. Some of these readings are longer passages, as the intention is for you to spend more time reading about the mighty acts and love of God as you learn to trust Him more.

After each verse(s) there will be guiding reflection point. Please use this reflection time as a chance to interact with God. Speak with Him about what you read and are thinking. Spending time in the presence of the Lord is an essential part of this challenge.

In addition, we again have **daily prayers** for you and a **printable calendar (p. 47)**.

And finally we have **two worksheets** for you. The first one is **entrance worksheet (p. 5-6)** that will help you align your head and heart to the challenge before you. The second one is an **exit worksheet (p. 45-46)**, designed to help you better process the challenge and where you will go from here.

We hope 2018 is an amazing year for you. A year filled with renewal, joy and peace. We wish you a year where you can grow deeper into your relationship with God. A year where you walk moment by moment in His presence and love.

Before you start...

We would love for you to stop and fill out the Entrance Worksheet to help prepare your heart and mind for the challenge. Again, you'll start off this challenge with the "Entrance Worksheet" and in order for you to process the challenge better, you will end the month with the "Exit Worksheet."

Entrance Worksheet

#1 - What about yourself are you hoping to change? Why do you want to change?

#2 - How do you think God can help you in your desire for change?

#3 - *Who is God to you?

****Note:** This is an important question, because who God is to you will drastically shape your ability to lean in on Him for change, or anything else for that matter. If you think about God as someone who is constantly watching you and waiting for you to slip up (which is not what God does!), it may be hard for you to go to a god like that for guidance, change and love.*

There are many ways we can project who God is. The best way to understand God is to open Scripture, primarily the Gospels, and learn about God and Jesus. That's not to say the rest of the Bible isn't important, it is! The Gospels are just a wonderful spot to dive into, because Jesus is the greatest revelation of who God is and what God is like.

Why the Gospels?

-Simple, Jesus came not only to die for our sins and offer us a way back to Him, He came to show us what God is like and what it looks like to be

a follower of Him. As you are reading ask the Holy Spirit to guide and illuminate who God is.

#4 - What do you think God's help in your change will look like?

#5 - Why do you think God is behind Your particular resolution?

(Hint: He is! Read: Matt. 7:7; Rom. 8:31; Matt. 7:9-11)

#6 - What do you hope for this month as you seek God in this way?

Week 1-Reflection with God

Your on-going challenge this week is to stop and reflect with God about the changes you would like to make in your life. Use your **ENTRANCE WORKSHEET** as a guide, which will help guide you through some reflection questions about you, your issue and God.

Throughout the week, your primary goal is to communicate and commune with God about what's going on with you internally. Spend this week constantly reflecting with God on your intended change.

What's really important here, is not to jump into changes yet. Although you may be feeling impatient to begin taking new steps towards bettering yourself, please remember that the most important thing is to make lasting changes - not quick fixes. Just take this week to get to know you, God, and the issue you're focusing on better.

Day 1

John 15:1-17 (NIV)

1 "I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.

3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

8 This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

9 “As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete. 12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this: to lay down one’s life for one’s friends. 14 You are my friends if you do what I command. 15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. 17 This is my command: Love each other.

After reading this Scripture: Reflect on the abundant gift it is to be grafted into God’s vine. Think about how much Jesus offers you, if only you abide in Him.

Prayer: *Lord, Help me to turn to You in this journey. As I begin to change my behavior, I ask that You help me think about this through Your eyes and Your love. Help me to process my thoughts and desires this week. Also, please help me to turn to You. Allow this week to awaken me to Your presence and depth of love for me. Amen.*

Day 2

Matthew 11:28-30

28 Come to Me, all who are weary and burdened, and I will give you rest. 29 Put My yoke upon your shoulders—it might appear heavy at first, but it is perfectly fitted to your curves. Learn from Me, for I am gentle and humble of heart. When you are yoked to Me, your weary souls will find rest. 30 For My yoke is easy, and My burden is light.

After reading the Scripture: Reflect on the unbelievable gift Jesus offers you. The gift of carrying your burden. How might You be able to unload in Jesus' arms what you have been carrying around?

Prayer: *Lord, Thank you for this opportunity to turn to you in my weakness. God, by doing so I know that true strength happens. Please, help me to rest in this knowledge as I journey with you on this road. Amen.*

Day 3

Jeremiah 32:16-24 (The Voice)

16 After I had given the deed of purchase to Baruch (son of Neriah), I prayed to the Eternal:

17 “Eternal Lord, with Your outstretched arm and Your enormous power You created the heavens and the earth. Nothing is too difficult for You.

18 You show loyal love *and endless mercy* to thousands. But You also allow the damaging effects of the parents' sins to fall into the laps of their children. You are the great and powerful God; the Eternal, Commander of *heavenly* armies, is Your *solemn* name. **19** Your instructions are great, and Your actions are too wondrous *for words*. You see all *that happens on this earth*; You know what everyone does,

and You deal with each fairly. **20** What miraculous signs and wonders You did in the land of Egypt! You continue to perform them for Israel and the rest of humanity to this day! You have made a great name for yourself *among the nations*, and we still remember *Your great works* today. **21** You rescued Your people Israel out of Egypt with *miraculous* signs and wonders—with a mighty hand and an outstretched arm, with a power too terrible *for words*. **22** *But You did not stop there, O gracious God.* Then You gave them this land, *the very land* You had promised to their ancestors, an *abundant* land flowing with milk and honey. **23** They entered this land and conquered it *as You led them*. But *even as they settled in*, they refused to listen to Your voice and live as You instructed. They rebelled against Your *entire* law. So You caused these disastrous consequences to fall on them. **24** Look! The siege ramps are built against the *walls of the* city. Soon the Chaldeans will begin the assault. Because of war, famine, and disease, the enemy will soon have control of the city. It is all happening as You said it would.

After reading the Scripture: Reflect on the goodness, power and trustworthiness of God.

Prayer: *God, Before I give anything up or change my behavior, help me to truly rest in You and find my guidance through You. This is tough for me, because waiting on You is not how the world operates. But it is how I want to live - because I know You know what is best for me. Help me to trust that and live in that! Amen.*

Day 4

Psalm 16:8-11 (NIV)

8 I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices; my body also will rest secure,

10 because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.

11 You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

After reading this Scripture: Reflect on the direction of God in Your life. Where might He be leading you?

Prayer: *Lord, As I prepare my heart and mind for changing my behavior, I ask that your divine will be clear to me. Help me to make this change a Holy change as I look to You for all of my strength and guidance. Allow your way of life rule in my thoughts and actions. Thank you for being there for me in this! Amen.*

Day 5

Mark 4:35-41 (The Voice)

35 The same evening, Jesus suggested they cross over to the other side of the lake. 36 With Jesus already in the boat, they left the crowd behind and set sail along with a few other boats that followed. 37 As they sailed, a storm formed. The winds whipped up huge waves that broke over the bow, filling the boat with so much water that even the experienced sailors among them were sure they were going to sink.

38 Jesus was back in the stern of the boat, sound asleep on a cushion, when the disciples shook Him awake.

Disciples (shouting over the storm): Jesus, Master, don't You care that we're going to die? 39 He got up, shouted words into the wind, and commanded the waves.

Jesus: That's enough! Be still!

And immediately the wind died down to nothing, the waves stopped.

Jesus: 40 How can you be so afraid? After all you've seen, where is your faith?

41 The disciples were still afraid, slowly coming to grips with what they had seen.

Disciples (to one another): Who is this Jesus? How can it be that He has power over even the wind and the waves?

After reading this Scripture: Reflect on the power Jesus has brought into your life. Do you have a hard time remembering that power when a storm rises in your life? Spend some time dialoging with God about this.

Prayer: *God, You are always there for me calming my storms. Help me to trust in You. Help me to see how You are in control of all. Help me remember who You are. I get scared so easily, Lord, and I forget who You are. Help me to remember, even when I am scared, Your loving presence and unbelievable power. I thank you for this, Amen.*

Day 6

Romans 8:28 (NIV)

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

After reading this Scripture: Reflect on the tremendous love of God. If God's love is a hard concept for you, then talk to God about opening your eyes to the reality of His love for you.

Prayer: *Almighty God, Thank you for never stopping believing in me. Sometimes, it's hard to grasp how much You love me, care for me and want my life to be better. Lord, I need more of this reality in my life. I need to understand more how much You pour your love over me. Help me to grow in this truth. Amen.*

Day 7

Genesis 1

1 In the beginning God created the heavens and the earth. 2 Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

3 And God said, “Let there be light,” and there was light. 4 God saw that the light was good, and he separated the light from the darkness. 5 God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.

6 And God said, “Let there be a vault between the waters to separate water from water.” 7 So God made the vault and separated the water under the vault from the water above it. And it was so. 8 God called the vault “sky.” And there was evening, and there was morning—the second day.

9 And God said, “Let the water under the sky be gathered to one place, and let dry ground appear.” And it was so. 10 God called the dry ground “land,” and the gathered waters he called “seas.” And God saw that it was good.

11 Then God said, “Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.” And it was so. 12 The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. 13 And there was evening, and there was morning—the third day.

14 And God said, “Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, 15 and let them be lights in the vault of the sky to give light on the earth.” And it was so. 16 God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. 17 God set them in the vault of the sky to give light on the earth, 18 to govern the day and the night, and to

separate light from darkness. And God saw that it was good. 19 And there was evening, and there was morning—the fourth day.

20 And God said, “Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky.” 21 So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. 22 God blessed them and said, “Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.” 23 And there was evening, and there was morning—the fifth day.

24 And God said, “Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind.” And it was so. 25 God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

26 Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,[a] and over all the creatures that move along the ground.”

27 So God created mankind in his own image, in the image of God he created them;
male and female he created them.

28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

29 Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.

31 God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

After reading this Scripture: Reflect on the power of God demonstrated through the created world.

Prayer: *Holy God, The Creator of all things, thank you for making me and this beautiful world I live in. Thank you for walking with me, for saving me and for making my life better. You care so deeply for me, that You want to walk with me in my current troubles. Sometimes I forget that. Lord, step with me in this journey of transformation and help me to lean on your strength, guidance and love. Amen.*

Week 2 Detachment

When we want to change something about ourselves, we're often only dealing with the surface issue.

For instance:

Losing weight is a surface issue - the weight gain was caused by something deeper. Do you go to food for comfort? Why is that? Is there a loss of comfort in your life? Or in childhood did you not properly learn how to use food? Are there certain points in your life you notice you eat more? Maybe a deeper layer to this issue is not being disciplined or it's gluttony.

Weight loss is just one challenge, and an easy one for this example, but almost all of the changes we desire are surface issues. Surface issues are important, but they are not the end goal. The end goal is always to have God penetrate the deepest crevices of our being.

For this week, we would like for you to turn to God so that you can name and confess the things that you are attached to that are more important to you than God.

Focus your attention on the change you would like to happen in your life. Look to God and speak to Him and ask Him for His guidance. Ask Him to make aware for you how this may be a surface issue of a deeper problem that you may not be aware of.

While it may seem scary that God would reveal a hidden problem, what lies in the dark is always much scarier. God's light is what we need, even though we may fear what He will unearth. Trust God in this process as He loves you and sees you through the lens of His perfect Son, Jesus.

If this is too terrifying for you, talk to God about that. Don't push yourself, but allow God to take the lead in this. There is no rush when it comes to God. Learn what a good parent He is in this, as He patiently and lovingly guides you through change.

As you begin to learn what you are attached to, take this in and fully explore it with God. Over this week, think about how you run to this attachment instead of running to God. There is no shame in this, but rather grace as God already knows you do this, you are just the one becoming aware. He loves you and wants you to be whole in Him.

Day 8

Deuteronomy 31:6-8 (NIV)

6 Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

7 Then Moses summoned Joshua and said to him in the presence of all Israel, "Be strong and courageous, for you must go with this people into the land that the Lord swore to their ancestors to give them, and you must divide it among them as their inheritance. 8 The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

After reading the Scripture: Reflect on the power God bestows on His followers. Heading into the Promised Land (and without Moses) was a very scary thing. But, God assured His believers, that He would never leave them. It is the same with you. Talk to God about how he can aid you in your desire for change.

Prayer: *God, As I transition from thinking about my problem to learning to detach from my problem, I ask that your wisdom directs me. Help me to feel confident in your direction. Make your voice recognizable and your way clear. Help me to have no doubt or confusion. Amen.*

Day 9

2 Timothy 1:7 NLT

7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

After reading the Scripture: Reflect on the power God gives His followers. The power not to live in fear, but the power to live through His strength and love by staying committed to Him and His ways.

Prayer: *God, Sometimes following you is really scary. It's scary because I really don't know the magnitude of Your strength and love. Help me to trust You and see that You really do love me just as I am. Help me to feel no shame, but rather grace. Help me to go where You lead me. Amen.*

Day 10

John 10:10 (NIV)

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

After reading the Scripture: Reflect on what Jesus is offering you - a new way of life. Cast your concerns on Him and allow Him to shape your heart, mind and actions.

Prayer: *God, The journey I am on is not an easy one. Changing behavior is always a hard thing. Help me to have grace and love on myself, even when I stumble or fall. Lord, help me to see myself the way You see me and that is full of love. Amen.*

Day 11

Psalm 46 (NIV)

1 God is our refuge and strength, an ever-present help in trouble.

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

3 though its waters roar and foam
and the mountains quake with their surging.[c]

4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

5 God is within her, she will not fall; God will help her at break of day.

6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7 The Lord Almighty is with us;
the God of Jacob is our fortress.

8 Come and see what the Lord has done,
the desolations he has brought on the earth.

9 He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields[d] with fire.

10 He says, "Be still, and know that I am God; I will be exalted among the nations,
I will be exalted in the earth."

11 The Lord Almighty is with us; the God of Jacob is our fortress.

After reading this Scripture: Reflect on the safety, power and love God is offering you.

Prayer: *God, Thank you for being there for me. Thank you for your love. Thank you for your guidance and wisdom. Lord, thank you for our relationship. God, I long to be closer to you. I do want to know You better and walk with you moment by moment. My life would look so different if I realized the power and love available to me every moment of the day. I pray that I can know You like this; know You like your son Jesus did on this Earth. Amen.*

Day 12

Psalm 34:4 (NIV)

I sought the Lord, and he answered me; he delivered me from all my fears.

After reading this Scripture: Reflect on the stability and trustworthiness of God.

Prayer: *God, It's not always easy to change, even when I turn to You. Help me not to become discouraged when I can't sense You or feel You. Help me to know no matter my feelings or thoughts, You are always there with me loving me. Amen.*

Day 13

Psalm 111 (NIV)

1 Praise the Lord. I will extol the Lord with all my heart in the council of the upright and in the assembly.

2 Great are the works of the Lord; they are pondered by all who delight in them.

3 Glorious and majestic are his deeds, and his righteousness endures forever.

4 He has caused his wonders to be remembered; the Lord is gracious and compassionate.

5 He provides food for those who fear him; he remembers his covenant forever.

6 He has shown his people the power of his works, giving them the lands of other nations.

7 The works of his hands are faithful and just; all his precepts are trustworthy.

8 They are established for ever and ever, enacted in faithfulness and uprightness.

9 He provided redemption for his people; he ordained his covenant forever— holy and awesome is his name.

10 The fear of the Lord is the beginning of wisdom;
all who follow his precepts have good understanding.
To him belongs eternal praise.

After reading this Scripture: Reflect on the providential nature of God. How might He be providing for you in your endeavor to change right now?

Prayer: *God, You are amazing! Simply amazing! Thank you for your strength; thank you for your kindness. Lord, I am so lucky to have You in my life, allow me to walk in this truth today. Amen.*

Day 14

Mark 10:27 (NIV)

27 Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”

After reading the Scripture, reflect on the power of God that He came overcome anything. How is this power realized in your life?

Prayer: *Perfect God, as this week comes to a close, I thank you for your light in my life. Continue to guide me Lord, in this process of change. Help me to trust You in this process, trust You for my strength. Let me rest in You. Amen.*

Week 3 Attachment:

After spending last week exploring what you are attached to, it's now time to detach from the behavior you wish to change, and instead attach to God in a new way.

Change is difficult, no matter what it is we are trying to change. We, humans, are creatures of habit and when something is engrained in us, it is hard to uproot it - but not impossible.

Change can happen with or without you utilizing the power, presence and love of God. However, as a child of a King, you are given access to the mighty strength and love of God. Not only do you have access, God wants you to turn to Him in this way (Matthew 11:28-30).

Below is an 8 step process that can help you work through change with God.

1. Acknowledge the problem to God.
2. Thank God for opening your eyes to the problem.
3. Resist the urge to feel shame, embarrassment and/or impatience to resolve it.
4. Return to God with the problem and ask Him to take it from you. Dialogue with Him about what's stirring in your heart and ask for help.
5. Leave the problem with God.
6. Rest in the goodness, mercy and love of God that He will handle your problem.
7. When you inevitably pick your problem up again, simply return to God and give it back over. Do not beat yourself up; this is the process of letting something go. You will pick it up again and again and lay it down again and again.

8. Be open to how God leads you in the process of letting go of your problem.

Handing something over to God isn't like waving a magic wand; it's acknowledging that God has the best plan for redemption. It's recognizing that He knows better than you and He is the only one who can handle this in the way that it needs handled. Often, when we give things over to God, He takes us on a journey to a deeper issue that needs His tenderness, truth and love; a place that needs healed. God is interested in that spot.

For a deeper understanding of this process we have a post dedicated to this topic: <http://spirituallyhungry.com/how-to-give-something-over-to-god/>

You are in a process - a slow-and-steady-wins-the-race kind of process. This is about you and God. Not God giving you what you want. It's about being with God, trusting God and growing in His goodness, truth and love. Because God wants much more for you than you could ever dream.

Spend this week exploring this process with God and getting your feet wet. Because now that you have spent time reflecting and thinking about the change you want to implement, it's time to start trying it out.

Remember change takes time!

A special note about the Scripture for this upcoming week:

For this week, we will look to some of Jesus' miracles for assistance in attaching to God. It should be noted, that God really does have the power to heal and change people's lives instantaneously. If we understand that God has the power to heal anyone and anything, then we can also recognize that it is up to Him whether people are healed or not. Everything He does is out of love and through His perfect plan. Please have hope in that! God is greatly concerned with you, whether healing comes or not, because ultimately healing will come

when death is defeated at Christ's return. The Good News is that God is with you right now, walking with you and offering His power and love to you.

Enjoy these amazing stories of Jesus' miracles in His ministry on earth. Seek comfort and understanding in a God that would come to a sin-drenched world and take on so much so that we could be restored, remarkable!

Day 15

Matthew 14:22-33 (NIV)

22 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. 23 After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, 24 and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

25 Shortly before dawn Jesus went out to them, walking on the lake. 26 When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

27 But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." 28 "Lord, if it's you," Peter replied, "tell me to come to you on the water."

29 "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. 30 But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

31 Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

32 And when they climbed into the boat, the wind died down. 33 Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

After reading the Scripture: Reflect on the power and magnitude of Jesus. How might Jesus be holding His hand out to you?

Prayer: *Lord, It's scary to change. It's frightening to let go of what I know so well and step into the unknown. However, I forget sometimes that I am not stepping out alone. Nor am I stepping into an unsafe place, I am going where You guide and where You are. Help me to trust in You even when I feel unsure or scared. Thank you for being there for me in this way, Amen.*

Day 16

John 9:1-12 (NIV)

As he went along, he saw a man blind from birth. 2 His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

3 “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. 4 As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. 5 While I am in the world, I am the light of the world.”

6 After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes. 7 “Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.

8 His neighbors and those who had formerly seen him begging asked, “Isn’t this the same man who used to sit and beg?” 9 Some claimed that he was.

Others said, “No, he only looks like him.”

But he himself insisted, “I am the man.”

10 “How then were your eyes opened?” they asked.

11 He replied, “The man they call Jesus made some mud and put it on my eyes. He told me to go to Siloam and wash. So I went and washed, and then I could see.”

12 “Where is this man?” they asked him. “I don’t know,” he said.

After reading this Scripture: Reflect on Jesus’ compassion. How has God shown you compassion in your life and maybe in your endeavor in this change?

Prayer: *Jesus, Thank you for your ministry on this Earth. Thank you for coming and emptying yourself so you could be like me. You understand me so well, because You know personally what this world is like. What’s remarkable is that You know how tough this world is and how cruel people can be and yet, you still came and healed. Help me to walk like you, even when I feel like the world is tough. Give me strength to take on your way and rest in You. Amen.*

Day 17

Luke 5:1-11 (NIV)

1 One day as Jesus was standing by the Lake of Gennesaret, the people were crowding around him and listening to the word of God. 2 He saw at the water’s edge two boats, left there by the fishermen, who were washing their nets. 3 He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

4 When he had finished speaking, he said to Simon, “Put out into deep water, and let down the nets for a catch.”

5 Simon answered, “Master, we’ve worked hard all night and haven’t caught anything. But because you say so, I will let down the nets.”

6 When they had done so, they caught such a large number of fish that their nets began to break. 7 So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

8 When Simon Peter saw this, he fell at Jesus’ knees and said, “Go away from me, Lord; I am a sinful man!” 9 For he and all his companions were astonished at the catch of fish they had taken, 10 and so were James and John, the sons of Zebedee, Simon’s partners.

Then Jesus said to Simon, “Don’t be afraid; from now on you will fish for people.” 11 So they pulled their boats up on shore, left everything and followed him.

After reading this Scripture: Reflect on the last part of this passage, vs.8-11. Why would Peter say such a thing? Jesus just performed a miracle for the benefit of Peter (and all those watching) and Peter hides in shame. How does Jesus respond?

Have you ever responded to Jesus in the same way? If so, what could you learn from this important interaction? Talk to Jesus about your discoveries.

Prayer: *Jesus, Sometimes I am really embarrassed by my behavior. I feel so small and insignificant next to you and it scares me sometimes. Help me to see You as a wonderful counselor, friend and lover of my soul. Help me to see You in joy, not fear or shame. Amen.*

Day 18

Mark 5:21-43 (NIV)

21 When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. 22

Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. 23 He pleaded earnestly with him, “My little daughter is dying. Please come and put your hands on her so that she will be healed and live.” 24 So Jesus went with him.

A large crowd followed and pressed around him. 25 And a woman was there who had been subject to bleeding for twelve years. 26 She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. 27 When she heard about Jesus, she came up behind him in the crowd and touched his cloak, 28 because she thought, “If I just touch his clothes, I will be healed.” 29 Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

30 At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?”

31 “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’ ”

32 But Jesus kept looking around to see who had done it. 33 Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth.

34 He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

35 While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. “Your daughter is dead,” they said. “Why bother the teacher anymore?”

36 Overhearing what they said, Jesus told him, “Don’t be afraid; just believe.”

37 He did not let anyone follow him except Peter, James and John the brother of James.

38 When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. 39 He went in and

said to them, “Why all this commotion and wailing? The child is not dead but asleep.” 40 But they laughed at him.

After he put them all out, he took the child’s father and mother and the disciples who were with him, and went in where the child was. 41 He took her by the hand and said to her, “Talitha kum!” (which means “Little girl, I say to you, get up!”). 42 Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished.

43 He gave strict orders not to let anyone know about this, and told them to give her something to eat.

After reading the Scripture: Reflect on the two stories presented: both of which feature people reaching out to Jesus for healing. They seek Him out and He heals. Reflect on the tenderness and goodness of God to respond to the needs of His people in this way.

Prayer: *Jesus, My breath is taken away at your tenderness, mercy and compassion. Oh, how You love those who seek You out! Lord, I am seeking You out, help me in my endeavors. Help me to overcome the problem that I carry. Help me to heal. I love you so much and thank you for always being there for me. Amen.*

Day 19

John 5:2-9 (NIV)

Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” Then Jesus said to him, “Get

up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked.

After reading this Scripture: Reflect on how Jesus sought this person out and asked him if he wanted to be healed. Why do you think Jesus did this and what might it tell you about Jesus you didn't know?

Prayer: *Jesus, You never cease to amaze me! Just as I thought, You respond to those who seek you out, and You also seek us out! Helping a helpless man like this is overwhelmingly compassionate. Help me to know your compassion better, to understand it more. I need Your love and tenderness in my life, I need to realize it more! Thank you for interactions like these. Amen.*

Day 20

Luke 24:1-8 (NIV)

1 On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. 2 They found the stone rolled away from the tomb, 3 but when they entered, they did not find the body of the Lord Jesus. 4 While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. 5 In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead? 6 He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 7 ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’ ” 8 Then they remembered his words.

After reading this Scripture: Reflect on the power of God to raise Jesus from the dead. How might this same power change your life in your current quest for change?

Prayer: *God, Thank you for your power and might. It's unbelievable what Jesus went through and still You remained in control! Even when things look bleak and hope is fleeting, help me to remember You have*

the power to raise the dead to life. Help me to see beyond my circumstances to Your vast and mighty Presence. I love you and thank you for You. Amen.

Day 21

John 20:30-31 (NIV)

30 Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. 31 But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.

After reading this Scripture: Reflect on all the things You don't know about God. It's overwhelming to read all the stories and interactions of Jesus in the Gospels, but it's only a mere account! There was so much more - too much to record! Allow your mind to wrap around that reality and praise God for how He works!

Prayer: *God, It's shocking to think for even a moment about all the things that you do which I have no clue about. You are so much bigger than I could ever imagine, yet in that grandeur, You are not too big to meet me where I am. Thank you for that! Thank you that You are a compassionate, loving God. A God who is deeply interested in His creation. Amen.*

Week 4- Rule of Life

Change only happens when one is intentional about it. Change is amplified when that same person becomes disciplined in the ways of connecting to and hearing God. That's what a Rule of Life is all about.

So what is a Rule of Life? Simple, it's an organized approach to walking with God.

Discipline isn't a fun thing for most people, myself included. However, it is a way to become organized, focused, and driven toward your goal.

Whether you realize it or not, you already have a Rule of Life. Sure, it may not be detectable to you, since you are not consciously following it. But you are living by a set of rules and guidelines.

Think for just a moment about all the rules you personally follow, such as what time you eat each day, or maybe even the fact that you don't have a set time to eat (which is also a rule). Other rules of life might be what time you go to work or get your day started, how you get to work, and what you do on the way to work. How you interact with other people, whether you watch TV a lot, or not at all - these are all rules you live by. Get the picture?

By aligning to a Rule of Life, you are stacking your deck for a favorable outcome. You are aiding yourself with a purposeful, strategic and holy plan for change.

How to craft a Rule of Life:

Set some time apart with God, talking to Him about the rules that will aid you in change.

Take the rest of this month to slowly craft your Rule of Life with God. Make sure you document your Rule and use it as a guide. Don't feel constricted by the Rule. Often times we start somewhere with God and He gently leads us to where He wants us to go. Be open to how God is speaking to you as you practice your Rule and change your Rule accordingly.

You need to think about your Rule of Life in context to the changes you want to make. The Rule of Life is more than simply addressing the primary symptoms of the problem you wish to change. The Rule of Life instead points to more holistic, overall changes to your lifestyle, places God at the center of that change, and as a result, provides you with greater support all around to make the desired change.

A Rule of Life includes both practical and spiritual changes. The two kinds of change are not separate, but rather closely aligned. A well-crafted Rule of Life will address both accordingly.

In order to help you better understand what your new Rule of Life might look like, here is an example.

Sample Rule of Life - Desired Change - Weight Loss

- I'm going to start each morning with God, focusing my thoughts and prayer around God's love for me.
- I'm going to eat breakfast every morning.
- After each meal, I'm going to take a moment to spend time with God, thinking about how God nourishes me more than food.
- I will eat snacks throughout the day that are healthy and well-portioned.
- I will make more effort to cook my own meals when possible.
- I will cut back on my consumption of sweets and frivolous calories.
- I'm going to drink water throughout the day.
- When things inevitably get tough and I want to break a rule, I'm going to stop and turn to God for power, guidance and love.

- I'm going to make more effort to walk more throughout the day.
- I'm going to make worship music a greater part of my lifestyle, and use commutes and downtime as an opportunity to worship God.
- I'm going to be kind to myself when I fail and ask God for help getting back on track.
It's not too tough or hard to create. Just think about what will help you achieve your goal and write it down. Think about practices that will also help you remember to connect to God through the change, like you see in the sample above.

For a comprehensive guide in creating a Rule of Life see: *Crafting a Rule of Life: An Invitation to the Well-Ordered Way* by Stephen A. Macchia

Day 22

1 Corinthians 2:4-5 (The Voice)

4 The sermons I preached were not delivered with the kind of persuasive elegance some have come to expect, but they were effective because I relied on God's Spirit to demonstrate God's power.
5 If this were not so, your faith would be based on human wisdom and not the power of God.

After reading the Scripture: Reflect on how the Holy Spirit imparts the power of God upon believers. How might this help you in your endeavor?

Prayer: *Lord, As I begin to craft my Rule of Life with You, help me to*

seek and hear Your guidance. Your way is made clear to me through my time spent with You. Help me to discern what is Your voice and what is not. I want to walk closely with You as my guiding light. Help me to be successful in this pursuit. Amen.

Day 23

Psalm 40:1-5 (NIV)

1 I waited patiently for the Lord;
he turned to me and heard my cry.

2 He lifted me out of the slimy pit, out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.

3 He put a new song in my mouth, a hymn of praise to our God. Many
will see and fear the Lord
and put their trust in him.

4 Blessed is the one who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.

5 Many, Lord my God,
are the wonders you have done, the things you planned for us.

None can compare with you;
were I to speak and tell of your deeds, they would be too many to
declare.

After reading this Scripture: *Reflect on the challenges of trusting God through difficulties. In hard times in the past, has your faith grown or faltered?*

Prayer: *God, Thank you! Thank you for the ability to trust in You, even though it can be hard sometimes. There is so much hope in You and my future is all Yours. I look forward to the day where I will get to be with You in a new way in Heaven. While I'm here on Earth, help me to awaken to Your presence which is always with me, even if I can't feel it. Amen.*

Day 24

Hebrews 11 (The Voice)

1 Faith is the assurance of things you have hoped for, the absolute conviction that there are realities you've never seen. 2 It was by faith that our forebears were approved. 3 Through faith we understand that the universe was created by the word of God; everything we now see was fashioned from that which is invisible.

4 By faith Abel presented to God a sacrifice more acceptable than his brother Cain's. By faith Abel learned he was righteous, as God Himself testified by approving his offering. And by faith he still speaks, although his voice was silenced by death.

5 By faith Enoch was carried up into heaven so that he did not see death; no one could find him because God had taken him. Before he was taken up, it was said of him that he had pleased God. 6 Without faith no one can please God because the one coming to God must believe He exists, and He rewards those who come seeking.

7 By faith Noah respected God's warning regarding the flood—the likes of which no one had ever seen—and built an ark that saved his family. In this he condemned the world and inherited the righteousness that comes by faith.

8 By faith Abraham heard God's call to travel to a place he would one day receive as an inheritance; and he obeyed, not knowing where God's call would take him. 9 By faith he journeyed to the land of the promise as a foreigner; he lived in tents, as did Isaac and Jacob, his

fellow heirs to the promise 10 because Abraham looked ahead to a city with foundations, a city laid out and built by God.

11 By faith Abraham's wife Sarah became fertile long after menopause because she believed God would be faithful to His promise. 12 So from this man, who was almost at death's door, God brought forth descendants, as many as the stars in the sky and as impossible to count as the sands of the shore.

13 All these I have mentioned died in faith without receiving the full promises, although they saw the fulfillment as though from a distance. These people accepted and confessed that they were strangers and foreigners on this earth 14 because people who speak like this make it plain that they are still seeking a homeland. 15 If this was only a bit of nostalgia for a time and place they left behind, then certainly they might have turned around and returned. 16 But such saints as these look forward to a far better place, a heavenly country. So God is not ashamed to be called their God because He has prepared a heavenly city for them.

17 By faith Abraham, when he endured God's testing, offered his beloved son Isaac as a sacrifice. The one who had received God's promise was willing to offer his only son; 18 God had told him, "It is through Isaac that your descendants will bear your name," 19 and he concluded that God was capable of raising him from the dead, which, figuratively, is indeed what happened.

20 By faith Isaac spoke blessings upon his sons, Jacob and Esau, concerning things yet to come.

21 By faith Jacob, when he was dying, blessed the sons of his son Joseph, bowing in worship as he leaned upon his staff.

22 By faith Joseph, at his life's end, predicted that the children of Israel would make an exodus from Egypt; and he gave instructions that his bones be buried in the land they would someday reach.

23 By faith Moses' parents hid him for three months after he was born because they saw that he was handsome; and they did not fear Pharaoh's directive that all male Hebrew children were to be slain.

24 By faith Moses, when he was grown, refused to be identified solely as the son of Pharaoh's daughter 25 and chose instead to share the sufferings of the people of God, not just living in sin and ease for a time. 26 He considered the abuse that he and the people of God had suffered in anticipation of the Anointed One more valuable than all the riches of Egypt because he looked ahead to the coming reward.

27 By faith Moses left Egypt, unafraid of Pharaoh's wrath and moving forward as though he could see the invisible God. 28 Through faith, he instituted the Passover and the sprinkling of blood on the doorposts among the Hebrews so that the destroyer of the firstborn would pass over their homes without harming them. 29 By faith the people crossed through the Red Sea as if they were walking on dry land, although the pursuing Egyptian soldiers were drowned when they tried to follow.

30 By faith the walls of Jericho toppled after the people had circled them for seven days. 31 By faith the prostitute Rahab welcomed the Hebrew spies into her home so that she did not perish with the unbelievers.

32 I could speak more of faith; I could talk until time itself ran out. If I continued, I could speak of the examples of Gideon, Barak, Samson, and Jephthah, of David and Samuel and all the prophets. 33 I could give accounts of people alive with faith who conquered kingdoms, brought justice, obtained promises, and closed the mouths of hungry lions. 34 I could tell you how people of faith doused raging fires, escaped the edge of the sword, made the weak strong, and —stoking great valor among the champions of God—sent opposing armies into panicked flight.

35 I could speak of faith bringing women their loved ones back from death and how the faithful accepted torture instead of earthly deliverance because they believed they would obtain a better life in the resurrection. 36 Others suffered mockery and whippings; they were placed in chains and in prisons. 37 The faithful were stoned, sawn in two, killed by the sword, clothed only in sheepskins and goatskins; they were penniless, afflicted, and tormented. 38 The world was not worthy of these saints. They wandered across deserts, crossed mountains, and lived in the caves, cracks, and crevasses of the earth.

39 These, though commended by God for their great faith, did not receive what was promised.

40 That promise has awaited us, who receive the better thing that God has provided in these last days, so that with us, our forebears might finally see the promise completed.

After reading the Scripture: Reflect on how God uses people to carry forth His plan and promise. The faith of these people is something to be admired and fostered.

Prayer: *God, Thank you for working with and through humanity - just ordinary people. It gives me such hope to know that I have purpose in Your kingdom. Open my heart to following You deeper and carrying forth Your message of hope, truth, love and grace. You have done extraordinary things through ordinary people, thank you for that hope today. Amen.*

Day 25

Psalm 23 (NIV)

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

2 When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.

3 Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.

5 For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.

6 Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord.

7 Hear my voice when I call, Lord; be merciful to me and answer me.

8 My heart says of you, "Seek his face!" Your face, Lord, I will seek.

9 Do not hide your face from me,
do not turn your servant away in anger; you have been my helper.

Do not reject me or forsake me, God my Savior.

10 Though my father and mother forsake me, the Lord will receive me.

11 Teach me your way, Lord; lead me in a straight path because of my oppressors.

12 Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations.

13 I remain confident of this:
I will see the goodness of the Lord in the land of the living.

14 Wait for the Lord;
be strong and take heart and wait for the Lord.

After reading this Scripture: Reflect on the security you have in God.

Prayer: *Lord, I often feel like I have to look out for myself alone that there is no one that has my best interest at heart. Open my eyes to the security You have provided me my whole life in good times and bad. I thank you. Amen.*

Day 26

Romans 8:31 (NIV)

31 What, then, shall we say in response to these things? If God is for us, who can be against us?

After reading this Scripture: Reflect on God's advocacy of your well-being. Do you truly recognize God's encouragement and guidance in your life?

Prayer: *God, Thank you for how interested you are in my well-being. To have such a powerful, all-knowing God come and tend to me in this way is outstanding. Thank you for the way You love me. Amen.*

Day 27

Psalm 90:2 (NIV)

Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

After reading this Scripture: Reflect on the greatness of God. How might His greatness be helpful in your journey of change?

Prayer: *God, You have always existed and You created everything including me. It's unbelievable how mighty and great You are! Help me to remember that as I face trials and go through the duties of the day - You are God. Amen.*

Day 28

Job 42:2 (NIV)

"I know that you can do all things;
no purpose of yours can be thwarted."

After reading this Scripture: Reflect on the supreme power of God that God accomplished what He sets out to do. What is God putting forth as goals for your life?

Prayer: *God, Wow You are amazing! I am so thankful for how You are showing me Your awesomeness and love. Help me to hear and see You more clearly. Help me to stay tethered to You. Amen.*

Day 29

Psalm 18:1-2 (NIV)

1 I love you, Lord, my strength.

2 The Lord is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold.

After reading this Scripture: Reflect on how God can be your strength.

Prayer: *Almighty God, Your constant power and might is unbelievable, so much so that I often forget just who You are and what You are offering me. Help me to see You in this lens, my shelter, my home. I want to tuck away in You, for You are safe and trustworthy. Thank you for loving me in this way. Amen.*

Day 30

Mark 14:36 (NIV)

36 “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

After reading this Scripture, reflect on Jesus' obedience to the Father. While things got real tough for Jesus, He was determined to stay in God's will and look what happened. Because of His obedience, Jesus brought us back to God, through His innocent suffering. Suffering is not in vein. How has God used suffering in your life and made it into something of redeeming value? If this hasn't happened for you, maybe walk back through your life with God and ask Him to reveal things you haven't realized before.

Prayer: *Jesus, Thank you for your obedience, even when your desires where to not travel down this road. I thank you for your ability to be selfless. I am a beneficiary in that selfless act and I thank you. Lord, help me to seek comfort in turning to You for guidance. While I may be scared to leave behind my way of doing things, I know Your way is ultimately better. Help me to grow confident in that. Amen.*

Day 31

Revelation 1:8 (NIV)

"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty."

After reading this Scripture, reflect on who God is in light of this little verse. How might your relationship with Him change if You grew in your understanding of Him in this way?

Prayer: *God, You were there when the humans first made such a mess and brought sin into the world. You will also be there at the end, when You claim victory over evil. You are a God that is endless, nothing is out of reach for You. Help me to grow into a deeper understanding of this. Amen.*

Final Prayer

God, Thank you for walking with me this month. I have learned a lot about You, myself and our relationship. This time has been precious, and even though change happens slowly, I am growing in the truth that You are with me always and love me unconditionally. Help me to go forth into the New Year with a renewed sense of purpose, identity and clarity. Amen.

Final Note

We hope that you had a good month - a month where you sensed a real change with how you see God interacting and loving You. We hope that your endeavors for change were and are successful.

February begins tomorrow and we have a new challenge we would love to offer to you - **The 28 Day Relationship Challenge**. This challenge is fostered through the definition of love as taught in 1 Corinthians 13. This challenge is intended for any type of relationship you may want to nurture. It may be a relationship with your child, a friend, spouse or parent. Let's together grow our relationships in the way Christ taught us through His perfect love. To check out our current challenges at **spirituallyhungry.com/challenges**.

***The Exit Worksheet Is On The Next Page.**

Exit Worksheet

#1 - What did you learn about yourself this month?

#2 - What did you learn about God this month?

#3 - What did you learn about how God works with us (you)?

#4 - What did you learn about what God wants for your future?

#5 - Did anything happen this month, that revealed your resolution may be deeper than you thought?

#6 - How might you continue with God on journey of change?

#7 - How has your Rule of Life helped you stay focused and connected to God?

#8 -Do you think your Rule of Life is sufficient? Does it need altered or adapted for the coming months?

#9 - Do you think this month has changed your relationship with God, if so, how and why?

***Printable Calendar is on the following page.**

Week 4: Rule of Life — January 22-31 — — Rule of Life — — January 22-31 — — Rule of Life