

MADE WHOLE: UNDISCIPLINED LIVES

HOW TO USE THIS DEVOTIONAL?

Each daily engagement is to help you begin your journey to freedom from feelings of helplessness and brokenness to living with hope and expectation for Wholeness.

There are three components to each day of the devotional. You are not prescribed to a time expectation. What you might realise is that the more you invest in thought, openness and truthfulness, the the greater will be the return on that investment of time. Note that in some instances you will read that there *is* a time frame. This is for those particularly challenging moments where overspending time could begin to detract from the process. The 3 components are built upon the acronym WIN - this is to reinforce what Jesus has made possible in seeing more wins than losses as you discover more of his thoughts about you!

WORD

Bible verses to focus thought

INTROSPECTION

Personal reflection or question that requires an open contribution from you

NEXT MOVE

The response required to take forward steps wisely and purposefully, like crossing a river over stepping stones - taking firm steps is necessary.

DAY 1

WORD

1 Corinthians 1:30

Romans 6:3

Romans 6:6

Romans 6:8-9

NEXT MOVE

Think on the scriptures above. Take a moment to become aware of your NEW Identity in Christ. Reflect on the knowledge of the Truth about you. Think about what actually happened to you at the cross and surrender to that truth. Write down truth statements about The New YOU. e.g [Name], you are now innocent! [Name], you are free from! [Name] you are no longer broken or helpless! [Name] you are dead to sin, alive to Christ.

INTROSPECTION

Changing an undisciplined lifestyle to rid yourself from guilt or shame by brut strength and willpower will only lead to frustration and disappointment. This has never been Gods plan or design. Breaking undisciplined lifestyles/sinful habits starts at surrendering your entire being to the Truth discovered in the depth and breath of Gods love for you. The word of God is light, and when we receive the word (entering our heart), it extinguishes darkness. Jesus, the light, has bought us: with it comes: Wisdom - insight into God's intentions concerning you. Righteousness - a new identity of innocence. Holiness - the display of this new life Redemption - restoration from brokenness.

NOTES

DAY 2

WORD

Galatians 2:20; Ephesians 1:4-6; 2:6; Colossians 2:11-13; 1 John 5:18-19a; 2 Corinthians 5:21

NEXT MOVE

With a grateful heart, and in your own words, thank God for your new life, your position in Him and that you are dead to sin (missing the mark). Ask Holy Spirit to remind you of your New Identity and New Life when those temptations or unhelpful patterns in life come against you. Take a moment to thank God that He is your strength.

INTROSPECTION

There is overwhelming joy that floods your soul in knowing that the old has been (note the past tenses) crucified with Christ. Your inclusion in his resurrection and ascension results in you being seated with Christ in heavenly places. Knowing that this is your position and authority in Christ enables you to demolish inaccurate lifestyles that bring damage. Instead, righteousness is your inheritance, not bad habits and undisciplined lifestyles.

NOTES

DAY 3

WORD

Romans 6:11
Ephesians 1:3-6;
Colossians 1:10;
James 1:23-25

NEXT MOVE

Ask Holy Spirit to show you what thoughts lead you to want to live the bad habit. Surrender that thought to Jesus and give Jesus an opportunity to minister to you; His love, freedom and acceptance. You may want to give time and not rush this exercise. Remember Jesus has taken your shame and guilt. Now it is your turn to confess the Truth about you. Ask Holy Spirit to help you respond according to your new Identity in the situation.

INTROSPECTION

As you submit your life according to the Word and are discovering the beauty of Christ in you, you will want to express it in your life. God's Spirit in you wants to create life giving habits. Confessing truth about you will lead to life giving actions reflecting the design and purpose of God in you. An undisciplined life is a life of restriction but a disciplined life in the Word of God reveals freedom.

NOTES

DAY 4

WORD

Romans 3:23-24;
Galatians 2:20;
2 Corinthians 5:14-17;
2 Peter 1:2-4

INTROSPECTION

Knowing that in Christ you have received all sufficiency and have received everything you need to live a Godly life, you can face bad habits or undisciplined lifestyles with confidence, bravery and courage. Your undisciplined life does not have power over you. Breaking a habit comes with consistency and vigilance of your identity in Christ.

NEXT MOVE

With Holy Spirit, take some time to write down what will be the first step you need to take that will help you stop the bad habit and then do it. `e.g. Deleting an app, setting an alarm, making an appointment for help.

NOTES

DAY 5

WORD

Colossians 2:13-15;
Ephesians 2:1-3;
1 John 1:5-10

INTROSPECTION

*Gods word is a powerful weapon that demolishes lies and old patterns in a persons life. With Holy Spirit you can craft new pathways of freedom and take courage to persevere with the Truth. Falling or failing may be part of the process but it doesn't have the power to disrupt your intimacy with God the Father. A common lie we have all believed in change is "I'm a failure and I can't do anything right", or, "I'll always be this way. What's the use?". Our weapon is the Word; nothing else, which helps re-align our thoughts and begin to change your actions.
(Phil 4:13; 2 Cor 5:17)*

NEXT MOVE

Consider for a moment the wonderful power of Gods Word working in you and thank Him. Pray these words with many others today, " Heavenly Father, thank you that I am more than a conqueror in Christ Jesus and when I fall you pick me up. Thank you for believing in me, loving me and that your Word enlightens me to my true design. In Jesus Name I pray. Amen!"

NOTES

DAY 6

WORD

*Matthew 6:10; Psalm 1:1-3;
37:23; 40:8; 86:11; 119:9,11;
Proverbs 2:20; Luke 5:5;
Ephesians 2:10; Colossians 3:1-2*

NEXT MOVE

For today, pause and be reminded of your amazing Father and take time to delight in Him - that is to think highly and happily. He is with you and in you and never leaves you. He holds your hand in your journey of new life. Celebrate this truth with someone you trust and make your choices according to Gods Word and your True Identity in Him, not by any other means.

INTROSPECTION

God is your hiding place, your safe place, your refuge. The Word tells us that He is our source of Life; He is our Fountain of Hope; He is our Joy; He is our strength. His Word is alive and powerfully at work in you to help your choices for life today.

NOTES

We would love to know how this bible plan has impacted your life however small or large, so send us your feedback, questions or to get in touch with one of our Made Whole Team by dropping an email to matt.france@doxadeo.org

All further information for our church, including other reading plans, resources, our "Request a Callback" feature and talks to go with this series can be found at www.ddcc.org.uk