

MADE WHOLE: DYSFUNCTIONAL BACKGROUNDS

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

Isaiah 53:5

INTROSPECTION

Jesus is our Prince of Peace. The Hebrew word for Peace is Shalom: which means - wholeness, nothing missing, nothing broken. This is what you receive because of Jesus. Whether you were wronged or you wronged someone, in Christ you have received wholeness from that which looks and seems broken into pieces. You are no longer need to carry brokenness in Christ. Immense release and joy is able to flood your soul with surrender to the truth that Jesus "bought and brought you" Peace.

NEXT MOVE

Take a moment with Holy Spirit to ponder and meditate on this Truth. Write down one or two things that cause you to think you are broken. Share it with Holy Spirit and let Jesus reveal to you the truth about you. Draw a line through the things you wrote down as a symbol that you are no longer broken by the past but Made Whole as you identify with Christ.

NOTES

DAY 2

WORD

2 Corinthians 5:16-17
1 Peter 2:9
Romans 4:25
Ezekiel 18:2-3, 20

INTROSPECTION

Living from and in Righteousness (the free gift we received from Jesus) we now have the privilege and right to know we were restored to goodness and rightness through him. In Christ our lives and futures no longer have to carry dysfunction, but instead, the opportunity to live with beauty and blessing. Being complacent with the statement "I will live with this, it's okay" is contradicting to the Word of God. What God has declared over you in Jesus is that you are a new creation, you are set free, you live life within grace.

NEXT MOVE

Take a moment to consider what you believe about this Truth. Does your belief align to the Truth? Surrender yourself to God with this prayer "Thank you Heavenly Father, you love me and see beauty in me. Thank you that I no longer live from brokenness but I choose to live from your Wholeness and righteousness in me. I am a new creation and My Future is blessed in You. Amen"

NOTES

DAY 3

WORD

Ephesians 4:32
Colossians 3:12-13

INTROSPECTION

The act of forgiveness has a very important role in finding freedom. Forgiving is not for the person who wronged you but is for YOU. Restoration and healing can start its journey but with unhealthy life habits can be brought to a halt/redirect life giving moments. By not forgiving, you imprison yourselves in a never ending cycle of damage which leads to bitterness and hurt. By forgiving you stop that power or influence on your life.

NEXT MOVE

Become aware of our Holy Spirit with you, in simple faith and with obedience to his word forgive those who have wronged you. In this moment receive Jesus's healing and His overwhelming love for you as He gently comforts you with His mercy and Grace.

NOTES

DAY 4

WORD

John 10:10, Romans 12:2-3,
2 Peter 3:17, Ephesians 4:23,
2 Corinthians 10:5,
2 Timothy 1:7

NEXT MOVE

Make some time today to be honest with yourself and reflect. Find scripture to fill your mind with, that will renew your thoughts with Truth. Call a trusted friend today to help you be reminded in this week of the truth you are declaring and remember, others in your life need to hear this message too!.

INTROSPECTION

Scripture shows us the Jesus came to give abundant life to us; this life is yours and the enemy's aim is to bring experiences of lack, death and brokenness. If the enemy can get it right for you to think any less of yourself and to devalue your worth or convince you that can never amount to anything, he is happy. Your value is not determined or given by others but by Gods opinion of you in Christ Jesus. With the help of Holy Spirit you can renew your thoughts and mind. This is an everyday spiritual discipline.

NOTES

DAY 5

WORD

James 1:21-25,
James 5:13-16
Romans 8:28
Ephesians 1:6

NEXT MOVE

Talk to God and give set aside time to hear his love you. Receive the strength of God as you walk toward a restored relationship. You may want to call a friend to pray with you (if at all possible), and to share about forgiving that person who wronged you, or, ask for forgives where you have wronged them. God is faithful to his word.

INTROSPECTION

God is passionate about your healing and restoration. He desires that you discover this wholeness. He is with you, in you, beside you and believes in you. You are Gods child. Christ has empowered you and given you the ability to take responsibility for life, with joy and by partnering with God. Jesus came to restore relationships and this is true for you, too. Perhaps you are experiencing just that and this could be a painful or numbing place to be?. Take courage as you share in God's ways knowing that He only desires the best for you.

NOTES

DAY 6

WORD

Genesis 2:16-17
Deuteronomy 30:19
Psalm 1:1-3
3 John 1:22

NEXT MOVE

Thank God today for the gift of speaking life, love and blessing over yourself, your future and the relationships in which you engage. Take on the challenge and write a letter to yourself on what Gods opinion says about you. Make time in the day to audibly share with family and friends the blessings of God.

INTROSPECTION

In life we get the privilege of speaking blessing over our relationships, our life and our future. We learn in Scripture that our words have power, which we experience the affect of regularly in our lives. The power of choices we see in Matt 6:33, " seek first the Kingdom of God", and Col 3:1-3, "set your hearts and mind on things above" demonstrate that it is our choice to use the words we speak and the mindsets we carry. Gods perspective is always for life and to fulfil His word.

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