

STUDY SHEET – LESSON 1

This Lesson's Verse:

“For we are His masterpiece, created anew in Christ Jesus so the good He planned for us long ago would be our way of life.” (Ephesians 2:10, Lamb)

Day 1 Reflection

What thoughts and emotions did you experience as you read through this lesson?

Additional study passage: Psalm 139:14

Day 2 Reflection

How much or how often have you felt worthless in your life? What is the worst that it got? *Additional study passage: Psalm 88:15*

Day 3 Reflection

Can you look back to a time, a person, or a situation where you were shown or were able to see a worthiness you didn't usually feel? Describe that. What did you do with that at the time? *Additional study passage: Philippians 4:8*

Day 4 Reflection

What other effects has a sense of worthlessness had in your life? What are your thoughts on that now? *Additional study passage: Romans 8:5-6*

Day 5 Reflection

What do you think the effect will be in your life when you are able to fully believe the message from this lesson? *Additional study passages: Psalm 25:2; Psalm 91:2*

Day 6 Reflection

What difference do you think it would make in the world if more people understood and believed this “inherent worth” message? *Additional study passages: Ecclesiastes 9:18; John 14:27*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 2

This Lesson's Verse:

"For I know the plans that I have for you," declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope.'" Jeremiah 29:11 (NASB)

Day 1 Reflection

What picture do you have in your mind of what your life will look like when it has been built on the sure foundation discussed in this lesson? *Additional study passage: 1 Corinthians 3:11-15*

Day 2 Reflection

What is your understanding of the encouragement and counsel to "receive Christ?" *Additional study passages: John 1:12-14; John 3:36*

Day 3 Reflection

How do you deal with feelings of guilt and shame in your life? *Additional study passage: 2 Corinthians 7:9-10*

Day 4 Reflection

When you think about repentance, describe what comes to mind. What do you think a life given to repentance would look like? *Additional study passages: Matthew 3:7-8; Acts 26:19-20; Ephesians 5:8-20*

Day 5 Reflection

As you have read through the lesson, what did you decide to do with the counsel to "receive Jesus" and surrender to God? What do you think the result of that decision will be? *Additional study passages: John 8:31-32, 36; 1 John 1:5-9*

Day 6 Reflection

In applying the Gospel every day to your life, how do you think you will be able to know how you are doing as time goes on? What do you think is the best way for you to manage that? *Additional study passage: Galatians 5:13-24*

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STUDY SHEET – LESSON 3

This Lesson's Verse:

For the word of God is living and active and sharper than any double-edged sword, piercing even to the point of separating soul from spirit, and joints from marrow; it is able to judge the desires and thoughts of the heart. (Hebrews 4:12 NET)

Day 1 Reflection

Aside from examples like brushing your teeth or driving your car, what other instances are there in your life where you do things that are almost second-nature? *Additional study passage: Romans 8:5-6*

Day 2 Reflection

Explain why a person who lives by God's principles might expect to be successful in life. *Additional study passage: Psalm 15:1-5*

Day 3 Reflection

What is the one area in your life you would most like to change? Transformational change takes time and effort: Are you willing to do the work necessary to accomplish that change? *Additional study passage: Galatians 5:13-26*

Day 4 Reflection

Why would positive, healthy change be impossible without Christ's help? *Additional study passage: John 15:4-5*

Day 5 Reflection

Why is real and permanent change in our lives not likely to happen immediately and only happen over time, if we are willing to do the work change requires? *Additional study passage: Matthew 13:31-32*

Day 6 Reflection

Why would it be important during this season of life-change to saturate our mind with the affirmative, positive passages from God's Word rather than the negative passages? *Additional study passage: Philippians 4:8*

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STUDY SHEET – LESSON 5

This Lesson's Verse:

“God is not a man, that he should lie; nor a human being, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not make it happen?” (Numbers 23:19, NET)

Day 1 Reflection

In your relationships with others in your life, on what have you most often based your trust in them? *Additional study passages: Psalm 40:4; 62:8-9*

Day 2 Reflection

What promise have you discovered in God's Word that is most significant for you - the one you are clinging to and counting on the most? *Additional study passages: Genesis 28:15; Matthew 24:34-35*

Day 3 Reflection

What obstacles do you face in your life that make it difficult for you to believe and trust in God? *Additional study passages: Exodus 3:11; 4:1, 10; 14:10-12*

Day 4 Reflection

What do you think the impact would be in our lives if we did not trust that God kept His promise that our identity and salvation are secure in Christ? *Additional study passage: Galatians 3:1-7*

Day 5 Reflection

What passages of Scripture have you collected in your arsenal to combat the lies that would cause you to not trust God in every situation and circumstance? *Additional study passages: Joshua 1:5-9; Psalm 1*

Day 6 Reflection

What are the possible benefits to us and others, both now and for eternity, of us having and sharing our faith and trust in Christ? *Additional study passage: 1 Thessalonians 5:8-11*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 6

This Lesson's Verse:

“My heart rejoices and I am happy; my life is safe. You will not abandon me to the place of Death; You will not allow your faithful follower to even see the Pit.”
Psalm 16:9-10 (Lamb)

Day 1 Reflection

Which of the two essential disciplines for constructing and maintaining your **Ladder-Bridge of Faith** do you think is going to be your greatest challenge? Why?
Additional study passage: Isaiah 40:28-29

Day 2 Reflection

When considering the first six of the twelve rungs and planks in your Ladder-Bridge of Faith, which do you believe to be your strongest, and which your weakest? Please explain. *Additional study passages: 1 Thessalonians 5:16-24*

Day 3 Reflection

What is your action plan (so far) for strengthening your weakest tread? *Additional study passage: Psalm 119:9-16*

Day 4 Reflection

Why is it important when we are involved in this type of a program that we choose our companions, our activities, and even the conversations we take part in, with great care? *Additional study passages: Matthew 16:11; 1 Corinthians 15:33; Galatians 5:7-9*

Day 5 Reflection

What are some of the attitudes and influences in the world around you that seem to undermine your faith in God? *Additional study passage: Galatians 5:19-21*

Day 6 Reflection

As you have progressed through the lesson this week, what have you discovered about God and about yourself? *Additional study passages: Lamentations 3:40; Isaiah 55:7; 2 Corinthians 3:18*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 7

This Lesson's Verse:

“The Lord says, ‘Because he is devoted to Me, I will deliver him; I will protect him because he is loyal to Me. When he calls out to Me, I will answer him. I will be with him when he is in trouble; I will rescue him and bring him honor.’” Psalm 91:14-15

Day 1 Reflection

When considering the last six of the twelve treads in your Ladder-Bridge of Faith, which do you believe to be your weakest? What makes you believe this? *Additional study passages: Psalm 119:73, 133*

Day 2 Reflection

As you have been saturating on Scripture to strengthen whichever was weakest for you of the first six treads (last lesson), what have you experienced and what are your thoughts so far? *Additional study passage: 1 Thessalonians 5:16-24*

Day 3 Reflection

What do you think will be the outcome of making strong the treads that are weak now? *Additional study passages: Proverbs 2:6-9; Luke 16:10*

Day 4 Reflection

How are you doing with being more selective of the conversations, situations, and relationships you are investing and involving yourself in? *Additional study passage: 2 Corinthians 6:14*

Day 5 Reflection

What are the most difficult mental “but’s” for you to overcome in this portion of your journey to freedom? *Additional study passage: James 1:5-6*

Day 6 Reflection

As you have progressed through the lesson, what more have you discovered about God and about yourself? *Additional study passage: Isaiah 55:6-9*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 8

This Lesson's Verse:

For God has not given us a spirit of fearfulness, but a spirit of power, of love, and of a sound mind.” (2 Timothy 1:7, Lamb)

Day 1 Reflection

What have you learned from this lesson about your own tendency toward anxiety and where it comes from? What thoughts and emotions did you experience as you read the lesson? *Additional study passage: Matthew 6:25-35*

Day 2 Reflection

Explain why anxiety can so quickly and easily overtake a person's life. *Additional study passage: James 1:5-7*

Day 3 reflection

When anxiety rises up and begins to dominate a person's life, what is going on in their heart? What is the solution? *Additional study passages: Matthew 14:22-33; Philippians 4:6-7*

Day 4 Reflection

What is it that causes *you* to be anxious? What are you committed to doing in order to get free of it? *Additional study passage: 1 Peter 5:5-7*

Day 5 Reflection

Why is real and permanent change in this area of our lives not likely to happen without employing the “Two Keys” (see Goal 1) that unlock God's solutions for anxiety and doubt? *Additional study passages: Psalm 119:105-107; John 15:5*

Day 6 Reflection

Which passages from this lesson did you find the most challenging? Which did you find to be the most encouraging? How can these help you going forward? *Additional study passages: Psalm 51:1-2; Psalm 119:137-144*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 9

This Lesson's Verse:

“For the mind saturated with the things of the flesh results in condemnation and death, but the mind saturated with the things of the Spirit results in life and peace.”
(Romans 8:6, Lamb)

Day 1 Reflection

When do you find yourself normally making decisions: When you are emotionally frazzled, when you are emotionally elated, or when you are balanced and calm?
Additional study passage: James 3:13-18

Day 2 Reflection

Can you remember making a *wise* decision while you were excessively emotionally high or while you were emotionally depressed? Can you remember making an *unwise* decision under either of those conditions? Explain. *Additional study passage: 1 Samuel 12:21*

Day 3 Reflection

Why would it be foolish to make important decisions or have important conversations when we are emotionally too high or too low? *Additional study passage: Psalm 25*

Day 4 Reflection

What are some of the conditions in life and society that can easily create unstable emotions for you? *Additional study passages: Romans 1:18-32; Galatians 5:19-21*

Day 5 Reflection

Considering what you know about the nature of God so far, why would stable emotions and a sound mind be important for having a close relationship with Him?
Additional study passage: Job 28:12-28

Day 6 Reflection

Share your thoughts on why a “Safe Zone” life would be a benefit in improving your relationships with the people in *your* life. *Additional study passage: Romans 12:9-21*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 10

This Lesson's Verse:

“You will keep in perfect peace and safety those who maintain their faith, because they trust in You.” (Isaiah 26:3, Lamb)

Day 1 Reflection

What, if any, common thread have you found running through the things that drive you out of the “Safe Zone” - either up or down? What are your thoughts on that?

Additional study passages: James 1:5-6; Jeremiah 17:7-9

Day 2 Reflection

What passages of Scripture did you find (both last Lesson and this) that helped you get back into your Safe Zone, that place where you are mentally, emotionally, and spiritually balanced? *Additional study passages: Psalm 9:10; 28:7*

Day 3 Reflection

When making important decisions or having important conversations, why do you think it is best to do so only when you are in your Safe Zone? *Additional study passage: Psalm 131:1-2*

Day 4 Reflection

What are some of the things you struggle with the most and that drive you most easily out of your Safe Zone? *Additional study passages: Psalm 30:1-5; Isaiah 30:15*

Day 5 Reflection

Considering what you know about the nature of God, why would it be so easy sometimes to forget what you know and surrender to the emotional triggers? *Additional study passage: Job 8:11-14*

Day 6 Reflection

Share about the benefits you hope to find as a result of mastering living in the Safe Zone as much as possible. *Additional study passages: Psalm 37:37; 2 Corinthians 13:11*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 11

This Lesson's Verse:

“For those who live according to the flesh have their outlook shaped by the things of the flesh, but those who live according to the Spirit have their outlook shaped by the things of the Spirit. (Romans 8:5)

Day 1 Reflection

When you consider your “mental diet,” what are the good and bad effects of what you are putting into your mind? What do you think the long-term effects are going to be on your life? *Additional study passage: Matthew 15:18-20*

Day 2 Reflection

What are some positive decisions and steps you can make to improve your “mental diet?” *Additional study passages: Philippians 4:8; Colossians 3:1-2*

Day 3 Reflection

At the end of the day, how much do you tend to dwell on reviewing the wrongs others have committed against you? How much do you dwell on your own “failings” of the day? *Additional study passage: Psalm 4:8*

Day 4 Reflection

When you think of your earliest childhood memory, what do you experience? What impact has it had on you over the years, and what influence does it have on your life now? *Additional study passage: Deuteronomy 5:9-10; 29*

Day 5 Reflection

As you learn to identify and surrender (put off) the old ways of thinking and behaving, what do you think you need to have and do that will help you replace those (put on) with what God's best is for your life? *Additional study passage: 2 Peter 1:2-8*

Day 6 Reflection

How do you think you are doing at gaining control of your thinking and your emotions? What tools do you believe are helping the most? What are the strongest skills you find yourself developing? *Additional study passage: Psalm 1*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 12

This Lesson's Verse:

“Our battle is to bring down every deceptive imagining and every prideful argument erected against the true knowledge of God. We fight to trap every thought and cause it to surrender to the authority of Christ. (2 Corinthians 10:4b-5, Lamb)

Day 1 Reflection

When you consider your “mental diet” for this week, what have you changed since beginning this journey? What effects have you seen that make on your life? *Additional study passages: Romans 6:6, 12-15*

Day 2 Reflection

What are some additional positive decisions and steps you can make to improve your “mental diet?” *Additional study passages: Philippians 4:8; Colossians 3:1-2*

Day 3 Reflection

As you look to incorporating the RMC more consistently in dealing with the destructive patterns of your life, what thoughts and emotions do you experience? Please discuss. *Additional study passages: Psalm 119:81; 114; Isaiah 30:19*

Day 4 Reflection

What do you see as your greatest challenge(s) in breaking free from the destructive patterns of your life? What is your greatest victory so far? *Additional study passage: Romans 8:31-39*

Day 5 Reflection

As you learn more and more to identify the lies you have believed and surrender to the truth, what are some of the ways you think you can share these blessings with others in your life? *Additional study passage: Galatians 6:1-2*

Day 6 Reflection

Now that you've gotten to the end of the core lessons in this material, what other things do you feel a need to understand more fully from God's perspective? *Additional study passages: Isaiah 55:8-9; Jeremiah 9:23-24*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 13

This Lesson's Verse:

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the life-giving Spirit in Christ Jesus has set you free from the law of sin and death. Romans 8:1-2 (NET)

Day 1 Reflection

Share what you experienced as you read through this lesson. *Additional study passages: 2 Corinthians 7:10; 1 Peter 2:5*

Day 2 Reflection

What are some of the most frequent “shoulds” that you saturate with? How valid do you still think those are? What effect do you see this having on your sense of God and of yourself? *Additional study passage: Psalm 19:14*

Day 3 Reflection

On a scale of 0 to 5, with 5 being the heaviest, how heavy a burden do you see “Shoulding” and toxic shame being in your life? What, if any, plan do you have to change that? *Additional study passages: Psalm 19:14; 119:17-24*

Day 4 Reflection

When you think of the sins you have committed and the evils you have suffered, how clear are you on who is responsible for what? Explain. *Additional study passages: Romans 8:1-2; 14:12; 2 Corinthians 5:10*

Day 5 Reflection

As you learn to identify and surrender the toxic shame and “Shoulding” that you’ve lived with for so long, what do you believe the results might look like? *Additional study passage: John 8:36*

Day 6 Reflection

What do you believe is your best course of action for you (or anyone) if you find yourself falling into the trap of Shoulding yourself and resurrecting toxic shame? *Additional study passages: Psalm 139:23-24; 1 Corinthians 4:3-5*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 14

This Lesson's Verse:

“Be kind to one another, tender-hearted, forgiving one another, just as God in Christ also has forgiven you.” Ephesians 4:32

Day 1 Reflection

Share what you learned about forgiveness in this lesson. *Additional study passages: 2 Timothy 2:13; 1 Peter 3:18a; 1 John 1:9*

Day 2 Reflection

Can you clearly see that you have experienced “Judicial” forgiveness from God? *Additional study passages: Psalm 103:12; Jeremiah 15:19a*

Day 3 Reflection

What are your thoughts about the differences made in the lesson between “Internal” and “Relational” forgiveness? *Additional study passages: Isaiah 59:1-2; Matthew 6:14-15*

Day 4 Reflection

What are some of the most difficult “Internal Forgiveness” challenges that you face right now? Explain. *Additional study passages: Exodus 10:16; Psalm 51:3-4; Romans 3:23*

Day 5 Reflection

Have you pushed yourself or been pushed by others to Relationally Forgive in inappropriate ways? Explain. *Additional study passage: John 8:36*

Day 6 Reflection

If you have surrendered your heart and life to Christ, and He is both Lord and Savior to you, what do you do with the old feelings of guilt when they come up? *Additional study passages: Romans 6:23; Ephesians 2:1-10; Colossians 1:21-23a*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 15

This Lesson's Verse:

“Do not be deceived. God will not be made a fool. For a person will reap what he sows, because the person who sows to his own flesh will reap corruption from the flesh, but the one who sows to the Spirit will reap everlasting life from the Spirit.”
Galatians 6:7-8 (NET)

Day 1 Reflection

When you are faced with guilt and shame for something you have done, what is your normal way of dealing with that? *Additional study passages: Ezekiel 18:30-32; 2 Peter 3:9*

Day 2 Reflection

This lesson deals with taking responsibility for our own choices and actions. What is God's view on us following through on our commitments if we decide later that it is too inconvenient or difficult to do so?" *Additional study passages: Numbers 30:1-2; Matthew 5:37*

Day 3 Reflection

Explain why shifting blame to others does not relieve you of the responsibility for your own actions. *Additional study passage: Genesis 3:1-9*

Day 4 Reflection

Tell how we can turn our blunders and our wrong choices into benefits in our lives and in the lives of others. *Additional study passage: Luke 19:2-10*

Day 5 Reflection

When we refuse to accept responsibility for our actions, when we go against what God has said His will is, we sacrifice many blessings God has promised those who live in loving obedience. Describe what this has looked like in your own life. *Additional study passage: Psalm 10*

Day 6 Reflection

What is one key responsibility God has charged you with that, in accepting it, will make the greatest difference in your life? What are you doing about that? *Additional study passages: Matthew 7:23-27; Ephesians 4:25-32*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 16

This Lesson's Verse:

“So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own. Matthew 6:34 (NET)

Day 1 Reflection

How have you normally dealt with problems in the past? How is that changing for you? *Additional study passages: Job 5:6-9; Psalm 10*

Day 2 Reflection

What is your emotional state when faced with a difficult situation? What does it need to be if you are going to face it and handle it with God's best solution? *Additional study passages: Psalms 42:5; Psalm 91*

Day 3 Reflection

Explain some of the reasons why God would be unwilling to become involved in our anticipated or imagined problems. *Additional study passage: Philippians 4:6-7*

Day 4 Reflection

Tell how we, by being godly problem-solvers, can turn our problems into pluses in our lives and in the lives of others. *Additional study passages: 2 Corinthians 4:16-18; Philippians 4:9*

Day 5 Reflection

Explain how we harm those close to us when we do not deal wisely and responsibly with our problems. *Additional study passage: Jonah 1:1-12*

Day 6 Reflection

Describe a situation where you believe you dealt with a difficult situation in a wise and responsible manner. Was there a sense of satisfaction at being a successful problem-solver? Explain. *Additional study passages: Psalm 27:1-3; Philippians 1:6*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 17

This Lesson's Verse:

“Do not forsake wisdom, and she will protect you; love her, and she will guard you. Wisdom is supreme – so develop wisdom, and whatever you acquire, acquire understanding!” Proverbs 4:6-7

Day 1 Reflection

Which emotions most often cause you to make unwise choices? *Additional study passages: Proverbs 14:30; 15:28; 21:4*

Day 2 Reflection

Why do you think God gave humankind free-will? *Additional study passage: Deuteronomy 30:15-20*

Day 3 Reflection

How do you relate humanity's free-will to a person's freedom in Christ? *Additional study passage: John 15:1-16*

Day 4 Reflection

What do you consider the driving passions that led to Satan's disastrous choices in heaven? *Additional study passage: Isaiah 14:12-15*

Day 5 Reflection

Why is it so common for us to seek others to cosign and condone our actions when we know in our heart that we made the wrong (worst) choice? *Additional study passages: Job 15:34-35; Isaiah 1:23*

Day 6 Reflection

Since much of your life is shaped by the choices you make, what do you believe are the most significant things you can do to assure you make the best choices going forward? *Additional study passages: Joshua 1:8; Psalm 1*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 18

This Lesson's Verse:

“No one has greater love than this—that one lays down his life for his friends.”

John 15:13

Day 1 Reflection

What did you have confirmed by this lesson and what did you have shifted in your thinking by this lesson? *Additional study passage: Deuteronomy 30:15-20*

Day 2 Reflection

When you think of the people you most often call friends, how many of those people fit the definition from this lesson? What do you plan to do with that? *Additional study passages: Proverbs 14:30; 15:28; 21:4*

Day 3 Reflection

When you consider the healthiest relationships you are in, what is it that makes them healthy? *Additional study passages: Proverbs 13:20; Romans 12:10; Colossians 3:12-14*

Day 4 Reflection

When you consider the unhealthiest relationships you are in, what plan of action do you have for dealing with those better going forward? *Additional study passages: Proverbs 12:26; 22:24-25; 1 Corinthians 15:33*

Day 5 Reflection

What was the greatest disappointment you experienced while going through this lesson? Explain. *Additional study passages: Proverbs 18:24; Job 16:20-21; James 4:1-4*

Day 6 Reflection

What was the greatest encouragement you experienced while going through this lesson? Explain. *Additional study passages: Proverbs 17:17; 19:20; Ecclesiastes 4:9-10*

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STUDY SHEET – LESSON 19

This Lesson's Verse:

"A new commandment I give you, that you love one another; even as I have loved you, so you must love one another. By this all men will know that you are My disciples, if you love one another." John 13:34-35

Day 1 Reflection

When entering relationships, what do you give the most consideration to and why? How important do you think these things are to God and why? *Additional study passage: 1 Corinthians 13:4-13*

Day 2 Reflection

In reference to Question 1, do those things you consider important require “bonding” as defined in the lesson? Explain. *Additional study passages: Proverbs 17:17; 18:24*

Day 3 Reflection

What are some harmful emotions that cause us to put up shields and hinder us from bonding and forming close relationships with God or others? *Additional study passage: James 4:4-8*

Day 4 Reflection

What person do you most desire to form a stronger bond and healthier relationship with right now? Do you have shields up in your life and, if so, why are you reluctant to make yourself more vulnerable to that person? *Additional study passage: Philippians 2:1-4*

Day 5 Reflection

In your relationship with Jesus Christ, do you have shields up to protect yourself from Him? Explain. *Additional study passage: John 17*

Day 6 Reflection

What spiritual victories are necessary in your life before close bonding with Christ and others becomes more complete? *Additional study passage: 2 Peter 1:2-8*

Each day read the lesson for that week.

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STUDY SHEET – LESSON 20

This Lesson's Verse:

“See to it that no one comes short of the grace of God, that no one be like a bitter root springing up and causing trouble, and through him many become defiled.”
Hebrews 12:15

Day 1 Reflection

Do you see a correlation between any health problems and the way you have dealt with the problem relationships in your life? *Additional study passage: Psalm 6*

Day 2 Reflection

Explain why bitterness and anger can be detrimental to our spiritual as well as our physical health. *Additional study passages: Job 7:1-11*

Day 3 Reflection

Is there one person you have a relationship with that, were it to be made healthy, your emotional health would improve? Who is it and what is standing in the way? *Additional study passage: Psalm 64:10; Proverbs 24:16-18*

Day 4 Reflection

Explain how our approach to unhealthy relationships here on earth impacts our relationship with God and our eternity. *Additional study passages: Matthew 6:14-15; 20-21; 18:3-4*

Day 5 Reflection

Christ came to set us free and reconcile us in our relationship with God. Consider why a person who has poor relationships cannot be truly free. *Additional study passages: Galatians 5:1-2; 1 John 2:3-11*

Day 6 Reflection

What one attitude is most important in our relationships with others? Describe this attitude and how you are doing with developing it. *Additional study passage: 1 Corinthians 13: 1, 4-8*

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STUDY SHEET – LESSON 21

This Lesson's Verse:

“Do not avenge yourselves, dear friends, but give place to God’s wrath; for it is written, ‘Vengeance is Mine, I will repay,’ says the Lord.” Romans 12:19

Day 1 Reflection

List some of the ways you try to punish those at whom you are angry. *Additional study passage: James 4:1-7*

Day 2 Reflection

Tying this lesson together with the concept of “shielding” from Lesson 19, why do you think so many couples say that their relationship improves after a fight? Some believe that “making-up” afterward makes the quarrel worthwhile. Do you agree or disagree? Why? *Additional study passages: Colossians 2:8; 3:8*

Day 3 Reflection

Explain how pridefulness and anger are interrelated and what you have learned so far about God’s remedy. *Additional study passages: Psalm 10:2-4; James 4:6-10*

Day 4 Reflection

Picture a person controlled by anger, raging inside. What impact does that person and their anger have on others in their life? How likely are they to be someone others will want to follow? *Additional study passage: Colossians 3:8-10, 12-13*

Day 5 Reflection

Explain how unrighteous anger enslaves us and how it so easily makes us an object of shame and disgrace. *Additional study passages: Proverbs 12:16; 15:1; 19:19; 27:4*

Day 6 Reflection

What does God mean when He says, “Be slow to anger?” What do we need to “put on” in order to be able to be like that? *Additional study passage: James 1:19-20*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 22

This Lesson's Verse:

"I am able to do all things [that God asks of me] through the one who strengthens me." (Philippians 4:13; clarification added.)

Day 1 Reflection

Do you see yourself as focused on being successful or on being fruitful? Explain.

Additional study passage: Colossians 3:2-3

Day 2 Reflection

What accomplishments and flops in your life have contributed most to the value you place on yourself as a person? Additional study passages: *1 Samuel 16:7;*

John 7:24; 8:15-16

Day 3 Reflection

What person has most shaped your self-image? Why is that person's assessment of you so important in your life? What is the best thing you can do with what you see right now? *Additional study passage: John 15:1-17*

Day 4 Reflection

When you look at the "fruit-bearing" you are doing so far on this journey, what do you see? What would you like to see changed? *Additional study passage: Ephesians 4:25-32*

Day 5 Reflection

What new goals have you set for yourself as a result of this lesson? Where do you think you need to get started? *Additional study passages: 2 Thessalonians 1:11-12; Colossians 3:17*

Day 6 Reflection

In order of priority, what do you consider the two or three most important things you could focus on to cooperate with Christ in accomplishing His purpose in the world? *Additional study passages: 2 Peter 3:9; Romans 2:4*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 23

This Lesson's Verse:

“Therefore be very careful how you live – not as unwise but as wise, taking advantage of every opportunity, because the days are evil. For this reason do not be foolish, but be wise by understanding what the Lord’s will is.” Ephesians 5:15-17 (NET)

Day 1 Reflection

Give at least two solid reasons why a person with a poor knowledge of God’s Word will have trouble finding and following God’s will. *Additional study passages: Psalm 119:89-96; 97-104; 105-107*

Day 2 Reflection

When you look at the list of the priorities of your life, where does the Bible fall? Is this verified by your faithfulness to read and study it? *Additional study passages: Joshua 1:8; Psalm 1*

Day 3 Reflection

Explain why knowing God’s will and complete surrender to Christ are equally vital to a godly and fruitful life. *Additional study passages: John 5:24; 8:31-32; 14:23*

Day 4 Reflection

List any attitudes or influences in your life that hinder you from being at peace with Christ. What do you plan to do about those? *Additional study passage: Isaiah 48:17-18, 22*

Day 5 Reflection

The Holy Spirit already knows God’s will for your life. If you are a child of God, the Holy Spirit lives within you. What is a sure sign that you are in the center of God’s will for your life? *Additional study passage: Galatians 5:14-26*

Day 6 Reflection

Is there anything in your life you have been unwilling or felt unable to fully surrender to Christ? Is there something He is asking you to do that you have not done? Explain. *Additional study passages: Micah 6:6-8; Hosea 6:6*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 24

This Lesson's Verse:

"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light." Matthew 11:28-30

Day 1 Reflection

List the major emotions you expend the most emotional energy on most often. Is this emotional "investment" healthy, unhealthy, productive, unproductive, helpful, or hurtful? Explain. *Additional study passages: Psalm 37:7-8; Matthew 6:19-21*

Day 2 Reflection

List some of the godly goals you have for your life. How do you think mastering this lesson will help you reach those goals? *Additional study passages: Psalm 37; 1 Timothy 6:6-11*

Day 3 Reflection

List some activities in your life that cause an unhealthy drain on your emotional reserves. What could you change about your lifestyle to help stop this waste of emotional energy? *Additional study passage: Galatians 5:19-21*

Day 4 Reflection

In developing a close personal relationship with Christ, which activities are you finding require the expenditure of the most emotional energy? *Additional study passage: Psalm 15*

Day 5 Reflection

How do we inadvertently promote an unhealthy drain of emotional energy in others? What can you do to help others conserve emotional energy? *Additional study passage: Ecclesiastes 2:24-26*

Day 6 Reflection

Explain why leaving the outcomes of our efforts in God's hands would help us not grow weary in doing good, even when it would be draining otherwise. *Additional study passage: Galatians 6:1-10*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 25

This Lesson's Verse:

“Every good and perfect gift is from above, coming down from the Father of lights, with whom there is no variation or the slightest hint of change. By His sovereign plan He gave us new birth through the message of truth, so that we would be a kind of firstfruits of all He created.” James 1:17-18 (Lamb)

Day 1 Reflection

Why would you deliberately sabotage your life when you're doing well? Why would you feel drawn to return to the life you had before? *Additional study passages: Galatians 1:6-9; 5:1; 2 Peter 2:20-22*

Day 2 Reflection

What do you think God requires of you that you are unable to give Him or do for Him? *Additional study passage: Micah 6:8; Galatians 2:20*

Day 3 Reflection

List ways that you self-sabotage and make your own life difficult. What do you think your reasons are for doing so? *Additional study passages: Romans 8:5-8; 1 Thessalonians 5:9-10*

Day 4 Reflection

Do you have trouble receiving gifts? When someone gives you a gift simply because they care for you or pays you a compliment, how do you respond? *Additional study passage: Hebrews 13:15-16*

Day 5 Reflection

Looking back at the major changes in your life—both voluntary and involuntary—how long did it take and how difficult was it for you to adapt and become accustomed to those changes? The changes you've been experiencing in this program are ones you took on willingly. What are your thoughts on adapting to these changes? *Additional study passages: Psalm 55:16-19; Malachi 3:6*

Day 6 Reflection

When you consider the amazing purpose God has for your life, how willing are you to stick with His plan as He works it all out? What can you do to be more cooperative? *Additional study passages: Colossians 2:6-8; Colossians 3*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.

STUDY SHEET – LESSON 26

This Lesson's Verse:

“Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is: ‘Love your neighbor as yourself. There is no other commandment greater than these.’” Mark 12:30-31 (NET)

Day 1 Reflection

How was your understanding of “love” impacted by this lesson? What effect do you think this might have going forward? *Additional study passages: Luke 6:35; John 13:34-35; Romans 12:9-21*

Day 2 Reflection

What do you think God expects from you now? What you are going to have the greatest trouble being obedient to and why? *Additional study passages: John 14:15; Ephesians 4:32; 1 John 4:7*

Day 3 Reflection

Consider what the lesson taught about love in the marriage relationship. What are your thoughts about this? *Additional study passages: Romans 13:8; Ephesians 4:2-3; 5:25, 33*

Day 4 Reflection

When you consider the people who are most difficult-to-love in your life, what do you think God wants you to do about that? How willing are you? *Additional study passages: 1 Peter 1:22; 1 John 2:9-11; 3:1, 16-18*

Day 5 Reflection

Who in your life has shown you the most authentic love when you were most undeserving of it? What are your thoughts on that now? *Additional study passages: Psalm 55:16-19; Malachi 3:6*

Day 6 Reflection

Thinking about God's love for you and your love for Him, what changes do you believe you need to make in your relationship with Him and why? *Additional study passages: Psalm 31:16; 63:3; John 15:9-17*

Each day read the lesson for that week.

Record one blessing each day on your Progress Record.