

## **Our 12 Core Beliefs**

At Christ's Center Church, there are twelve Core Beliefs which have informed the way we live, pray, and minister to our community. They come in four categories:

### Beliefs about God

- God is a Good Father
- Jesus Christ is Savior & Lord
- The Holy Spirit is Active

### Beliefs about Mankind

- We are Sons & Daughters First
- Our Sin Separated Us from God
- We are Redeemed through Jesus Christ

### Beliefs about the Church

- The Church is God's family on earth
- The Church Exists to Glorify God on Earth
- The Church Seeks to Expand God's Family on Earth

### Beliefs about the Kingdom

- The Gospel of the Kingdom is the Only Hope for Mankind
- We are Called to Extend God's Kingdom
- The Kingdom of God is Already & Not Yet

These beliefs are not to be confused with a full statement of faith, which you can find at [ChristsCenter.com](http://ChristsCenter.com). Rather, they are guiding truths that we feel God has highlighted for our congregation. They are a part of our history, and a part of the passion we carry today.

## **About This Workbook**

Over the next three months, we will be preaching sermons on each of these Core Beliefs. This workbook (along with the second volume) is designed to be a companion to those sermons, and a daily devotional that explores each of our twelve beliefs in greater depth. We'll have daily scripture meditations, and ideas how to spend time with God each day. You don't have to use it, of course. Many people have their own preferred ways of spending daily time with God. But for those who would like to join us, we think this is a pretty good (and pretty easy!) way to do it.

Each week will begin with some introductory thoughts on the theme at hand, and will then convene to daily meditations by use of the S.W.O.R.D. method (see next page for details.)

## **Going Deeper**

For those who want to go beyond the S.W.O.R.D. Drill and have a little more time, the Going Deeper section can serve as a helpful short Bible study. For this part, you'll want to use your own Bible, highlighters, and journal. The instructions in this section are just suggestions, of course. Sometimes we will encourage you to read the surrounding chapter for proper context, and draw your attentions to various ideas. Sometimes we'll direct you to other resources: articles, discussions, videos, or podcasts that have helped to shape our beliefs. We encourage you to dive in and think deeply.

*For sermon videos or for more information, check out our website: [www.ChristsCenter.com](http://www.ChristsCenter.com).*

## What is The S.W.O.R.D. Drill?

The SWORD drill is a device for studying the Bible and incorporating it into our soul where it can be readily drawn upon when needed. This process involves the supernatural power of God's Word reaching our heart as opposed to simply giving us head knowledge. This practical tool can be used by anyone. The five steps are defined by the acronym S.W.O.R.D.

### **S** - Scripture

Read the **SCRIPTURE**. Then read it again, only slower. Don't rush through any of it. Let the words sink in. Then, write the verse out. Or if it's too long, write out the part that speaks to you the most.

### **W** - Wait

Read the passage a third time, then **WAIT**. Give your mind and your heart some space to process. What words seem most important to you in this moment? Write those down. Are there any parts that seem to be jumping off the page? Write those down, too.

### **O** - Observe

Okay, now it's time to pay attention not only the words themselves, but to how they are affecting your heart. Ask yourself, "where am I in these scriptures? Where am I in these words?" Can you **OBSERVE** what your heart is doing? Do these words make you anxious? Do they excite you? Are you uncomfortable as you read them? Write down these observations. Be honest with yourself.

### **R** - Request

Now that you've noticed what your heart is doing, it's time to invite the Holy Spirit to help you understand. It's time to **REQUEST** His input; His direction. What is He saying to you? Remember that we are not studying the Bible as if it were a textbook. You are asking for spiritual direction – and letting the Spirit of God, and the Word of God, lead you. So take a few moments and write down how you feel Him leading you.

### **D** - Dedicate

Based on what you've been reading and sensing, **DEDICATE** yourself to following where God is leading. Write down a prayer, or a response to His words. This is about taking action on what God has revealed to you through His Word.

\*(The S.W.O.R.D. Drill from Conquer Series Journal: Learn more about the Conquer Series Journal today @ [conquerseries.com](http://conquerseries.com))

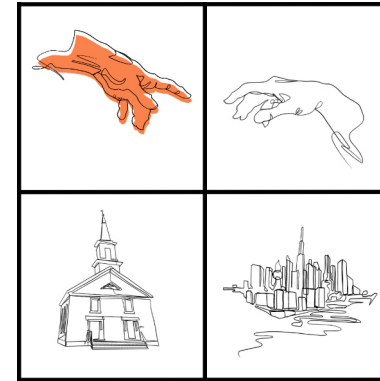
## How do I pray The Prayer of Examen?

Review your day and ask:

- When did I sense the Lord's presence today?
- Is there any place where I missed it?
- Where did I feel the joy of the Lord?

Then, thank God for His presence, and ask Him to be with you the next day.

## Week 1: God is a Good Father



### **1 - God is a good Father**

- 2 - Jesus Christ is both Savior and Lord
- 3 - The Holy Spirit is Active
- 4 - We are Sons & Daughters First
- 5 - Our Sin Separated Us from God
- 6 - We are Redeemed through Jesus Christ

## The Trinity

As we dive into this examination of our core beliefs, we begin with God Himself. Scripture describes Him as a Trinity. He is one God, but three persons: God the Father, God the Son, and God the Holy Spirit. We will have something to say about each member of the Trinity, and we begin, of course, with the Father.

## What is God Like?

The vast majority of people throughout history have believed that God was real. But who is God in relation to us? Some say He's a force who doesn't interact with us at all, but hovers somewhere over the universe. Others say He's is personal, but unfeeling. Still others think He micro-manages the world and is perpetually angry.

We could spend years studying the many views of God that are out there, but our journey is a specific one. It doesn't matter so much how any one person or group thinks about Him. What does our Master say about Him? How did Jesus talk about God?

## Metaphors of God in the Old Testament

The writers of the Old Testament described our relationship with God using many types of metaphors. For example, He is our Shepherd (Psalm 23), our Strong Tower (Psalm 61:3), the Rock of Israel (2 Samuel 23:3), the Light to the Nations (Isaiah 42:6), and our Wonderful Counselor (Isaiah 9:2).

These metaphorical titles all point to very real roles God plays in our lives. They suggest how



**Morning Meditations**  
Start with 2 minutes of silence before God

Monday

Psalm 103:13 Just as a father has compassion on his children,  
So the Lord has compassion on those who fear Him

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
Question for journaling: Have you believed the Father is compassionate?

**Afternoon  
or Evening  
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Tuesday

**Morning Meditations**  
Start with 2 minutes of silence before God

Matthew 7:9-11 Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
Question for journaling: When have I asked for a good gift from God? When have I received it?

**Afternoon  
or Evening  
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

Luke 15:20-24 (ESV) And [the younger son] arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Imagine the Father running to you like he ran to His youngest son. Is it hard for you to imagine this scene? What about the image of him patiently correcting the oldest son?*

**Afternoon or Evening Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

# Thursday

**Morning Meditations**  
Start with 2 minutes of silence before God

2 Cor 1:3-4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*When was the last time you allowed Father God to comfort you? Why or Why not?*

**Afternoon or Evening Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

Friday

James 1:17 Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:**  
Our Good father only gives good gifts, are there any inferior things you are suddenly realizing aren't a gift from your good father? What would it look like to let go of them?

**Afternoon or Evening Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

**Morning Meditations**  
Start with 2 minutes of silence before God

Journaling Day

This week we have focused on some aspects of God's Character, specifically that He is good. Take some time to think through how this shapes your expectations of God as well as His expectations of you.

Journaling lines (15 horizontal lines)

**Afternoon or Evening Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).







**Morning Meditations**  
Start with 2 minutes of silence before God

Monday

Luke 2:10-11 (ESV) And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:** The angel announced that Jesus was both Savior AND Lord of the world. Which one of these "titles" have you gravitated to personally? Have you thought about Jesus as your "Savior" more or your "Lord?" Why do you think that is?

**Afternoon or Evening Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

**Morning Meditations**  
Start with 2 minutes of silence before God

Tuesday

John 4:39, 42 (ESV) Many Samaritans from that town believed in Him because of the woman's testimony, "He told me all that I ever did." ... They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is indeed the Savior of the world."

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:** Go back and read Jesus' conversation with the Samaritan woman in John 4. Put yourself in this woman's shoes. She was an outsider; a woman who had been cast off by men and her society. But Jesus' words convinced her that He was not only the Savior of the world, but that he was also HER savior. What was He saving her from?

**Afternoon or Evening Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

Philippians 2:9-11 (NASB) For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*This verse tells us clearly that Jesus is King over all people. How does His kingship affect you in your daily life? Does it affect the decisions you make, the words you say, and the way you talk God?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Thursday

Acts 5:30-31 (ESV) The God of our fathers raised Jesus, whom you killed by hanging Him on a tree. God exalted Him at his right hand as Leader and Savior, to give repentance to Israel and forgiveness of sins.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Consider some of the sins for which God has forgiven you. Thank God for his grace.*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

Friday

Revelation 19:15-16 (NASB) From His mouth comes a sharp sword, so that with it He may strike down the nations, and He will rule them with a rod of iron; and He treads the wine press of the fierce wrath of God, the Almighty. And on His robe and on His thigh He has a name written, "KING OF KINGS, AND LORD OF LORDS."

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:** This scripture points to the fact that one day, Jesus—the "King of kings and Lord of lords"—will judge the nations of this world for their crimes. Is this a comforting thought for you, or a scary one? What do you think of this depiction of Jesus?

**Afternoon or Evening Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

Saturday

**Morning Meditations**  
Start with 2 minutes of silence before God

Journaling Day

Are there areas of my life that need to be more submitted to the Kingship of Jesus?  
What do I tend to hold back?

Journaling lines

**Afternoon or Evening Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).





**Morning Meditations**  
Start with 2 minutes of silence before God

Monday

John 14:16-17 (ESV) And I will ask the Father, and He will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows him. You know Him, for He dwells with you and will be in you.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:** *The Holy Spirit is active in a variety of ways, because He is the one who dwells with us. He is our ever-present Helper. When we feel God's presence, it is the Holy Spirit we feel. But we can tend to think of Him as the lesser part of God: perhaps distant, strange, or even embarrassing. How have you viewed the Holy Spirit? Why?*

**Afternoon or Evening Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

Tuesday

**Morning Meditations**  
Start with 2 minutes of silence before God

Galatians 5:22-25 (ESV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:**  
*The fruits of the Spirit are traits which grow from the presence of the Holy Spirit in our lives. When we let Him walk with us and guide us, they begin to grow. What fruit is growing in your life? Where are you lacking?*

**Afternoon or Evening Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

1 Corinthians 12:4-7 (ESV) Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:**  
How have you viewed the "gifts of the Holy Spirit?" Why does the Holy Spirit give these gifts in the first place?

**Afternoon  
or Evening  
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

**Morning Meditations**  
Start with 2 minutes of silence before God

# Thursday

John 16:12-13 (NKJV) "I still have many things to say to you, but you cannot bear them now. However, when He, the Spirit of truth, has come, He will guide you into all truth;"

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:**  
When you come to the scriptures, or to the news, or even to social media, how often do you invite the Holy Spirit to guide you into all truth? Why?

**Afternoon  
or Evening  
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).









**Morning Meditations**  
Start with 2 minutes of silence before God

# Monday

Ephesians 1:3-4 (ESV) Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as He chose us in him before the foundation of the world, that we should be holy and blameless before him.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*What does it mean to you to be chosen by God? How does this shape your thoughts about who you are?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Tuesday

Genesis 1:26-27 (MSG) God spoke: "Let us make human beings in our image, make them reflecting our nature So they can be responsible for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth." God created human beings; he created them godlike, Reflecting God's nature. He created them male and female.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*What does it mean to be created in His image, "godlike, reflecting God's nature?" Why is it important to God that we know we're made in His image?*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

1 John 3:1 (NASB) See how great a love the Father has bestowed on us, that we would be called children of God; and such we are. For this reason the world does not know us, because it did not know Him

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Have you ever felt like a stranger in this world? What would it look like to have complete confidence in your identity as a son or daughter?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Thursday

Romans 8:15 (NASB) For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*What would freedom from fear look like? Why is fear defeated by being adopted and knowing our Abba Father?*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

Friday

John 1:12-13 (NASB) But as many as received Him, to them He gave the right to become children of God, to those who believe in His name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Am I resting in the reality that it is God's will and desire that I am who I am: a son or daughter?*

**Afternoon or Evening Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

Saturday

**Morning Meditations**  
Start with 2 minutes of silence before God

Journaling Day

*Do I struggle to prove myself to God? Why or Why not?  
Why is it so important that I know that I am a Son or a Daughter? How does this shape how I live?*

Journaling lines (15 horizontal lines)

**Afternoon or Evening Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*





**Morning Meditations**  
Start with 2 minutes of silence before God

Monday

1 John :8-10 (NIV) If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make Him out to be a liar and His word is not in us.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Was it hard to confess your sin when you first came to God? Do you still struggle to confess when you occasionally sin?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

Tuesday

**Morning Meditations**  
Start with 2 minutes of silence before God

Romans 6:23 (ESV) For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Sin is a very unpopular notion in this era, one can find themselves blaming: trauma, society, history, etc for one's sin. Have I been willing to be honest with God and myself about the fact that I am responsible for my own sins?*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*



**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

Romans 5:8-10 (NASB) But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:** *Though we began as victims of Satan in being tempted and drawn into sin, we also made ourselves enemies by aligning ourselves with him in our sins. Have you ever considered the level of love and grace God has extended to us while we were "enemies" as opposed to only victims?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Thursday

Isaiah 53:6 (ESV) All we like sheep have gone astray; we have turned—every one—to his own way; and the LORD has laid on him the iniquity of us all.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Is there any place where you are trying to "turn to your own way?" Thank the Lord for taking your iniquity upon himself, and ask Him to grant you repentance.*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

Friday

John 3:17-20 (NASB) For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. "He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed.

**Scripture** \_\_\_\_\_

**Wait** \_\_\_\_\_

**Observe** \_\_\_\_\_

**Request** \_\_\_\_\_

**Dedicate** \_\_\_\_\_

**Going Deeper:**  
*In order that one be free, one must accept reality as it is. God is inviting us to come into the light and let Him show us which of our deeds are good and which are evil. Ask the Lord if there is anything in your life that He wants you to bring into the light.*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

Saturday

**Morning Meditations**  
Start with 2 minutes of silence before God

Journaling Day

*In order that one be free, one must accept reality as it is. God is inviting us to come into the light and let Him show us which of our deeds are good and which are evil. Ask the Lord if there is anything in your life that He wants you to bring into the light.*

Journaling lines (12 horizontal lines)

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*





**Morning Meditations**  
Start with 2 minutes of silence before God

Monday

2 Corinthians 5:15-17 (ESV) And he died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised. From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Do you see yourself as a new creation? Is there something in your history or your present that makes you feel differently?*

**Afternoon  
or Evening  
Meditation**

*Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.*

Tuesday

**Morning Meditations**  
Start with 2 minutes of silence before God

John 17:1-3 (NASB) Father, the hour has come. Glorify Your Son, that Your Son also may glorify You, as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him. And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
*Ask God if there is any part of your life He would like you to know Him more fully.*

**Afternoon  
or Evening  
Meditation**

*Pray the Prayer of Examen before you go to bed (see Page 3).*

**Morning Meditations**  
Start with 2 minutes of silence before God

# Wednesday

Galatians 4:4-7 (ESV) But when the fullness of time had come, God sent forth His Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons. And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave, but a son, and if a son, then an heir through God.

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
You are fully redeemed and an heir of Abba God. Today, at different times, ask Holy Spirit to show you Abba, to help you relate as a redeemed daughter or a son to your Abba, Father.

**Afternoon  
or Evening  
Meditation**

Take a few minutes to quiet your heart before the Lord. Revisit today's Dedication (above). Pray it through again, and thank God for hearing you.

**Morning Meditations**  
Start with 2 minutes of silence before God

# Thursday

Ephesians 2:4-6 (ESV) But God, being rich in mercy, because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with Him and seated us with Him in the heavenly places in Christ Jesus,

**Scripture** \_\_\_\_\_

\_\_\_\_\_

**Wait** \_\_\_\_\_

\_\_\_\_\_

**Observe** \_\_\_\_\_

\_\_\_\_\_

**Request** \_\_\_\_\_

\_\_\_\_\_

**Dedicate** \_\_\_\_\_

\_\_\_\_\_

**Going Deeper:**  
You and I do not have to strive in order to be seated in Christ next to Father God. If Christ has redeemed us, we are already seated. Take some time to imagine what that means.

**Afternoon  
or Evening  
Meditation**

Pray the Prayer of Examen before you go to bed (see Page 3).

