

Pathway Productions, Take Two!

“Concussion” – The truth can set us free!”

Life Steps | April 30 & May 1, 2016

Day 1

James 1: 22-25

What do these verses say about hearing the word but not doing what it says? How does the perfect law give us freedom? Would you find freedom by doing what the word says? How?

Day 2

Ephesians 4:20-25

God calls us to “put off our old self” and “put on our new self” Understanding that healing takes time, be truthful with yourself and chose one action, habit, or characteristic you need to “take off” in order to “put on your new self, created to be like God”. Create a plan to do it.

Day 3

Ephesians 6:18

Many times we do not know how to pray. Who do we have to lead us on this journey? And how does prayer help us heal? Ask for help to hear the truth.

Day 4

Ephesians 4:14-16

What is the difference between speaking the truth, and speaking the truth in love? Which method do you use more often? Which method is more effective for healing?

Day 5

Matthew 18:21-35

The process of healing includes offering forgiveness. Who in your past or present needs forgiveness from you for the pain you have been holding inside? Is it time to forgive and continue healing?

Day 6

John 5:1-6 & 16

Jesus asks “do you want to get well?” Speak the truth; be truthful with yourself; think about what it is you ‘want’ to change. Do you really want to change? Why do you want to change? Or is this who God created you to be?

Day 7

John 5:1-6 & 16

Jesus asks “do you want to get well?” God calls us to share our painful experiences. Take the challenge; ask someone you know who will lovingly speak the truth to help you find what you are missing and start the healing process.