

Total Package: Addiction and Distractions

Monday

James 4:10

Read James 4:10. Name areas in your life where you struggle getting by emotionally, spiritually, or physically? Pray for the courage to ask God for help to tackle these things. If you don't have any of these struggles, what helps you stay motivated through the week?

Tuesday

Matthew 11:28

Read Matthew 11:28. Who is the invitation to in this scripture? What are some of your burdens? What about life exhausts you the most? What does rest mean to you? God not only promises abundant life, He also promises rest that recharges us. Do you trust he can handle everything you listed?

Wednesday

1 Corinthians 10:13

Read 1 Corinthians 10:13. Journal what temptations you have in your life and how God has helped you move past them. Journal about the temptations you have trouble moving past in your life.

Thursday

Romans 6:16

Read Romans 6:16. What does it mean to be a slave to sin? What about being a slave to God? How have you broken the chains of sin and how are you serving God now? If you aren't serving God, what can you do starting today? Pray for clarity on what you should be doing.

Friday

1 Peter 5:6

Read 1 Peter 5:6. Too many of us suffer from an overabundance of pride. Where do you need to humble yourself before God in your life? How can you keep that in check? Do you have someone or a group of people who can speak into your life to let you know that you are not in control? Pray to Him for guidance in letting go of control and finding a core group to speak life into you.

Saturday

James 1:23-24

Read James 1:23-24. Sometimes we are so distracted that we hear God but we don't listen to His words. A lot of times it is because we are feeding our distraction or addiction. As you work on giving those up, how can you replace your distractions to free yourself up to hear Him? Take time right now to be still and listen to Him.

Sunday

Psalms 139:13 | Ephesians 2:10

Read the above scripture out loud. Be completely honest with yourself. Is it easy to see yourself as fearfully and wonderfully made? If so, journal how God has shown you He has a plan specifically for you? If not, what gets in your way of seeing yourself as God's handiwork?