

Life Steps

Looking for the Good: Unshakable Optimism

Monday

Romans 8:1-2

Identify and write out the most frequent negative, condemning thoughts you speak about yourself. After every statement you record, prayerfully write "No. I am in Jesus and Jesus is in me. I am not condemned. I have been set free from the law of sin and death."

Tuesday

Romans 8:5-6a

What is the mind of the person who lives according to the flesh? What does it mean to have your mind set on the Spirit? Prayerfully prepare your mind to be unshakably optimistic for whatever the day brings.

Wednesday

Romans 8:9-13

According to this passage, what are the changes that begin to take place in a person's life when they are growing towards becoming more Christ Centered? Review the spiritual growth continuum from your Sunday July, 12 message notes.

Thursday

Romans 8:14-17

What are the characteristics of a healthy family? Was your family of origin healthy or unhealthy? Explain. What does it mean to you to be a child of God?

Friday

Romans 8:18

Describe how the Covid-19 pandemic has brought about suffering in you and your family? What is your theological (God or faith) understanding of the purpose of suffering? What is your take away from this one verse?

Saturday

Romans 8:26-28

Name all of the areas in your life where you need God's help to overcome a weakness. Meditate on verse 28. Are you more of a persistent pessimist or an unshakable optimist? Do you exert most of your energy looking for the bad or the good?

Sunday

Romans 8:31-39

Are you unshakably optimistic that nothing can be against you because God is for you? Why or Why not? Read verses 38-39 out loud several times. Pray as the Spirit leads you.