

# Day 1

**Chrissy**

**Read**

Romans 7:6 But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit.

**Think**

What have you been feeding inside of you? Are you feeding the spirit of God inside of you or the sinful nature that is inside of you? Whatever you feed will grow. God longs for us to live free from the power of sin, we do this by letting the holy spirit lead us.

**Reflect**

How do you draw close to God? How do you allow the spirit to lead you? How are you investing in your relationship with Jesus? Spend time this week praying for the holy spirit to guide you each day. His nature is one of joy, peace, patience, kindness, and self-control. If you are lacking any of these things. Draw close to Jesus and allow Him to shape your heart.

**Pray**

Jesus, I want to be close to you so that you may transform me by the power of the Holy Spirit. Help build a desire for time away with you in my heart. Help me to long for your word and for worshiping you. Amen.

# Day 2

Braden Curalli

## Read

Romans 7:17:20

**17** As it is, it is no longer I myself who do it, but it is sin living in me. **18** For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. **19** For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. **20** Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

## Think

This might just be one of the wordiest passages in scripture. While being incredibly confusing, the writing that Paul brings here in Romans is at the least, very relatable. Paul's words echo a lot in my mind as I read this passage, specifically, at the end of verse 18 when Paul writes, "for I have the desire to do what is good, but cannot carry it out." This verse sums up most of the passage well. Paul is basically saying, I know what is good but I struggle to do those things, something we can all probably relate to. This verse also holds great weight when it comes to addiction. Addiction is something where you can recognize the problem yet sincerely struggle to work toward fixing that problem. It almost feels like it is "no longer I who do it, but sin living in me" (v. 20). If you are struggling, I encourage you to take hope in Paul's words, knowing that you are not alone and you can always reach out to a leader or staff member.

## Reflect

Like said on day 1 of this week, God desires that we live free from the power of sin. While we may recognize the power of sin, it is an active choice to live differently, to live for Jesus. We make this choice every day from the moment we wake up to the moment we go to sleep. What would it mean for you to live differently this week? To live in a way that recognizes the good, and actively pursues the good.

If you are in the midst of addiction, what would it mean to invite God into that space this week?

## Pray

God, I pray that you would help me to pursue you this week. To live far from the power of sin and close to the power of You. May you walk alongside me as I learn what it means to actively pursue you this week. I pray that I love differently and that I love as a light to others.

Amen

# Day 3

Marty

## Read

Rom. 8:1 So now there is no condemnation for those who belong to Christ Jesus.

## Think

When Jesus died on the cross for our sin, he became sin for us. He took our sin, and our shame. Now in Jesus there is no condemnation.

There is a difference between condemnation and conviction.

Conviction is good, and it's from God. Conviction is when the Holy Spirit Highlights an area where we need growth in our life, or a sin that needs to be confessed. Conviction leads us to admit where we are wrong, so we can be forgiven, and move forward in repentance.

Condemnation on the other hand, keeps us feeling hopeless. It leads us to say "there's no point." It makes us go back to the same sin, with no hope for freedom or a better future.

## Reflect

Conviction is a work of the Holy Spirit that reminds you who you are and who Jesus is, while showing you the way out of sin and death. Conviction says, "That's what you did, but that's not who you are!" You're a child of God, you've been raised with Christ!' Where have you experienced this kind of conviction from God in your life?

Condemnation says: "You're not connected to God because you're not good enough!" It keeps us in cycles of sin and hopelessness. Where have you experienced this kind of condemnation, and how can you accept the freedom God has for you today in Christ?

## Pray

God, thank you that because of Jesus Christ, there is no condemnation! Thank you for convicting me of the areas in my life where I need to trust and follow you more. Help me to walk in the freedom of the Holy Spirit, and stay connected with you. In Jesus name, amen.

# Day 4

Chrissy

Read

Romans 6:20-22

20 When you were slaves to sin, you were free from the obligation to do right. 21 And what was the result? You are now ashamed of the things you used to do, things that end in eternal doom. 22 But now you are free from the power of sin and have become slaves of God. Now you do those things that lead to holiness and result in eternal life.

### **Think**

What do you do when you are ashamed of the things you've done? Do you avoid confronting it, by watching tv, or shopping? Paul is telling us we can trade that shame for freedom. God has made a way for us to be truly righteous. When we get close to Jesus he changes us.

### **Reflect**

Confess you mess up to God and receive his gift of grace. Run to Jesus is your sin and he will lead you to do what is right. Don't bury yourself in your sorrow and shame. That burden had been lifted from you. Jesus took that weight off your shoulders so you could experience his grace.

### **Pray**

Jesus I come to you in my sin and ask that you would shape me. Thank you for allowing me to be your life long art piece. You chisel away the broken parts of me as you mold me into your beloved. Thank you for valuing me and loving me no matter what. amen.

## **Day 5**

**Dayne Scanlon**

### **Read**

Romans 7:15

15 I do not understand what I do. For what I want to do I do not do, but what I hate I do.

### **Think**

Have you ever done something that didn't make sense to you? Like, has a word ever come out of your mouth that you didn't want to? This is exactly the tension that Paul finds himself in. And for me, I'm greatly encouraged by the fact that even Paul struggled with being a slave to sin. Furthermore, his point being that we are all in need of a savior, and perfect person to rescue us from our brokenness. The most holy person you know, has struggled with sin, and the biggest lie we can tell ourselves is that we don't need help when it comes to sin. I had an old expression that we used to say in college that was "what hides in the darkness, dies in the light". What ever sin your struggling with right now, and won't tell anyone about, is going to come out one way or another, so ask for help!

**Reflect**

Do you have someone in your life that you can confess your sins to?

What are you currently struggling with, and who do you need to reach out to for accountability?

**Pray**

God,

First of all, thank you for saving me! Thank you for rescuing me, and for showing me your love. I'm undeserving of you, and yet you still died for me.

I pray that you would give me the courage today to show others your love, and to confess where I need help!

I love you Lord, and I need you.

AMEN