



### Day One

Listen to the episode. Read the following questions, and write your answers in the box provided.

**A passion for love, control, power, the lure of adventure, security, envy, bitterness. You name it, these passions can have immense power over us. Write down which "passions" tend to have the most hold over you.**

**Reflection: I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.**

Paul.

Confess to God those areas of your life that you know are a struggle. Ask God for his strength regarding those passions that are separating you from God. Read Galatians 5.22 on the fruit of the Spirit, and ask God for the fruit of self-control. Thank him for the work he is currently doing in your life to bring forth fruit pleasing to him. Prayer.

### Day Two

Listen to the episode. Read the following questions, and write your answers in the box provided.

**Anyone who chooses to be a friend of the world becomes an enemy of God. Verse 4. In what areas of your life have you become "a friend of the world?" Write them down. Confess them. Ask for strength to change your habits.**

**Reflection: Draw near to God and he will draw near to you.** How does this verse encourage you? Meditate on it. Memorize it, and praise God for what it communicates about his faithfulness and care for you. Prayer.



## Day Three

Listen to the episode. Read the following statement, and write your thoughts in the box provided.

**Jealousy . . . is the sentiment of concern for the well-being of whom or what one holds dear. What encouragement does this give you as you reflect on God's jealousy for you? Write down some thoughts. Add some words of praise to God.**

**Reflection: I believe that you have to humble yourself or you will be humbled.** Jason Robinson. See 1 Peter 2.13; Rom 10.3; Eph 5.21. Matt 11.29; 18.4; 23.12; Luke 1.52; Luke 18.9-14. These verses address both humility and submission. What does it mean to humble yourself? How does the example of Christ help to give us a model? Ask God for strength for a specific situation in which you struggle to show humility. Eg. A relationship in which your pride is challenged, and you're tempted to speak out to defend yourself at the risk of hurting or humiliating others.

Prayer.