



Recalibrate.

New Year, New Beginning

Starts January 7

SMALL GROUP GUIDE

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SMALL GROUP TIPS

- 1. START & FINISH ON TIME.** Doing this will show your small group that you value their time.
- 2. BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
- 3. CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** "*Share nothing, to nobody, never*" outside of the group.
- 4. MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly and especially if it is an in person small group gathering.
- 5. LISTEN WITHOUT FIXING AND TEACHING.** People desperately need a safe place to share their thoughts and be real with others. Give people space to talk without trying to fix them, correct their thoughts, or teach. Choose the relationship over the desire to cast judgement or prove your point over theirs, to be "right".
- 6. ENCOURAGE PARTICIPATION.** While not everyone will be ready or willing to help lead or answer questions, participating and reading God's word with others will help build confidence in each member and the group. Encourage all members to read sections and/or scriptures aloud for the group.
- 7. ASK FOR HELP.** The Small Group Ministry is here to help. Email smallgroups@nhww.org to ask any questions, request training or other assistance for your small group.

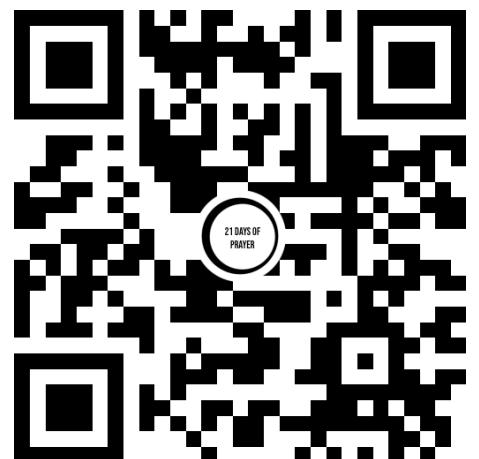


Take A Deep Breath Each Day

Deep Breath is a daily devotional with short videos designed to help you get your morning going with a dose of Scripture, guided prayer, and some motivation from Liquid Church Pastors. Simple, but powerful, Deep Breath will help reduce your stress, renew your mind, and restore your soul by connecting you to the heart of Jesus each morning.

Take On 21 Days of Deep Breath Devotionals

Join our church in taking 21 days to find a deeper and more intimate devotional experience with God. Use the QR code to go to the New Hope Windward (NHW) 21 Days of Prayer Resource Page. Find the 21 Days of Deep Breath Devotionals link and click on it to go to the series playlist. Click on the "Save playlist" icon in Youtube, found next to the share button. Then every day for 21 days play each video on the playlist and make time to focus on the message and breath work.



3 Day Church-Wide Fast

Supercharge your 21 days of Deep Breath Devotionals by joining us in a **3 DAY FAST** from **January 15th-17th**. Start your fast Monday morning and end Wednesday evening. Be bold to take on a medium to high level of commitment (follow the QR code on the previous page for more information). Fasting is biblical and a spiritual discipline that deepens our relationship with God. Jesus Himself set an example by fasting for 40 days! Fasting forces our reliance on God's strength as we seek Him and His wisdom, with purpose and dedication. Lean on Him for our **3 DAY FAST**.

"For when I am weak, then I am strong." -2 Corinthians 12:10

Commit to Your Faith at New Hope Windward in 2024

Make this the year that you commit your mind, body and soul to God and trust Him to guide you through our Five (5) S's into His plans and purposes for your life:

Service: Attend service in-person or online every week to catch God's message for you.

Self-Feeding: Sit at Jesus' feet each day by reading the Word of God or take it to the next level through daily S(cripture).O(bservation).A(application).P(ayer) devotionals.

Serving: Test drive a ministry or two and commit to serving at least once a month at church or ask about opportunities to serve in our special events.

Small Groups: Participate regularly in small group(s) and faithfully commit to open your small group up or create a new one for others to join our spiritual growth campaigns.

Stewardship: Trust your Time, Talent, & Resources to God like never before, allowing Him to teach you to receive as you practice giving, knowing you can't out give God.

Email guestservices@nhww.org to take your next step today!



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TIPS TO A SUCCESSFUL GROUP

- **ENCOURAGE PARTICIPATION.** While not everyone will be ready or willing to help lead or answer questions, participating and reading God's word with others will help build confidence in each member and the group. Encourage all members to read sections and/or scriptures aloud for the group.

Week 1: Recalibrate your Mind

ICEBREAKER

What's one area of your life you'd like to see growth in over the next 12 months?

INTRODUCTION

As we have entered a new year, it's natural to reflect on what we are carrying over from last year. The world, with its demands, pressures, and uncertainties, often leaves us feeling weighed down and drained. But as we step into this new season, it's a great time to shed the weight of what's been burdening us. In this series, we'll explore how to recalibrate our whole self with God. This week, we will focus on the process of recalibrating our mind to reduce the pull of our worldly desires and step toward aligning our thoughts, feelings and emotions more closely with God's purpose and guidance.

READ |

A new year can represent a new start and chance to do better or make improvements. We commonly make new year's resolutions full of hope and promise for the future. This year consider making a Holy resolution focused on what God can do with and through you this year. With God at the center of your goals, you can greatly improve your life.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind... Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

-Romans 12:2-3 (NIV)

Paul's wisdom in Romans can help us in making our Holy resolutions this year. First, he warns us not to follow the patterns set by worldly influences, but instead to be changed by renewing our thought life to follow Jesus and Godly influences. Set goals designed to recalibrate your mind by spending more time with God, other believers, and His word (the Bible) this year. Next, be realistic about where you are in your faith and your capacities. Make prayerful resolutions you can follow through on with God's help.

What is one Holy new year's resolution you can realistically commit too? (Examples: Praise and worship more, pray before making big decisions or purchases, complete 21 Days of prayer and 3 day fast, read/listen to Gods word) Discuss how others can support you in being accountable to your resolution(s).

READ |

Recalibrate means to adjust settings or to get closer to a certain standard. For believers that standard is firmly set in Jesus, and while we will fall short at times, we are called to recalibrate towards God's standard to become more Christ-like.

"And have put on the new self, which is being renewed in knowledge in the image of its Creator."

-Colossians 3:10 (NIV)

Colossians 3 encourages believers to prioritize heavenly values and shed their old, sinful ways. Verse 10 underscores the transformative nature of this spiritual journey, urging followers to embrace a renewed self, recalibrated with the image of their Creator. It emphasizes a thoughtful commitment to the virtues of **compassion, kindness, humility, gentleness, and patience in our interactions with others**. To adopt a Christ-like mindset fueled by a spirit of **forgiveness, gratitude, and unity**.

Review the words in bold above. Choose one virtue you would like to see growth in during this new year, with God's help. What's one thing you can do to start doing it this week?

READ |

Our mind is often calibrated to match whatever is in control of our thoughts. The apostle Paul often describes the battle for control of our mind as a fight between the flesh and desires of our sin nature against the Holy Spirit.

*"...For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."
-Galatians 5:16-17 (NIV)*

One important way to help the Spirit side win is to starve our flesh. Here are three parts of our fleshly mind that we should fast from as we recalibrate our minds this year:

Doubt. These are natural thoughts that question God, Jesus, and the Bible. The key is to process them with Jesus, just as the disciple Thomas did with his doubts about Jesus rising from the dead. Don't let doubts stop your spiritual growth this year.

Negativity. These are thoughts of fear, or focusing on what is or could be wrong or bad. Negativity invites stress, illness, sadness, and brokenness into our lives.

Sin. These are thoughts that focus on ungodly desires which lead us into temptation and actions that hurt our spirit. Sin is missing the mark of what God wants for our life.

Which of these three parts of your fleshly mind do you need to starve most this season? Discuss how you can fast from one or all of these during next week's 3 day church-wide fast starting on January 15th.

READ |

The next way we can help the Spirit side win is to feed the Spirit what it desires:

*"...those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."
-Romans 8:5-6 (NIV)*

Here are three things the Spirit desires us to do in order to keep it well fed:

Study. Be a disciple, which requires us to be students and appliers of God's word.

Worship. Regularly praise and give thanksgiving to God to help maintain an open and grateful heart. One that is ready to receive His blessings, power, and understanding.

Pray. Communicate honestly with God daily to grow in your relationship with Him.

Which of these three do you need to do more of this season to keep your spirit fed? On January 15th we start our church-wide 21 days of prayer, discuss how participating can help to keep your spirit well fed and in control of your mind.

READ |

Our eyes represent our perspective and what we choose to focus our thoughts on.

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” -Matthew 6:22-23 (NIV)

When our eyes are constantly fixed on despair, bitterness, lust, pride, or other impurities, it corrupts our whole self. The more darkness we consume through our eyes in what we watch, who we hang around with and what we do, the more our mind is corrupted.

But, by the grace of God, we can recalibrate our mind onto truth, honor, justice, purity, and all things lovely and good (*Philippians 4:8*). As we fix our eyes on Christ, our minds are filled with light that can transform everything it touches. The more light we let into our heart and mind through scripture meditation, worship, prayer, positive friendships, and service, the more we can see things change for the better right before our eyes.

What are some things you consume through your eyes that negatively affects your thoughts and feelings (Examples: News, social media, scary movies etc.)? Describe how you feel after watching these things. Do you think that fasting from these things to keep your eyes more fixed on God would help to heal and recalibrate your mind?

WHAT WILL YOU DO?

This week, recalibrate your mind onto God's truth and do not conform to the patterns of this world. Make a realistic Holy resolution focused on spiritual growth, while staying open to receive grace when you fall short. Make a plan to renew your mind through scripture meditation as part of our "21 Days of Deep Breath Devotionals" and to participate in our 3-Day Fast, both of which start on January 15th. Pray on and decide what you will fast from your eyes and mind to starve the flesh and empower the Spirit. Let's encourage one another to transform our thinking and experience a great 2024!

CLOSE IN PRAYER:

Dear Heavenly Father, thank You for blessing me to see a new year and all the promise and possibilities it brings into my life. Renew my mind on You and all the blessings I will receive in my faithfulness. Help me to put on my new self by putting into practice the virtues of my faith. Give me strength and courage as I plan and prepare to fast and pray with my church. Guide me in how to best starve my flesh to feed my Spirit as I work to give complete control over my mind to You so I can be recalibrated with the standard of Christ for my thoughts and actions. In Jesus' name, amen.



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*
--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.
--1 Peter 1:13 (ESV)

Day 2:

to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.
--Ephesians 4:23-24 (NIV)

Day 3:

Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God.
--Colossians 3:2-3 (NLT)

Day 4:

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. --2 Corinthians 10:5 (ESV)

Day 5:

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'
--Matthew 22:37 (NIV)



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TIPS TO A SUCCESSFUL GROUP

- **LISTEN WITHOUT FIXING AND TEACHING.** People desperately need a safe place to share their thoughts and be real with others. Give people space to talk without trying to fix them, correct their thoughts or teach. Choose the relationship over the desire to cast judgement or prove your point over theirs, to be "right".

Week 2: Recalibrate your Body

ICEBREAKER

What's one small change you made in the past that had a surprisingly big impact on your health?

INTRODUCTION

At the start of a new year, many of us resolve to get healthier. But within weeks, our motivation fades. In Romans 7, Paul describes this struggle - wanting to do right but falling short in carrying it out. The key to follow through is relying on Christ's power for the self-control needed to recalibrate our lifestyles. This week, we'll explore practical ways to recalibrate our body to be more physically and spiritually healthy. Let's look to and put our trust in Jesus for help to set and maintain a healthier lifestyle in 2024.

READ |

One of the most important lessons to remember as we move to recalibrate our bodies is that they are not actually our own - they were bought with a price.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." -1 Corinthians 6:19-20 (NIV)

When we recognize that God himself dwells within us through his Spirit, it should reframe how we treat our bodies. This truth calls for recalibrating our lifestyles to honor the Holy Spirit residing inside.

To start this change we should look to God's Word; it can help us realign our perspective to focus on making each choice with care for the temple of God's presence within us. When our bodies focus first on glorifying God, we can become vessels for radical recalibration and transformation.

Ultimately our bodies are on loan from God, and He designed them with plans and purposes for our life. The more we connect intimately through our devotion to Jesus, the more we can be moved by the Holy Spirit to make changes for His glory.

Are there areas in your life where God might be signaling the need for a detox in order to let go of anything working against your overall health? What are some ways the Holy Spirit has been nudging you to swap harmful habits for healthier practices?

READ |

God designed our temples for movement. We all need regular physical activity to maintain our body's health and well-being. Intentional movement reduces disease risk, boosts fitness, enhances mood, decreases anxiety, and increases cognitive function. When we incorporate practices like walking, stretching, or other exercise, we feel more motivated and better equipped to spend time learning and applying God's Word.

*For **physical training is of some value**, but godliness has value for all things, holding promise for both the present life and the life to come. -1 Timothy 4:8 (NIV)*

Scripture affirms the value of physical exercise and godliness. In order to have a balanced, godly lifestyle that bears fruit, we need to stay active. We don't have to train for a marathon or be a bodybuilder, we just need to keep moving.

What activities do you enjoy that involve movement? What realistic step can you incorporate into your lifestyle to get you moving more often (Ex: Park farther away, take daily walks, schedule stretch alarms on your phone, etc.)

READ |

As we move to recalibrate our lives with God, we are called to purify ourselves from contaminants that harm our bodies and spirits. The process of purifying our body and spirit is also known as sanctification.

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
-2 Corinthians 7:1 (NIV)

In this scripture, Paul calls on the church to commit themselves to progress toward spiritual growth and purification. To purify, we must first identify; both the external, sinful influences as well as the internal attitudes and thought patterns that are ungodly. When we identify the addictions or appetites that control aspects of our life, we can prepare to turn away from them and back to God, to be set free by His mercy and grace.

Therefore do not let sin reign in your mortal body so that you obey its evil desires... For sin shall no longer be your master, because you are not under the law, but under grace.
-Romans 6:12-14 (NIV)

What's one area of contamination for you to address physically? (Example: reducing or eliminating eating some unhealthy foods/drinks) What small step can you take this week to purify that area of your life?

READ |

Decontaminating our body starts with healthy eating. Fast foods, sugars and processed oils can be tempting and addicting, but also unhealthy. Replacing harmful foods and habits with life-giving nutrition and self-care is key to helping your body thrive.

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.
-Philippians 3:19 (NIV)

In this scripture Paul warns us of living a lifestyle where our primary focus is on satisfying physical appetites and desires. It goes beyond literal food and encompasses a lifestyle driven by self-indulgence and immediate gratification.

As believers, we should look for ways to set healthier patterns for our lives that honor God. Changes can be small and easy, such as switching from white rice to brown or reducing the amount of sugary drinks we consume. Each time we make healthier decisions, it reduces our cravings for things that might end up destroying us.

What's one simple swap you can make, like fruit instead of candy, to improve your diet? How can we encourage healthy eating in our families and communities?

READ |

Speaking of fast food, one biblical way to help get in touch with your body is to fast... foods. Fasting, or extended times without food, is God's detox method, which provides both spiritual and physical benefits. Fasting is all about what is happening inside you as it deepens your connection with God while controlling appetite and boosting health.

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, **will reward you.*** -Matthew 6:16-18 (NIV)

In this scripture, Jesus emphasizes the fasting process as something internal and not external. Believers should not fast for recognition or praise, but rather out of faith and praise toward God. When the motivation for our fast is purposeful and devoted to God, He will reward your mind, body, and soul for your faithful sacrifice.

What do you need to purposefully pray and fast for (Ex: Guidance, strength, help with a problem, self-control)? Are you willing to participate in our 3 day church-wide fast January 15th? If so, what will you be fasting from your body? (Ex. food, coffee, soda)

WHAT WILL YOU DO?

This week, start your "21 Days of Deep Breath Devotionals" and 3-Day Fast along side fellow believers and church family. Invite God to help you through your fast and devotionals to look at your habits, including eating and exercise to discover better ways to honor the temple He has given you. Prayerfully choose one area to recalibrate your lifestyle and take it to God, understanding that it is just between you and Him. Remember that your relationship with your body is a lot like your relationship with God; it requires attention and effort in order to reap the maximum benefits possible.

CLOSE IN PRAYER:

Lord, I acknowledge you as the Creator of these bodies and temples of your Holy Spirit. Reveal areas in my lifestyle and overall health that need recalibration and renewal. Help me to let go of anything holding back my health and well-being. Align my habits with Your design for my life through the power of Christ in me. Transform me and change my ways as I take small steps forward in faith. Protect me and give me strength as I prepare to fast in Your honor. I praise you for the good work you will do in and through me. In Jesus' name, amen.



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A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

--Romans 12:1 (NIV)

Day 2:

"So whether you eat or drink or whatever you do, do it all for the glory of God."

--1 Corinthians 10:31 (NIV)

Day 3:

"Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones."

--Proverbs 3:7-8 (NIV)

Day 4:

"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off."

--Acts 13:2-3 (NIV)

Day 5:

"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body."

--Proverbs 4:20-22 (NIV)



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TIPS TO A SUCCESSFUL GROUP

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Week 3: Recalibrate your Soul

ICEBREAKER

What is something new (started in the last year or so) that you do regularly which brings happiness and joy to your life?

INTRODUCTION

In this series we have taken a wholistic approach to recalibrating our mind, body, and soul to prepare us for all that God has in store for us in this new year. We will finish the series by talking about our soul and the three things that can contaminate our soul. We will also equip you with some ideas and things you can put into practice to help recalibrate your soul to be focused on God's truth in 2024.

READ |

God made us as vessels for our living souls (*Genesis 2:7*). Our soul is our inner being or "true self" that is created by God to live eternally. It is the core essence of our identity, thoughts, emotions, spiritual life, and moral awareness. As we live our lives in the world, our souls are affected by what we experience and how we feel about ourselves and others. When our souls are calibrated to the lies of harmful feelings and emotions, it can make us bitter and unhappy. Luckily, God wants to help us recalibrate.

Since you have purified your souls in obedience to the truth for a sincere love of the brothers and sisters, fervently love one another from the heart. -1 Peter 1:22 NASB

Peter, in helping believers to be more holy, teaches that our souls are not purified through our own works, but through our faith and obedience in the truth of Christ's redemptive work for us on the cross. When we believe and apply God's truth to our lives, our souls can be cleansed of sin and selfishness. When we recalibrate our souls in obedience to His truth, a sincere love overflows that helps us find joy and happiness in serving and supporting others.

What are some harmful feelings or emotions you would like cleansed from your life? (Examples: Unforgiveness, envy, anger, worry, etc.) What can you do to better obey and surrender to Christ's truths this week?

READ |

One illustration of us as vessels for the soul is to think of our lives as hot air balloons. The more we are weighed down by unhealthy things, the closer we stay to the world and further we feel from our heavenly father. Nothing can weigh us down in our walk quite like the heaviness of unforgiveness.

*"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."
-Matthew 6:14-15 (NIV)*

In this passage, Jesus is not teaching that forgiveness of sin is based on forgiving others, but that forgiveness is based on realizing we have been forgiven by God of all our sins. When we practice unforgiveness toward others, we are in fact denying and rejecting God's forgiveness of us. Holding onto unforgiveness is a foothold for the enemy to keep us burdened, bitter, and far from fellowship with God. (Eph. 4:26-27)

Do you find it hard to forgive others when they have wronged you? What is something you can choose to forgive to let go of a burden or bitterness you have been carrying around?

READ |

Another way we can keep our soul tied to the world and away from God is by comparing ourselves and validating our worth based on what others have or what we believe we deserve. The Bible makes clear what we can expect when we do this.

But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.
-James 3:14-16 (NIV)

In this passage, James is highlighting and contrasting two types of wisdom: Worldly wisdom described above which invites disorder and evil into our lives. And, God's wisdom, that comes from heaven, which invites peace, righteousness, and good fruit into our lives. When we recalibrate our souls to compare ourselves and validate our worth based on God's wisdom, it can protect us from worldly pressures to "measure up".

What is one comparison or validation you have struggled with in your worldly wisdom? (Ex. looks, money, job, etc.) How does (or would) seeking validation from God and not from others help you to find more peace and confidence in your life?

READ |

The next feeling that can hijack us and steer our soul away from God is anger. It's not a sin to be angry, but anger often leads us to sin. Whether it is harsh and open anger or quiet hidden anger, when we let this feeling pollute our soul it can seriously effect our health and well-being.

“But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, ‘Raca,’ is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell.”
-Matthew 5:22 (NIV)

Anger is so powerful that in the Sermon on the Mount, Jesus equates it to murder in some cases. When anger flares up, our souls become filled with hatred, bitterness, resentment and thoughts of retaliation. This often leaks out through our words, thoughts and actions to reveal a decay and corruption growing inside of us that needs cleansing.

We can recalibrate our souls to better deal with anger when it shows up by: Pausing and asking the Holy Spirit for wisdom and self-control, identifying triggers behind the anger to help us evaluate our expectations and set better boundaries, and releasing the situation and people involved through prayer to God who we trust will judge them justly.

How do you usually respond when faced with situations that make you angry? What steps can you take to invite God into these situations to better react and respond?

READ |

It is important that we regularly take steps back to evaluate how unforgiveness, envy, and anger have calibrated our souls for bitterness, disorder, and resentment. When we identify areas of concern, we should obediently look for ways to turn them back towards God. Here are three things that can help recalibrate your soul to better seek God's truth:

Foster Healthy Relationships. Surrounding ourselves with people who share our values and aspirations to honor God, brings accountability to our lives. This accountability can help us in confessing, forgiving, and ultimately finding joy with others.

Embrace God's Identity. When we understand that God loves us and values us because He made us, we can stop trying to be what we think others want us to be. Instead, we can focus on becoming who God created us to be.

Practice Unselfishness. When we set aside personal desires and let go of disappointment over unmet wants, we can appreciate more of what we have and care less about what we lack.

How can you develop forgiveness and healthy boundaries in your relationships? How can you strengthen your identity in Christ to be more confident in serving God over the expectations of others? In what ways can you be more intentionally unselfish?

WHAT WILL YOU DO?

This week is the perfect time to start evaluating what is in your heart and soul. As you identify any bitter roots or other feelings that come from unforgiveness, envy, and anger in your life, take time to address them. Stay close to God's word and truth to help you purify your soul to pursue the better life He wants for you. Look for ways you can start to foster healthy relationships, embrace God's identity, and practice unselfishness.

CLOSE IN PRAYER:

Dear father God, thank You for making me with a soul. Thank You for forgiving me despite all my sins and the ways I have polluted by soul. Give me the courage to turn away from any lies that control my life, to accept and obey your truth and love. Search my heart and soul for any unforgiveness that is buried, and help me to forgive every offense I am holding onto. Reveal and refine my identity in Christ so that I can be free of the comparisons I make with others to fully seek validation from you above all else. Guide me in letting go of my wants and desires daily to be content in what you have given me. Recalibrate my soul to be focused on you first always. In Jesus' name, amen.



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

--Ephesians 4:26-27 (ESV)

Day 2:

And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

--Mark 11:25 (NIV)

Day 3:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

--1 Corinthians 13:4 (NIV)

Day 4:

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

--1 John 1:9 (NIV)

Day 5:

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

--James 1:19-20 (ESV)



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