

# Session #4 Weekly Devotional: Day 1

## Read Romans 12

**Are you willing to be transformed by the renewing of your mind?** Will you allow God to search your heart over the course of this class to invade your thought life and make you aware of any negative thinking? The same way that what we eat will affect how we feel, what we consume spiritually affects how we see ourselves and our world. To renew something involves refilling what's empty or restarting what's stopped. We don't just check out and stop consuming information.

**F = Focus** in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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**I = Investigate** the context around today's Scripture reading. *To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text?* Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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**R = Respond** to the text to make it applicable for your own life. *What is God saying to you personally through this passage? How can you apply what you've read?*

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**E = Engage** God. This can either be a short prayer or an action that you can take that day after reading the text. *Is there a command to follow in the text? How are you different because of what you've learned?*

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# Session #4 Weekly Devotional: Day 2

## Read James 3

Journal about any curses others have spoken over you. Keep adding to the list as you go through this week to discuss with your group at the next class. It's time to TAME your TONGUE!

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# Session #4 Weekly Devotional: Day 3

## Read Ephesians 1; Romans 8:31-34

God believes in you and nothing can stand against you. Do you believe that. Journal about that and if there is anything standing in the way, be ready to discuss in your next group.

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# Session #4 Weekly Devotional: Day 4

**Read Ephesians 4:31-32, Matthew 6:14-15, Matthew 18:21-22**

*Over the next two sessions, we will be discussing forgiveness. Pray about the people in your life that you need to forgive, starting with YOU!*

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