



## Week 4: Lesson 2 -- Whole

### **Day 1:**

Scripture Passage: John 10:10

*The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*

- List out some ways the enemy tries to rob you of what God already says is yours. What are some lies that the enemy has gotten you to believe?
- What would your life look like if you fully lived into the truth that His purpose is to give you a rich and fulfilling life? What would need to change?

### **Challenge:**

- Focus on praying through the great exchange -- exchanging lies you are believing for God's truth.

### **Day 2:**

Scripture Passage: Romans 12:1

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.*

- How can our pursuit of wholeness be worship back to God?
- When do you find this to be most challenging? When do you find this to be most peace-filled? What do you notice?

### **Challenge:**

- Take some time today to worship God by choosing to walk in wholeness.

### **Day 3:**

Scripture Passage: Colossians 2:9-10

*For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.*

- In Christ, we are complete. What hinders you today from maintaining that resolve that keeps you whole?
- How does that truth today bring comfort, conviction, challenge, and change?

**Challenge:**

- Ask a safe, trusted friend to hold you accountable today in this area.

**Day 4:**

Scripture Passage: Colossians 1:17

*He existed before anything else, and he holds all creation together.*

- How does this truth awaken you to the wholeness you were made to walk in?
- Our God is able to “*hold all creation together.*” How can this reality of God’s character keep you grounded when the cares of life want to derail you in regards to your wholeness?

**Challenge:**

- Speak the truth aloud today the “He holds all creation together” in spite of how you may feel.

**Day 5:**

Scripture Passage: 1 Peter 5:10

*In his kindness, God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation*

- How does God’s kindness minister to you and in your current circumstances?
- How have you seen Him turn pain into purpose? How has He restored, supported, and strengthened you? Or, how would you like Him to? Where are you in the process?

**Challenge:**

- Write out a prayer today from your heart to His.