

Daily Heart & Scripture Assignment (3 Days)

Theme: Where am I seeking life instead of Christ?

Instructions (Read This First)

- Do one day at a time (don't knock it all out in one day)
 - Read the passage for that day slowly (twice)
 - Answer honestly (not perfectly)
 - Keep answers short and clear
 - This is about seeing your heart in light of God's Word
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DAY 1

Read: Luke 9:23–24

Answer:

1. What is Jesus calling me to do in this passage? How often?

2. What would denying myself actually look like today and with regard to the issues I know I have been dealing with? (be specific)

3. What do I want instead of denying myself? (How do I like to indulge self instead of deny self?)

4. What feels like “death” to give up/choose right now?

Put Off / Put On

- **Put off:** Self-indulgence for my own wants
- **Put on:** Self-denial for Christ's glory

Pray out loud (fill in the blank in writing if you'd like)

Lord, You are calling me to deny myself and follow You.

I see that I want to indulge in _____ instead.

Help me turn from that and follow You today.

DAY 2

Read: 1 Corinthians 6:12

Answer:

1. What does God say about things that control me?

2. Is anything mastering me right now? (What do I keep doing even though I have made attempts to stop entirely or do less of? What behaviors have dominated me in such a way that I have neglected my responsibilities toward my family or others? What behaviors do I feel a desire to live for even more than Christ at times?)

3. How do I justify keeping it?

4. What would it look like to not be mastered by it today?

Put Off / Put On

- **Put off:** Being mastered by something
- **Put on:** Living under Christ's control

Pray

Lord, You say I should not be mastered by anything.

I see that I am being controlled by _____.

Help me live under Your control instead.

DAY 3

Read: Ephesians 5:18

Answer:

1. What contrast does God make in this verse? (Drunkenness is just one example of many things that can control us even to the point of us losing sober thinking. Are there things in your life that lead you to make choices that are contrary to the rational decisions you know you should make? Remember that choosing sin is always irrational.)
2. Why might someone want to escape or lose control?
3. What am I looking for when I want that?
4. What would it look like to be filled with the Spirit instead?

Put Off / Put On

- **Put off:** Seeking escape or control through substances or distractions
- **Put on:** Seeking fullness in God

Pray

Lord, instead of turning to _____,
help me seek You for fullness and control.
Fill me with Your Spirit today.
