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**B90X**



# B90X

Created by // Joe Boone

## WEEK 1

### Day 1

Read Galatians 2:15-21      Key word: **Justified** — *being made righteous in the sight of God.*

- How is a man not justified? (vs. 16)
  
- How is a man justified? (vs. 16)
  
- What are some ways that you see people trying to be justified (made righteous before God) by observing (obeying) the law?
  
- Paul says he “died to the law” (vs. 19), meaning he no longer tries to be justified before God by obeying the law. Paul was one of the best in his time at obeying the law. Write out verse 20 and spend some time thinking about what Paul means by saying the “life I now live in the body, I live by faith in the Son of God.”

**Application:** Memorize this verse today and continue this week to ask God what this verse means.

## Day 2:

Read 2 Corinthians 5:14–21 Key word: **Reconciliation** — *to restore a broken relationship*.

- Sin causes us to have a broken relationship with God that must be restored. Verse 21 does a good job explaining **reconciliation**.
  - Who did God cause to be sin?
  - Who did God do this for?
  - As a result of this, what does the verse say we get to become?

**Reconciliation** is incredible! Sin causes a broken relationship, but God restores the relationship by putting the blame of sin on Jesus Christ and makes us the righteousness of God!

- The crazy thing is this: Ultimately, God is the one who reconciles, but to whom does He give the ministry (or task) of **reconciliation**? (vs. 19)
- How do you think sharing the message is fulfilling this ministry?
- Who are some people back home that you know need to be **reconciled** to God?
- Write out verse 17. Now that we have discussed reconciliation, what do you think it means that we are a new creation? What is the old that has gone? And the new that has come?

**Application:** Pray for the people you mentioned above and memorize 5:17. Continue to ask God, “What does this verse mean?”

### Day 3: The Fall

Read Genesis 3

- What do you learn about God and His character in this passage? Example: God is a pursuer, provider. What do you learn about how God behaves? (vs. 9,11,21)
  
- What did you learn about man in this passage? (vs. 6, 8,12)
  
- How did the serpent tempt Eve? (vs. 1-5)
  
- What are some ways that you can fight against temptation?
  
- How did Adam and Eve respond when they realized they had sinned? (vs. 7-8)
  
- Why do we try to hide from God when we sin, even though we believe he knows everything?
  
- Why is it wrong to hide from God?

**Application:** How can you respond correctly when you sin?

## Day 4: Noah and the Flood

Read Genesis 6:9–8:22 (Shorter version: 6:9–15, 22, 7:11–12, 20–24, 8:13, 18–22)

- What do you learn about God in this passage?
- What characteristics did Noah possess that made God choose him to save the earth? (6:9, 22)
- Why did God flood the earth? (vs. 6:13)
- What do we learn about man in the end of chapter 8? (vs. 21)
- What promise did God make with Noah? (vs. 8:21)

**Application:** What can you start doing in your life today to be a righteous person that walks with God?

## Day 5:

Read Luke 4:1-13

- Who led Jesus into the wilderness? (vs. 1)
- Who tempted Jesus while he was there? (vs. 2)
- Think through each temptation Satan tempted Jesus with. What desires was Satan aiming at? (vs. 3, 5-7, 9)
- At what desires does Satan attack you? (self image, lust, power, pride, jealousy, etc.)
- How do you see the value of God's Word utilized by Jesus here? (vs. 4, 8, 12)
- What do we learn about Satan in this passage? (vs. 4:13) [Note the time and ways he tempted Jesus.]

**Application:** Are there areas of your life that Satan tempts you in, but you don't have a verse to help you in your time of temptation? Find some verses. Ask your D-Group leader or other spiritual leader.

## Day 6: Psalm 1 Meditating on Scripture

Read Psalm 1:3

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would you say what the verse is communicating?
- Emphasize each word of Psalm 1:3 to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse. Example: “If I am like the man of verse 1 & 2, I am like a tree planted by streams of water...” God, Help me be a man that does not walk in the counsel of the wicked. God, help me be a man that delights in your law. That I would be a man that thinks about your law day and night.

## Day 7:

Read Proverbs 1:8-19

- In verses 8-10, there are two crowds to listen to—one good and one bad. Who are they?
- You have probably never been enticed to “lie in wait for someone’s blood...to get valuable things” (kill someone for money) (vs. 11-13), but what are some ways sinners entice you and you are tempted to “cast lots” with them?
- Read verse 17 again. Why is it useless or vain to spread a net in full view of birds when you are trying to catch them? Try to picture what this would be like. Would this work?
- How does this connect with the rest of the passage? How is it useless or vain to try to get good things by following sin?

**Application:** Spend some time praying that God will show you areas where you are enticed towards sin and that He will reveal to you how it is vain to pursue this direction because it will never give you what you desire.



## Week 2

### Day 1:

Read Romans 12:1-2

Key word: **Mercy** — *not getting what we deserve.*

- Paul says “in view of God’s mercy,” we should offer our lives to God as worship. What mercy has God shown you?
- Read I Chronicles 11:15–19. How does this story of David’s mighty men illustrate offering all of yourself for your Master?
- How does presenting yourself as a living sacrifice play out in your daily life? (Rom. 12:1)
- What are other things you are tempted to give your life to?
- How is God’s will described in verse 2? How does knowing this encourage you to offer your whole life to him as a sacrifice?

**Application:** Write out 12:1. Think about what it means that “in view of God’s mercy” we are to offer our lives to God. And that this is a spiritual act of worship. Incredible! Memorize this verse!

**Day 2:**

Read John 14:18-24

**Key word: Love** — *Tough to define. We will see how Jesus determines if a person loves Him.*

- Two things are mentioned in the beginning of verse 21 to determine “the one who loves me.” What are they?
- What are the three things that will happen because a person loves Jesus? (vs. 21)
- What do you think it means that Jesus will show himself?
- What are some ways that you have seen God this summer already?
- How would you respond to people who say they love God, but live a disobedient lifestyle?

**Application:** Jesus defines love for him simply as obeying his commands. Write out verse 21. Think through how obedience is a way to show love. And one great result is Jesus showing himself to us. Memorize this verse!

### Day 3: Tower of Babel

Read Genesis 11:1-9

- What do you learn about God in this passage?
- Why did the people build a city with a tower that reaches to the heavens? (vs. 4)
- What is wrong with not wanting to be scattered over the earth? How does that conflict with what God wanted for man? (see Gen. 9:1 & Gen. 1:28)
- Also, the people wanted to make a name for themselves. Why do you think God was upset about this?
- How does sharing the gospel bring glory to God and make a name for Him?

**Application:** As a believer, our purpose should be to make a name for God. What are a few ways that you can make a name or live for God's glory today?

## Day 4: Sodom and Gomorrah

Read Genesis 18:16–19:29

- What do you learn about God in this passage?
- Why was God going to destroy Sodom and Gomorrah? (vs. 20)
- What did Abraham do to try and spare Sodom? (vs. 23–33)
- What is God’s response to Abraham pleading with him to spare the city? (vs. 18:33, 19:29)
- How would you describe Abraham’s pleading with God?
- How can you be pleading with God to spare people of the wrath to come on those who do not believe in God?

**Application:** Make a list of some people (college friends, high school friends, family, etc.) whom you can be praying for who do not know Christ and need God’s mercy like Lot was given God’s mercy.

## Day 5: Jesus Raises Lazarus From the Dead

Read John 11

- What do you learn about Jesus in this passage?
- Don't you find it hard to believe that Jesus did not immediately go to his friend or heal him from a distance?
- What was Martha's response to Jesus in verses 21-22?
- What are some big areas that you are trusting to Christ like Martha?
- What was Martha's response to Jesus in verse 39?
- Regardless of Martha's lack of faith, Jesus responded anyways. What happened with Lazarus?
- Have you ever had a time when you thought you had faith, but your faith failed when it was put to the test?
- What are some areas that you want to trust Christ in, but have difficulty when you are put to the test?

**Application:** Spend some time praying today that your faith will be strengthened by difficult times and that your faith is always that God is good.

## Day 6: In Him I Take Refuge

Read Psalm 11:4

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would you say what the verse is communicating?
- Emphasize each word of Psalm 11:4 to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick.

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse. Example: “God, you are in your holy temple, you are on your heavenly throne. You observe me from that point. Your eyes examine me. God, how awesome that you are always watching! I hope that I am pleasing to you! I am so thankful that you are my guardian that never sleeps.”

## Day 7: Value of Wisdom

Read Proverbs 2

- Verses 1-4 speak about the search for wisdom. What are some phrases used to describe the pursuit of wisdom? Example: “applying your heart to understanding.”
- What will be the result if we do the above things? (vs. 5)
- What are other results you see in this passage from gaining wisdom?
- Do you think many college students today are striving to find wisdom? Why or why not?

**Application:** Spend some time praying that God will make you a person that strives and seeks after wisdom as if it were a hidden treasure.

## Week 3

### Day 1: The Word

Read 2 Timothy 3:10-17      Key Word: **God-Breathed** — *theopneustos* - *inspired by God*.

- What's the command in verse 14?
  
  
  
  
  
- What are the four things that the **God-Breathed** scripture is useful or profitable for, and what do you think each word means?  
\_\_\_\_\_ in righteousness —  
  
\_\_\_\_\_ in righteousness —  
  
\_\_\_\_\_ in righteousness —  
  
\_\_\_\_\_ in righteousness —
- In the last week, how has the God-Breathed scriptures played one of these roles in your life?

**Application:** Write out verse 16. Make it your application this week to memorize this verse and thank God for His God-Breathed words.



## Day 2: The Word

Read Joshua 1:1-9

Key Word: **Meditate** — *to think deeply or carefully about.*

- What does God command the new leader of Israel to do in verse 8?
- What does God say is the reason and result of Joshua meditating on the Scriptures? (vs. 8)
- How will meditating on the Scriptures cause Joshua to do everything written in it?
- If meditating on Scriptures would cause Joshua to do everything written in them, it would do the same thing for us today. So why do you think most Christians do not meditate on Scriptures today?

**Application:** Write out verse 8. Spend time this week meditating on Joshua 1:8.

### *Day 3: Abraham Sacrifices His Only Son*

Read Genesis 22

- What do you learn about God in this passage?
  
- What quality does Abraham show in his act of almost sacrificing his only son?
  
- Why did the angel stop him from sacrificing Isaac? (vs. 12)
  
- How did God provide for Abraham? (vs. 13-14)
  
- How does this relate to the gospel?
  
- How can you show the same willingness as Abraham to do anything to obey God?

**Application:** Make a list of potential Isaacs that you can ask God if you need to give to Him?

## Day 4: Esau Sells His Birthright to Jacob

Read Genesis 25:19–34

- What did Esau give up to fulfill his desire for food?
  
- A birthright is a very special honor given to the eldest son in Israel’s tradition. The older son with the birthright receives double portions of the inheritance and is named the leader of the clan. His hunger couldn’t have been that bad, so why do you think he made such a horrible trade?
  
- Can the things of this world ever quench your desires?
  
- What desires of the flesh are you giving in to that you could cost you your “birthright”?

**Application:** Pick one of the above desires. If you were to totally give in to this desire, what would be the end result?

## Day 5: The Prodigal Son

Luke 15:11-32

- How did the son sin against his father? (verse 13)
- How did the sin of the prodigal son hurt him?
- What are things in your life that you feel like you have squandered/are squandering away that are hurting your relationship with God?
- In verses 17-18, how did the son respond when he realized he had sinned?
- Do you ever not feel worthy to come before God (verse 19) because of your sin? Why?
- How does the father receive the son when he returns in verse 20?
- How can you relate this to how God receives his people?

**Application:** Praise God for being a forgiving and loving God that seeks to reconcile the relationship between you and God.

## Day 6: The Law of the Lord is Perfect

Read Psalm 19:7

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would you say what the verse is communicating?
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse.

## *Day 7: Lean Not on Your Own Understanding*

Read Proverbs 3:1-8

- What are we to do with steadfast love and faithfulness?
- Why should we bind them around our neck and write them on the tablet of our hearts? (vs. 4)
- What does the command tell us to do in verse 5?
- What things do you have trouble giving over to God?
- Solomon is said to be the wisest man that ever lived (1 Kings 3:7-11) and he said to not lean on our own understanding. How much more should we not lean on our own understanding?
- What is promised to us if we acknowledge God? (verse 6)
- What does Solomon promise will happen if we fear the Lord and turn away from evil?

**Application:** Pray for God to give you wisdom and that you would not lean on your own understanding but on God's.

## Week 4

### Day 1: If You Abide in Me

Read John 15:1-11

Key Word: **Abide** — *to act in accordance with a rule, decision, or recommendation.*

- Who is the true vine?
- What does the Father do to the branches that do bear fruit? (verse 2b)
- What happens if the branch doesn't bear fruit? (verse 2a)
- What distractions keep us from staying connected to the vine? (Ex: lack of sleep, relationships, job, etc.)
- Why does this verse say it's absolutely important to abide in the vine?
- Think about that for a while. Apart from him, we can do NOTHING. What comes to mind when you think about that?
- How does abiding in Christ bring glory to God?

**Application:** What are some ways that you can abide in Christ this week?

## *Day 2: Do Not Be Anxious*

Read Philippians 4:4-9

- What does Paul tell the Philippians to do in verse 4?
  
  
  
  
  
  
  
  
  
  
- Do you think that is true in your life? How so?
  
  
  
  
  
  
  
  
  
  
- What command does Paul give the Philippians?
  
  
  
  
  
  
  
  
  
  
- What promise does Paul give the Philippians if they make their prayers known to God? (verse 7)
  
  
  
  
  
  
  
  
  
  
- What does Paul tell the Philippians to think about?
  
  
  
  
  
  
  
  
  
  
- What is one way to make sure to always be thinking about these things?

**Application:** List some ways that you can be more focused on God this week.



### *Day 3: Jacob Steals Esau's Blessing*

Read Genesis 27

- What do we learn about man in this passage?
- What did Jacob do to receive this blessing from his father? (verses 14-17)
- What other way has Jacob deceived Esau in the past? (Genesis 25:19-34)
- What are some ways that you deceive people in your life?
- What disguises do you use or have you used to make yourself look better spiritually?
- What sin in your life did God reveal to you through the story?

**Application:** What are some ways that you can fight this sin?

## *Day 4: Moses and the Burning Bush*

Read Exodus 3

- What did Moses have to do when he came closer to the bush? (verses 4-5)
  
- What does that emphasize to us about God?
  
- What quality of God do you see in verses 7-8?
  
- What is God's plan for Moses (verses 9-10)?
  
- What does verse 14 tell you about God?

**Application:** How can you give glory to God this week?

## Day 5: Jesus Casts Demons Out of Legion

Read Mark 5:1-20

- What kind of man was Legion?
- What was this man often bound with? (verse 4)
- What are some things that nonbelievers can be bound with?
- What did Jesus heal Legion from?
- How did that reveal Jesus' glory and power?
- What was Legion's immediate response to Jesus casting out the demons in verse 18?
- What was Jesus' response to Legion in verse 19?
- How can you gain the same excitement as Legion for sharing the gospel and your testimony?
- How does this change your perspective on who you should share the gospel with?

**Application:** Make a list of people who you want to share the gospel or your testimony with and DO IT!

## Day 6: Teach Me

Read Psalm 25:9

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would you say what the verse is communicating?
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?
- Your goal is to figure out God’s will for you.

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse.

## Day 7: Wisdom

Read Proverbs 4:1-19

- Why does Solomon say to hear a father's instruction and be attentive to it?
- What does verse 13 say about holding to instruction?
- What commands does Solomon give in verses 14-15?
- What are some practical ways to do this?
- What are some lessons that you have learned this summer that you need to store up?
- How does Solomon contrast the way of the righteous with the way of the wicked?

**Application:** What are some ways that you can be like the light of dawn that gets brighter and brighter as the day is full?

## Week 5

### *Day 1: Brother Who Sins Against You*

Read Matthew 18:15–20

- In a couple of sentences, write down your key thoughts about the passage.
  
- Write down the key verse that you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

## Day 2: Persevere

Read Hebrews 10:19–39

- What is the importance of meeting with other believers? (vs. 24–25)
- What are the two things the writer tells the Hebrews to do in verse 25?
- How is your tongue around other people? Encouraging or tearing down?
- What is the result of not acknowledging the truth? (vs. 26)
- Why is there a need for endurance? (vs. 36)
- How do you think you have done in enduring hardship in your life?

**Application:** Pray for the people in your life that are encouraging you and that your tongue would be edifying and not tearing people down. Pray that God would help you endure hardships in your life.

### *Day 3: Moses Crosses the Red Sea*

Read Exodus 14:1-31

- What was God's plan to bring glory to himself?
- Why does God sometimes lead us into trying situations? (vs. 4-6)
- What was Israel's reaction when Egypt came upon them? (vs. 9-12)
- How would you have reacted?
- What are Moses' commands given to the people? (vs. 13-18)
- How did Israel eventually see victory over Egypt?

**Application:** What are some things you can do next time you run into trouble?



## Day 4: The 10 Commandments

Read Exodus 20

- Why did God give the 10 Commandments?
  
- How many of them have you broken?
  
- What do the commandments reveal about you?
  
- How do the commandments point you to Christ?
  
- How did Christ fulfill the law?
  
- What should your response be to the grace that has been given to you?

**Application:** Who are some people you can share the law with this week?

## Day 5: Parable of the Sower

Read Matthew 13:1-23

- Who do you think Jesus is talking about as the sower?
- What is he sowing? What is the seed representing?
- What four outcomes can happen with the seed?
- How many of the types of soil do you think are Christians?
- How might each of these situations play out in your own ministry?
- How can you be a more effective sower of the gospel in your life?

**Application:** What are some ways that you can be doing process evangelism where you are at?

## *Day 6: Commit Your Way to the Lord*

Psalm 37:5

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would you say what the verse is communicating?
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?
- Pray the verse back to God, putting your name and your circumstances in the verse.

## Day 7: Path to Destruction

Read Proverbs 7:6–27

- From what perspective is Solomon watching this story play out?
- Have you ever seen this play out in someone else's life or in your own life?
- How does Solomon describe the youth in verse 7?
- How does the young man fail to get out of the situation he was in?
- How was he enticed to continue in the sin?
- How can you set up roadblocks to stop things like this from happening?
- What is the ultimate result of this man's actions in verses 22–23?

**Application:** Ultimately, the path that you are on is leading you to a destination, so if you are on a path that could lead to destruction, what are some things that you need to mortify in your life?

## Week 6

### Day 1: Jesus' Ministry

Read Matthew 4:18-22

- What was the profession Peter, Andrew, James, and John?
- What is the command in verse 19? How does that relate to Jesus' strategy for building up his disciples?
- Jesus had vision for these guys, looking past who they were and looking on to who they could be. When people look at you, what do they see? When you look at yourself, what do you see?
- What do you think Christ sees when he looks at you?
- How did Peter and Andrew respond to the call from Christ?
- Not only did they walk away from their profession, but James and John also walked away from their father. What do you need to walk away from in order to follow Christ more wholeheartedly?

**Application:** Memorize Matthew 4:19 this week!

## *Day 2: I Am Not Ashamed*

Read Romans 1:8-17

- In verses 15-16, why is Paul eager to share the gospel?
- Looking back at verses 8-14, what are some reasons why Paul is so eager to share the gospel?
- How does Paul describe the gospel?
- How should that motivate us in sharing the gospel?
- What word does Paul emphasize in verse 17?
- Why is faith so important in God revealing his righteousness?

**Application:** Memorize Romans 1:16 this week!

### *Day 3: Story of Samson*

Read Judges 13-16

- What was Samson's calling from birth?
- When did Samson first discover his strength? What did he do when the Spirit of the Lord came upon him in verse 14:6?
- How did Samson defeat the Philistines?
- How did Samson sin in chapter 16?
- What are the consequences of Samson's sin in chapter 16?
- While in jail, how did Samson fulfill his calling of delivering his people?
- How does this story speak to God using people despite their past?

**Application:** Pray and reflect on how God is a gracious God and wants you to be used by him.

## Day 4: David and Goliath

Read 1 Samuel 17

- Who is Goliath? Who is David?
- The stakes were high for this fight. If David had lost, they would have become enslaved to the Philistines. What character quality did David possess?
- Where did that confidence and courage come from? (verses 45–47)
- What is David's attitude towards God?
- How does David's attitude toward the Lord compare to yours?
- What do you learn about David by his behavior?
- In what area of your life do you need to imitate David?
- How should your attitude toward God affect how you share the gospel?

**Application:** Pray that you would have a BIGGER view of God that would result in confidence and courage.



## Day 5: Parable of the Weeds

Read Matthew 13:24–30, 36–43

- In a couple of sentences, write down your key thoughts about the passage.
  
- Write down the key verse you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

## Day 6: In God I Trust

Read Psalm 56:11

- Now read the few verses before and the few verses after.
  
- Put the verse in your own words. How would *you* say what the verse is communicating?
  
- Emphasis each word to yourself to understand how each word adds to the overall meaning.
  
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse.

## Day 7: Wisdom

Read Proverbs 10:1-5

- What is the value of wisdom?
- What delivers us from death?
- How does Solomon contrast the way the Lord treats the righteous and the wicked?
- What is the result of laziness verses diligent hands?
- How is the “he who gathers” described?
- Which one of these verses resonates with you the most?

**Application:** Where does this passage of Scripture apply to your life and how will you put it into action?

## Week 7

### *Day 1: The Righteousness of God through Faith*

Romans 3:22-31

- In a couple of sentences write down your key thoughts about the passage.
  
- Write down the key verse that you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

Memorize Romans 3:23 this week.

## *Day 2: Wounded for Our Transgressions*

Read Isaiah 53:1-12

- How is the life of Jesus described?
- What does verse 6 say about the nature of man?
- How was Jesus treated for the punishment of your sins?
- How does the death of the Jesus show God's love for us?
- Who can you share this story with this week?

**Application:** Memorize Isaiah 53:6 this week.

### Day 3: David and Mephibosheth

Read 2 Samuel 9:1-13

- Who was Mephibosheth a descendant of? (vs. 6)
- David (the former king) is an enemy of Saul, making Mephibosheth an enemy. How does this parallel your once being once an enemy of God? Look up Colossians 1:21.
- Just as Mephibosheth had no hope (crippled and born in the wrong family), how are we without hope without Christ? Look up Ephesians 2:1.
- How did King David seek to show kindness instead of judgment to Mephibosheth?
- How does this relate to how Jesus did the same for you? Look up Luke 19:10.
- How did King David offer to restore Mephibosheth? How does Luke 22:29-30 relate to that?
- How has God shown you grace?

**Application:** Share this story with someone this week to show them how it mirrors the gospel.

## *Day 4: The Whole Armor of God*

Read Ephesian 6:10-18

- Why are we to put on the whole armor of God? (vs. 11)
  
- Who are we at war against? (vs. 12)
  
- How are we to stand? (vs. 14-18)
  
- Do you have the whole armor of God on? Or are you lacking some?
  
- What do verses 18-19 say about prayer?
  
- How can you strengthen your prayer life?

**Application:** Pray that you would have a dependence on God through prayer knowing that we find our strength in Him.

## Day 5: Parable of the Dishonest Manager

Read Luke 16:1-13

- What was the manager accused of doing?
- What things in your life are you wasting away or not putting the proper effort toward?
- The manager is clearly guilty of waste because he made no attempt to defend himself. Do you make excuses for work that you have been slack in? Look up Proverbs 18:9.
- How is he dishonest in gaining his money?
- Have you proven yourself to be faithful in small things, or are you dishonest with your dealings?
- What are some ways you can prove yourself to be a faithful person to others?
- Is there anything in your life that you are serving besides God?

**Application:** What are some little things that you can be faithful in this week, since you are a servant of God?



## Day 6: Psalm 119:1-8

Read Psalm 119:5

- Now read the few verses before and the few verses after.
  
- Put the verse in your own words. How would *you* say what the verse is communicating?
  
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
  
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?

**Application:** Pray the verse back to God, putting your name and your circumstances in the verse

## Day 7: Wisdom of Solomon

Read Proverbs 10:6-11

- In a couple of sentences write down your key thoughts about the passage.
  
- Write down the key verse that you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

## Week 8

### *Day 1: Destined to Die*

Read Romans 6:15-23

- What does it mean to be a slave?
  
- What were all people once a slave to?
  
- What was the end result of being a slave to sin?
  
- Who are believers a slave to?
  
- How does being a slave to God change your perspective on your relationship with Him?
  
- What kind of fruit does this lead to?
  
- How does lordship play a factor in your life?

**Application:** Memorize Romans 6:23. Also, think of someone with whom you can share your identity as a slave to God this week.

## Day 2: Destined to Die

Read Hebrews 9:23–28

- In a couple of sentences, write down your key thoughts about the passage.
  
- Write down the key verse that you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

Write out and memorize Hebrews 9:27.

### Day 3: Job is Afflicted by Satan

Read Job 1:1-2:13

- How was Job described in verse 1:1 and 1:3?
- Why did God suggest Job to Satan?
- What did Satan do to Job in 1:12-19 and how did Job respond?
- How do you respond to suffering?
- Do you praise God even in suffering? Why or why not?
- What limit did God put on Satan in 2:6? How did Job respond to his suffering this time? How did his wife respond?
- How can you show Christ to others through your sufferings?

**Application:** Praise God for any righteous suffering in your life. Pray that you would be a person like Job who endures suffering.

## Day 4: Shadrach, Meshach, and a Billy Goat

Read Daniel 3

- What are some modern things that people are worshiping?
- What did the king say would happen if anyone did not worship the golden image?
- What did Shadrach, Meshach, and Abednego do when they heard the music play?
- What did they do when the king gave them the option to worship the golden image or be thrown into to the fiery furnace? How would you have responded to this threat?
- Do you have enough faith in God to trust Him to save you from the furnace? Why or why Not?
- What are you not trusting God with?

**Application:** Praise God for who He is and that He is a big God that can do big things. Pray that your view of God would be that of Shadrach, Meshach, and Abednego.

## Day 5: Jesus Walks on Water

Read Matthew 14:22-33

- How did Jesus pray?
- Do you find time by yourself in a quiet place to pray?
- What was the disciples' reaction when they saw Jesus walking on water?
- What made Peter doubt that he could walk on water?
- What are some things that make you doubt the ability of God?
- What did the disciples do in response to Jesus' actions?
- How should we respond when Christ does things in our lives?

**Application:** Pray that your faith would be strengthened, knowing that God can do all things.

## Day 6: My Soul Thirsts for You

Read Psalm 143:6

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would *you* say what the verse is communicating?
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?
- Pray the verse back to God, putting your name and your circumstances in the verse.



## Day 7: The Way of the Righteous

Read Proverbs 12:12-22

- What is an evil man ensnared by? Do you ever fall into this?
- Depending on a man's character, verse 14 can either be bad or good. How have you seen this play out in your life?
- How is a fool contrasted from a wise man in verse 15?
- Do you always seek advice from more mature people in their faith? Why or why not?
- What is the value of speaking truth? (verses 17-22)
- What would God's opinion be of your lips?

**Application:** Memorize a verse from this section about how your speech should glorify God.

## Week 9

### Day 1: God's Love

Read Romans 5:1-11

- How were you justified?
- What does Paul tell the Romans to rejoice in? Why?
- Who did Christ die for?
- How does God show His love for us?
- What were you saved from?
- Does that spur you on to share this message with others? Why?
- How were you reconciled to God?
- With whom can you share the love that God has shown you?

**Application:** Write out and memorize Romans 5:8.

## Day 2: Christ's Sacrifice

Read 1 Peter 3:13–18

- In a couple of sentences, write down your key thoughts about the passage.
  
- Write down the key verse that you think summarizes the passage.

**Application:** What will you do differently in your life because of this passage? This could mean a:

- Passage to memorize
- Sin to avoid
- Promise to claim
- Prayer to repeat
- Command to obey

Write out 1 Peter 3:18 and memorize it this week.

### *Day 3: Daniel and the lion's Den*

Read Daniel 6:1-28

- What did the officials seek to do to Daniel in verses 4-7?
- When Daniel heard of the king's document being signed, what did he do?
- What do you do when you see trouble ahead?
- What did the king do in response to Daniel worshiping God?
- What happened to Daniel the night he spent in the lions den?
- Why did the lions not harm him?
- Do you have the faith of Daniel to trust God to deliver you from lions? Why or why not?
- What are you not trusting God fully with in you life?

**Application:** Pray that you would have complete faith in God to be able to do anything because he is such a big God that can accomplish all things.

## Day 4: Jonah and the Whale

Read Jonah 1:1-2:10

- What did Jonah do when the Lord told him to go to Nineveh?
- What paths are you taking that are opposite of what God is calling you to?
- Why was the sea so rough?
- What had Jonah told the men on the ship in verse 10?
- What did the men do to Jonah?
- What did the Lord do to Jonah after he was tossed into the sea?
- What did Jonah do when he was in the belly of the fish?
- What does God do in verse 2:2?

**Application:** Pray that you would ask big things from God, not only in the bad times but also in the good.

## Day 5: Parable of the Talents

Read Matthew 25:14–30

- What did the master do before he went on his journey?
- What did each servant do with the talents that the master had given him?
- What are you doing with the things that God has given you? Are you investing them and making a return, or are you hiding it, hoping not to lose it?
- What things in your life are you letting sit around and not multiply?
- What did the master say to the ones who added to their talents?
- What was the master's response to the one who stored it away?
- What will you change in your life in light of verse 29?

**Application:** Think through things in your life that you are not trying to multiply or add to. Pray that God would give you the diligence to work hard in those areas to glorify Him through what He has given you.

## Day 6: Great is the Lord

Read Psalm 145:13

- Now read the few verses before and the few verses after.
- Put the verse in your own words. How would *you* say what the verse is communicating?
- Emphasize each word to yourself to understand how each word adds to the overall meaning.
- Pick one or two words or a phrase that you think are key to the verse. Ask questions, such as “What?” “How?” “Why?” about whatever you pick. What makes these words significant? How do these words impact your life or impact the meaning of the verse? Why do you consider these words key?
- Pray the verse back to God, putting your name and your circumstances in the verse.

## Day 7: The Way of the Righteous

Read Proverbs 22:17-21

- What are we to do with wisdom?
- Do you always listen to the wisdom that you get from others? Why or why not?
- Why is it beneficial to listen to wisdom and apply it to your lives? (verses 17-18)
- What happens when you don't apply wisdom to your life? What happens when you do?
- How have you seen this play out in your own life?
- What is some wisdom that you have heard lately that you need to apply to your life?

**Application:** Pray that God would give you wisdom and discernment in all areas of your life. Pray that this entire passage may be true of you.