GOD'S LOVE FOR YOU FREE RESOURCE BIBLE STUDY

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CHAPTER ONE

THE MOVEMENT OF GOD

CORE BIBLICAL THEME

God moves first. The chapter's cited Scriptures present God's love as initiating action rather than a response to human worthiness — He gave His Son (John 3:16), seeks the straying (Matthew 18:11-13), draws through goodness (Romans 2:4), and demonstrated love while we were still sinners (Romans 5:8), and that love cannot be severed (Romans 8:35-39).

SCRIPTURE USED IN THIS CHAPTER

- John 3:16
- Matthew 18:11-12 (listed in the chapter as Matthew 18:11-13)
- Romans 2:4
- Luke 15 (the prodigal son)
- Romans 8:32
- Romans 8:35-39
- Romans 5:5-8
- James 1:21-22
- Hebrews 9:24, 26
- 1 John 4:9-10
- Titus 3:5
- 2 Corinthians 5:17

BIBLICAL INSIGHT

John 3:16 links love directly to giving — the love has an object and an action. Matthew 18:11-12 shows the Son of Man coming to save the lost and a shepherd leaving the ninety-nine to seek the one that strays. Romans 2:4 identifies God's goodness, forbearance, and longsuffering as what leads a person to repentance, and Luke 15's account of the returning son shows a father who moves toward him.

Romans 8:32 argues from the greater to the lesser: the Father who did not spare His own Son will freely give all things. Romans 8:35-39 lists every candidate for separation — tribulation, distress, persecution, famine, nakedness, peril, sword, death, life, angels, principalities, powers,

things present, things to come, height, depth, any created thing — and denies all of them the power to separate us from God's love in Christ.

Romans 5:5-8 states that God's love has been poured out in our hearts by the Holy Spirit and that Christ died for the ungodly while we were still without strength. Hebrews 9:24, 26 shows Christ entering heaven itself to appear in God's presence for us, having put away sin by His own sacrifice. First John 4:9-10 defines love not as our love for God but His love in sending His Son as the propitiation for our sins. Titus 3:5 rules out works of righteousness as the basis of salvation, crediting His mercy, and 2 Corinthians 5:17 declares anyone in Christ a new creation. James 1:21-22 completes the picture: the implanted word is received with meekness, and the hearer is to become a doer.

REFLECTION QUESTIONS

1. John 3:16 says God "so loved… that He gave." What does the sequence in that verse tell you about whether His love waited on your response?
2. Romans 2:4 names goodness — not fear — as what leads to repentance. Where have you been relating to God as though the opposite were true?
3. Read the list in Romans 8:35-39 slowly. Which specific item on that list has the enemy used against you, and what does the verse say about its power?
4. Titus 3:5 and 2 Corinthians 5:17 both remove personal performance from the equation. What have you been trying to accomplish that these verses say has already been settled?
5. James 1:21-22 warns against hearing only. What is one truth from this chapter you have heard but not yet acted on?

GROUP DISCUSSION

1. Matthew 18:11-12 pictures a shepherd who leaves ninety-nine to pursue one. What does that image communicate about how God values the individual?
2. Romans 8:32 reasons that the God who gave His Son will not withhold other things. How should that verse shape the way a believer prays?
3. First John 4:9-10 says love is defined by His sending, not by our loving. How does that definition differ from how love is commonly understood?
4. Romans 5:5-8 says Christ died while we were "still sinners." Why do you think believers still struggle to accept love given at that point?
5. Considering Romans 2:4 alongside James 1:21-22, how do goodness and obedience relate to one another?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, I come to You on the basis of what Your Word says and not on the basis of what I have earned. John 3:16 tells me that You loved and You gave, and Romans 5:8 tells me You demonstrated that love while I was still a sinner. I confess that I have often lived as if Your love had to be secured by my effort, my consistency, or my performance. Search my heart and show me where striving has replaced trust.

Thank You that according to Titus 3:5 You saved me not by works of righteousness that I have done but according to Your mercy. Thank You that 2 Corinthians 5:17 says I am a new creation in Christ. Thank You that Romans 8:32 assures me You will not withhold what I need, and that Romans 8:35-39 tells me nothing in all creation can separate me from Your love.

Let Your goodness lead me, as Romans 2:4 says. Where I have run from You in shame, teach me to run to You. Where I have heard Your Word without acting on it, give me the meekness James 1:21-22 describes so that I receive it and do it. I surrender my scorekeeping. I receive Your love today. In Jesus' name, amen.

Activation Step

Write out Romans 8:38-39 in your own handwriting and place it where you will see it daily this week. Each time a thought of disqualification comes, name the specific accusation, then read the verse aloud and answer it with the words the chapter models: *I am more than a conqueror through Him who loves me.*

CHAPTER TWO

DEEPER REVELATION

CORE BIBLICAL THEME

Love received, not merely known. The chapter's cited Scriptures move God's love from information to indwelling reality — He loved first (1 John 4:9-10), draws with everlasting lovingkindness (Jeremiah 31:3), makes the person in Christ new (2 Corinthians 5:17), calls us His children (1 John 3:1), places His Spirit within (Romans 8:9-11), and produces fruit through abiding rather than striving (John 15:5).

SCRIPTURE USED IN THIS CHAPTER

- 1 John 4:9-10
- 2 Corinthians 5:17
- Luke 15:11-24 (specifically quoted: Luke 15:17, 18-19, 20, 22)
- Romans 8:9-11
- Jeremiah 31:3
- John 14:9
- James 4:7
- 1 John 3:1
- John 15:5

BIBLICAL INSIGHT

First John 4:9-10 locates the origin of love outside of us: not that we loved God, but that He loved us and sent His Son as the propitiation for our sins. Jeremiah 31:3 names the means of God's drawing — lovingkindness, tied to an everlasting love.

Luke 15:11-24 traces the son's own reasoning. In verse 17 he comes to himself over bread, not over relationship. In verses 18-19 he composes a request to be treated as a hired servant — his own assessment of his worth. Verse 20 records what the father actually did: while the son was still far off, the father saw him, felt compassion, ran, embraced, and kissed him. Verse 22 lists the robe, the ring, and the shoes — items given before any probation period. The father's action does not match the son's expectation.

Romans 8:9-11 states that those in whom the Spirit of God dwells are in the Spirit, and that the Spirit of the One who raised Jesus, dwelling in us, gives life to mortal bodies. First John 3:1

identifies the Father's love as the reason we are called children of God — and adds that the world's failure to recognize us traces back to its failure to know Him.

John 14:9 gives the interpretive key the chapter leans on: whoever has seen Jesus has seen the Father. James 4:7 assumes something is to be resisted, and promises the devil will flee. Second Corinthians 5:17 declares the old passed away and the new come. John 15:5 makes fruit a function of remaining in the vine, and apart from Him, nothing.

REFLECTION QUESTIONS

1. The son in Luke 15:18-19 asked to be a hired servant. Where in your own approach to God have you asked for less than what Luke 15:22 says the Father gives?
2. Romans 8:9-11 says the Spirit dwells in you. What would change today if you related to God as present within rather than distant above?
3. Jeremiah 31:3 says lovingkindness is what draws. What have you been told, or told yourself, that assigns your hardship to God instead?
4. John 14:9 says seeing Jesus is seeing the Father. Read that verse and ask: does your working picture of God's character match what Jesus did?
5. First John 3:1 says the world does not know us because it did not know Him. Whose assessment of you have you been accepting over God's declaration?

GROUP DISCUSSION

1. In Luke 15:20 the father runs while the son is still far off. What does the timing in that verse say about what God waits for?
2. Compare 1 John 4:9-10 with 1 John 3:1. How does the source of love in the first passage shape the identity described in the second?
3. James 4:7 commands resistance. Why does a person's belief about where hardship originates affect whether they obey that verse?
4. John 15:5 says fruit comes from remaining. How is remaining different from working, and how do you tell the two apart in practice?
5. Second Corinthians 5:17 says the old has passed away. Why do you think believers still find it hard to accept this about themselves, and what does the verse actually claim?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, I do not want to only know about Your love — I want to live in it. Your Word says in 1 John 4:9-10 that love is defined not by my love for You but by Your sending of Your Son. Thank You that the initiative was Yours. Thank You that Jeremiah 31:3 tells me You have loved me with an everlasting love and drawn me with lovingkindness.

Examine my heart. Where I have rehearsed a speech like the son in Luke 15:18-19 — offering You servanthood because I did not believe I could be received as a child — forgive me and correct me. First John 3:1 says I am called Your child, and so I am. Let me hear that as fact and not as flattery.

Thank You that according to Romans 8:9-11 Your Spirit lives in me, the same Spirit that raised Jesus. I have no need to reach for a love I already carry. Where I have blamed You for what James 4:7 calls me to resist, give me discernment. Where I have measured myself by my past, remind me of 2 Corinthians 5:17. Teach me to remain in You as John 15:5 describes, and let the fruit come from that abiding and not from my striving. In Jesus' name, amen.

Activation Step

Read Luke 15:11-24 aloud in one sitting this week, then write two short lists side by side: what the son expected, and what the father did. Keep the list where you pray. When you catch yourself negotiating with God from the servant's position, read the second column instead.

CHAPTER THREE

HE IS FOR YOU

CORE BIBLICAL THEME

God's disposition toward you is favor, not opposition. The chapter's cited Scriptures establish that God is love (1 John 4:8), that this love is known and believed (1 John 4:16), that it expels fear (1 John 4:18), that it is publicly declared over us as a banner (Song of Solomon 2:4), and that the Father withholds no good thing (Psalm 84:11-12) while making an inheritance available now (Ephesians 1:18).

SCRIPTURE USED IN THIS CHAPTER

- 1 John 4:8
- 1 John 4:9
- 1 John 4:16
- 1 John 4:18
- John 15:5
- Song of Solomon 2:4
- Zephaniah 3:17
- Ephesians 1:18
- Psalm 84:11-12
- Deuteronomy 7:13

BIBLICAL INSIGHT

First John 4:8 makes love God's nature, not merely His behavior — which means studying His love is studying Him. First John 4:16 pairs two verbs, *known* and *believed*, indicating that awareness and confidence are distinct steps. First John 4:18 explains why they matter practically: there is no fear in love, perfect love drives fear out, and fear has to do with punishment.

First John 4:9 states the mechanism — God sent His only Son so that we might live *through* Him. John 15:5 develops the same logic with the vine and branches: apart from Him, nothing; abiding produces the fruit.

Song of Solomon 2:4 places a banner of love over the beloved — a public marker of possession. Zephaniah 3:17 describes God as present, mighty to save, taking great delight, no longer

rebuking, rejoicing with singing. These verses locate God's posture as delight rather than displeasure.

Ephesians 1:18 is Paul's prayer that the eyes of the heart be enlightened to know the hope of the calling and the riches of the glorious inheritance — implying the inheritance can be possessed and unrecognized at the same time. Psalm 84:11-12 says the Lord bestows favor and honor and withholds no good thing from those who walk uprightly, and calls the one who trusts Him blessed. Deuteronomy 7:13 records God's stated intention to love, bless, and multiply His people.

REFLECTION QUESTIONS

1. First John 4:16 distinguishes knowing from believing. Which of the two describes where you actually live, and what evidence would show the difference?
2. First John 4:18 says fear has to do with punishment. What specific fear are you carrying, and what does it assume about God's intentions toward you?
3. Ephesians 1:18 prays for enlightened eyes regarding an inheritance already given. What part of that inheritance have you assumed was meant for someone else?
4. John 15:5 says apart from Him you can do nothing. Where have you been functioning as the vine rather than the branch?
5. Read Zephaniah 3:17 slowly. Which phrase in that verse is hardest for you to believe applies to you personally, and why?

GROUP DISCUSSION

1. If 1 John 4:8 says God *is* love, how should that shape the way we interpret everything else we believe about Him?
2. Song of Solomon 2:4 speaks of a banner over the beloved. What does it mean practically for God's love to be a public declaration rather than a private feeling?
3. Psalm 84:11-12 says no good thing is withheld from those who walk uprightly. How do you hold that verse together with real experiences of unanswered prayer?
4. First John 4:9 says we live *through* Him, not merely *for* Him. What changes in daily life when that preposition changes?
5. Ephesians 1:18 is a prayer for revelation rather than for effort. How might that reshape how we pray for people we love who seem far from God?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, You are love — 1 John 4:8 says so plainly, and I want that truth to govern how I see You. Forgive me for the times I have approached You expecting displeasure. Search my heart and show me where I have believed a distorted picture of Your character.

First John 4:16 says we have known and believed Your love. Move me from knowing to believing. Where fear has taken up residence — over my future, my family, my health, my worth — I ask You to do what 1 John 4:18 promises and drive that fear out with Your perfect love. I confess where I have let fear speak louder than Your Word.

Pray Paul's prayer over me, Lord: enlighten the eyes of my heart as Ephesians 1:18 says, that I may know the hope of Your calling and the riches of Your inheritance. Thank You that Psalm 84:11-12 says You withhold no good thing and that Zephaniah 3:17 says You rejoice over me with singing. I lay down my striving. I am the branch, not the vine, according to John 15:5. Live through me today. In Jesus' name, amen.

Activation Step

Identify one specific fear that has been running unchecked this week and name it out loud. Then read 1 John 4:18 and Zephaniah 3:17 aloud over that exact fear, by name, once each morning for the next seven days. Write the date beside each verse in your Bible when the fear loses its grip.

CHAPTER FOUR

THE FULLNESS OF GOD

CORE BIBLICAL THEME

Love is the operating system of faith, and fullness is its result. The chapter's cited Scriptures present love as the one thing that never fails (1 Corinthians 13:8), the mechanism through which faith actually works (Galatians 5:6), the place we are commanded to abide (John 15:8-10), and the knowledge that fills us with all the fullness of God (Ephesians 3:19) — with the mind renewed by truth (Romans 12:2) and the anointing already possessed (1 John 2:20).

SCRIPTURE USED IN THIS CHAPTER

- 1 Corinthians 13:8
- Galatians 5:6
- John 15:8-10
- Romans 12:2
- Ephesians 3:19
- 1 John 2:20

BIBLICAL INSIGHT

First Corinthians 13:8 sets love apart by durability: prophecies fail, tongues cease, knowledge vanishes — love does not fail. The verse ranks love above the gifts, not against them.

Galatians 5:6 removes ritual status from the equation entirely — neither circumcision nor uncircumcision avails anything — and identifies what does avail: faith working through love. The verse makes love the channel through which faith operates, not a separate virtue alongside it.

John 15:8-10 links three things in sequence: the Father is glorified when we bear much fruit; Jesus loved us with the same love the Father had for Him; therefore, abide in that love. Verse 10 ties abiding to keeping His commandments — following the pattern Jesus Himself kept with the Father. Obedience here is described as the location of abiding, not the price of love.

Romans 12:2 makes transformation a function of a renewed mind rather than conformity to the world, and states the outcome: proving the good, acceptable, and perfect will of God. Ephesians 3:19 contains a deliberate tension — knowing a love that passes knowledge — with the stated purpose of being filled with all the fullness of God. First John 2:20 declares an anointing already received from the Holy One.

REFLECTION QUESTIONS

1. First Corinthians 13:8 says love never fails while other things do. What have you been treating as more permanent or more important than love?
2. Galatians 5:6 says faith works through love. Think about a prayer you have prayed with little confidence — how would praying it as someone certain of God's love change it?
3. John 15:9-10 commands you to abide in a love already given. What does abiding look like on an ordinary Tuesday for you?
4. Romans 12:2 ties transformation to a renewed mind. What one thought about yourself most needs to be replaced by what God's Word says?
5. First John 2:20 says you have an anointing. Where have you waited for human approval before acting on something you already carry?

GROUP DISCUSSION

1. Galatians 5:6 says ritual status avails nothing. What modern equivalents of circumcision do believers still rely on for standing with God?
2. In John 15:10, keeping His commandments is connected to abiding in His love. How would you explain the difference between that and earning love?
3. Ephesians 3:19 asks us to know a love that surpasses knowledge. What does that paradox suggest about the limits of study alone?
4. Romans 12:2 contrasts conforming with being transformed. What does the difference between those two words tell us about how change actually happens?
5. If 1 Corinthians 13:8 is true, how should love shape how a group like this handles disagreement?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, thank You that Your love never fails. First Corinthians 13:8 tells me that gifts and knowledge will pass, but love remains — so let love be my foundation and not an afterthought.

Search my heart, Lord. Galatians 5:6 says that in Christ neither ritual nor status avails anything, but faith working through love. Show me where I have leaned on my performance, my discipline, or my reputation instead of on Your love. I repent of building my confidence on anything but You.

Jesus, You said in John 15:9 that You have loved me with the same love the Father had for

You, and You told me to abide in it. Teach me to stay there rather than visit. Renew my mind as Romans 12:2 says, so that Your Word becomes more real to me than my feelings or my past.

Fill me as Ephesians 3:19 describes — with all Your fullness, through a love that surpasses what I can understand. And thank You that according to 1 John 2:20 I already have an anointing from You. I stop waiting for qualification and begin walking in what You have already given. Let it overflow to the people around me. In Jesus' name, amen.

Activation Step

Pick one promise of God you have struggled to believe applies to you. Write it out, then write Galatians 5:6 underneath it. This week, each time you pray that promise, say it as a loved child rather than a petitioner — and before the week ends, release it outward by praying that same promise over one other person by name.

CHAPTER FIVE

HOW HE SEES YOU

CORE BIBLICAL THEME

Identity determined by God's verdict, not by self-assessment. The chapter's cited Scriptures build a composite picture: fear evicted by perfect love (1 John 4:18), faith working through love (Galatians 5:6), adoption to full sonship and heirship (John 1:12-13; Galatians 3:26; 4:4-7), cleansing and imputed righteousness (1 John 1:9; 2 Corinthians 5:21; Romans 3:23-24), completeness in Christ (Colossians 2:9-10), present likeness to Him (1 John 4:17), and victory by being born of God (1 John 5:4-5).

SCRIPTURE USED IN THIS CHAPTER

- 1 John 4:18
- Galatians 5:6
- 1 John 4:8
- John 1:12-13
- Galatians 3:26
- Galatians 4:4-7
- Hebrews 4:16
- 1 John 1:9
- 2 Corinthians 5:21
- Romans 3:23-24
- 2 Corinthians 5:17
- Colossians 2:9-10
- Joel 2:25
- 1 John 2:5
- 1 John 4:17
- Romans 8:11
- Ephesians 2:6
- 1 John 5:4-5

BIBLICAL INSIGHT

The chapter moves through identity in stages, each anchored to a specific text.

Fear and faith. First John 4:18 states there is no fear in love, that perfect love drives fear out, and that fear has to do with punishment. Galatians 5:6 removes outward qualification from the equation and names what counts: faith expressing itself through love.

Family standing. First John 4:8 grounds all of it in God's nature — God is love. John 1:12-13 gives the right to become children of God to those who receive and believe in His name, born not of blood or human will but of God. Galatians 3:26 says all are sons of God through faith in Christ Jesus. Galatians 4:4-7 traces the sequence: God sent His Son to redeem, we received adoption to sonship, the Spirit calls out "Abba, Father," and the result is that we are no longer slaves but children — and therefore heirs. Hebrews 4:16 grants the corresponding privilege: come boldly to the throne of grace to obtain mercy and find grace in time of need.

Cleansing and righteousness. First John 1:9 promises that confession meets a faithful and just God who forgives and cleanses from *all* unrighteousness. Second Corinthians 5:21 describes the exchange — He who knew no sin was made sin for us so that we might become the righteousness of God in Him. Romans 3:23-24 pairs universal sin with free justification by grace through the redemption in Christ Jesus. Second Corinthians 5:17 declares the old passed away and all things new.

Completeness and present likeness. Colossians 2:9-10 says the fullness of Deity dwells bodily in Christ, and in Him we have been brought to fullness. Joel 2:25 promises restoration of the years the locust consumed. First John 2:5 says love for God is made complete in the one who obeys His word. First John 4:17 uses the present tense deliberately: as He is, so are we *in this world*. Romans 8:11 places the Spirit who raised Jesus in us. Ephesians 2:6 seats us with Him.

Victory. First John 5:4-5 states that whatever is born of God overcomes the world, that our faith is the victory, and that the overcomer is the one who believes Jesus is the Son of God.

REFLECTION QUESTIONS

1. First John 1:9 says God cleanses from *all* unrighteousness. Which specific thing have you treated as an exception to that word?
2. Hebrews 4:16 invites boldness at the throne. Does your actual prayer life reflect that invitation, or something more hesitant? What accounts for the gap?
3. Galatians 4:7 says you are no longer a slave but a child and heir. Where have you been living as a servant hoping to be kept on?
4. First John 4:17 says "as He is, so are we in this world" — present tense. Which word you would use to describe Jesus is hardest to apply to yourself right now?

5. First John 5:4-5 makes victory a matter of being born of God rather than performing well. How does that reframe a battle you are currently in?

GROUP DISCUSSION

1. Galatians 3:26 and 4:4-7 use the language of sonship for all believers. What practical rights and responsibilities come with that status?
2. Second Corinthians 5:21 describes an exchange. Why is it important that righteousness is received rather than achieved?
3. Colossians 2:9-10 says believers have been brought to fullness in Christ. How do we hold that alongside our obvious need to keep growing?
4. Joel 2:25 speaks of restored years. What does restoration look like when time itself cannot be returned?
5. First John 2:5 connects obedience with love made complete. How would you explain that relationship to someone who fears it sounds like legalism?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, You are love — 1 John 4:8 says it plainly — and every word You have spoken over me flows from that nature. I confess that I have often read Your Word looking for what I am not instead of receiving who You say I am. Search me and correct that lens.

Thank You that according to John 1:12-13 I was born of You, not of human will. Thank You that Galatians 4:7 says I am no longer a slave but Your child and heir. Where I have approached You as a servant on probation, forgive me and teach me the boldness Hebrews 4:16 gives me.

First John 1:9 says You cleanse me from all unrighteousness. I bring You the thing I have kept back, the memory I have kept replaying, and I receive Your cleansing over it. Thank You that 2 Corinthians 5:21 says I have become Your righteousness in Christ, and that 2 Corinthians 5:17 says all things have become new.

Make me complete, Lord, as Colossians 2:9-10 describes. Restore what has been consumed, as Joel 2:25 promises. Let 1 John 4:17 become my confession — that as He is, so am I in this world. And let 1 John 5:4-5 be my ground in every battle: I overcome because I am born of You. In Jesus' name, amen.

Activation Step

Take a Bible you can write in and mark every verse from this chapter's list, drawing a simple symbol in the margin at each one. Then choose the three that speak most directly to a lie you have believed about yourself, and speak them aloud in the first person each morning this week — not as a wish, but as a statement of fact.

CHAPTER SIX

FEARLESS IDENTITY

CORE BIBLICAL THEME

Boldness is the byproduct of being loved first. The chapter's cited Scriptures place the starting point outside of us — we love because He loved first (1 John 4:19) — and build from there to present likeness to Christ (1 John 4:17), a completed chain of calling and justification (Romans 8:29-30), an exchange made through grace (2 Corinthians 8:9; Ephesians 2:8-9), and a purpose prepared beforehand (Ephesians 2:10). Fear is displaced not by effort but by perfect love (1 John 4:18).

SCRIPTURE USED IN THIS CHAPTER

- 1 John 4:19
- 1 John 4:17
- Romans 8:29-30
- Ephesians 2:10
- 2 Corinthians 8:9
- Song of Solomon 6:3
- Romans 8:28
- Romans 8:31
- 1 John 4:18
- Ephesians 2:8-9
- Psalm 139:13-14
- Romans 12:2

BIBLICAL INSIGHT

First John 4:19 establishes the order of operations: our love for God is a response, not an initiative. Everything else in the chapter follows from that sequence.

First John 4:17 says love has been perfected so that we may have boldness — and grounds that boldness in a present reality: as He is, so are we in this world. Romans 8:29-30 traces an unbroken chain — foreknew, predestined to be conformed to the image of His Son, called, justified, glorified — with no step conditioned on the believer's performance. Ephesians 2:10 calls us His workmanship, created in Christ Jesus for good works God prepared beforehand, making the

works the destination rather than the entrance fee. Ephesians 2:8-9 states the same thing negatively: saved by grace through faith, not of ourselves, not of works, so no one can boast.

Second Corinthians 8:9 describes the exchange in economic terms — though He was rich, He became poor, so that through His poverty we might become rich. Song of Solomon 6:3 supplies the language of mutual belonging: I am my beloved's, and my beloved is mine.

Romans 8:28 says all things work together for good to those who love God and are called according to His purpose. Romans 8:31 draws the conclusion: if God is for us, who can be against us? First John 4:18 explains why fear cannot occupy the same space — perfect love casts it out, because fear involves torment.

Psalm 139:13-14 attributes David's formation to God's own hand and yields the confession *fearfully and wonderfully made*. Romans 12:2 gives the ongoing means: refuse conformity to the world, be transformed by the renewing of the mind.

REFLECTION QUESTIONS

1. First John 4:19 puts His love first and ours second. Where have you reversed that order in how you relate to God?
2. Read the chain in Romans 8:29-30. Which link have you struggled to believe includes you, and what does the verse actually say about who is included?
3. Ephesians 2:8-9 removes boasting entirely. What in your spiritual life would you quietly like credit for?
4. Ephesians 2:10 says your good works were prepared beforehand. How does that change the pressure you feel to invent your own purpose?
5. First John 4:18 says fear involves torment. Name the fear currently tormenting you, and ask what it assumes about God's love.

GROUP DISCUSSION

1. Song of Solomon 6:3 speaks of mutual belonging. What does it mean practically to belong to God and to have Him belong to you?
2. Romans 8:28 is often quoted in hard seasons. What does the verse actually claim, and what does it not claim?
3. Second Corinthians 8:9 describes an exchange of poverty for riches. How broadly should we understand what that includes, and what does the verse itself specify?
4. Psalm 139:13-14 places our formation in God's hands. How should that shape the way believers talk about their bodies, abilities, and limitations?
5. Romans 12:2 commands transformation by a renewed mind. What are the practical habits by which a mind actually gets renewed?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, thank You that the story begins with You. First John 4:19 says I love You because You first loved me, and I want to live in that order rather than reversing it. Forgive me for the times I have measured Your affection by my consistency.

Search my heart, Lord. Where I have accepted names that are not from You — rejected, unqualified, insignificant — replace them with what You have said. Song of Solomon 6:3 tells me I belong to my Beloved and He belongs to me. Let that belonging settle deeper than my feelings.

Thank You that Ephesians 2:8-9 says my salvation is grace through faith and not of works, so I have nothing to boast in and nothing to defend. Thank You that Ephesians 2:10 says I am Your workmanship, created for good works You already prepared. I stop inventing my worth and receive Your design.

Where fear has tormented me, do what 1 John 4:18 promises and cast it out. Where I have feared the opinions of others, free me. I stand on Romans 8:31 — if You are for me, no opposition gets the last word. Renew my mind, as Romans 12:2 says, until I think about myself the way You do. In Jesus' name, amen.

Activation Step

Write out three statements drawn directly from this chapter's verses — for example, *I am His workmanship* (Ephesians 2:10), *I am fearfully and wonderfully made* (Psalm 139:13-14), *as He is, so am I in this world* (1 John 4:17). Say them aloud in front of a mirror each morning this week. When a condemning thought comes, answer it out loud with the verse that contradicts it rather than arguing with the thought on its own terms.

CHAPTER SEVEN

BLESSED ASSURANCE

CORE BIBLICAL THEME

Assurance rests on God's prior choice, not our performance. The chapter's cited Scriptures locate identity before time and outside of merit: chosen in Him before the foundation of the world to be holy and blameless *in love* (Ephesians 1:4), predestined for adoption as sons (Ephesians 1:5), made co-heirs with Christ (Romans 8:17), given strength and appointed as trustworthy (1 Timothy 1:12) — with obedience emerging as the natural fruit of love rather than its price (John 14:15).

SCRIPTURE USED IN THIS CHAPTER

- Ephesians 1:4-5
- Ephesians 1:4
- Ephesians 1:5
- Romans 8:17
- 1 Timothy 1:12
- John 14:15

BIBLICAL INSIGHT

Ephesians 1:4-5 contains four claims in a single breath: He chose us in Him, He chose us before the foundation of the world, He chose us that we should be holy and blameless before Him, and He did it *in love*, predestining us for adoption as sons through Jesus Christ according to the purpose of His will. The timing matters — the choosing precedes any action on our part. The final phrase matters equally: *in love* modifies the whole arrangement, which means "holy and blameless" describes a status conferred rather than a standard to be reached.

Ephesians 1:5 uses the language of adoption and predestination together. The purpose named is God's own will, not the qualifications of the adopted.

Romans 8:17 extends the family language into legal territory: children are heirs, and heirs of God are co-heirs with Christ. Inheritance follows from position, not from accomplishment.

First Timothy 1:12 records Paul's own accounting of his appointment. He thanks Christ Jesus for three things in order: giving him strength, considering him trustworthy, and appointing him to

service. Strength is described as received, not summoned; and the trust precedes the service rather than following a proven record.

John 14:15 states the relationship between love and obedience in that order — *if you love me, you will keep my commandments*. Love is the cause; obedience is the effect. The verse does not reverse the sequence.

REFLECTION QUESTIONS

1. Ephesians 1:4 says you were chosen before the foundation of the world. What does that timing rule out as a reason God chose you?
2. Read Ephesians 1:4 again and notice the phrase "in love." How does reading "holy and blameless" as a gift rather than a goal change your response to that verse?
3. Romans 8:17 calls you a co-heir with Christ. What have you been asking God for as a favor that the verse says already belongs to you?
4. First Timothy 1:12 says Christ considered Paul trustworthy and *then* appointed him. Where have you been waiting to feel qualified before obeying?
5. John 14:15 puts love before obedience. Is there a last instruction from God you have not yet acted on, and is fear or love driving your delay?

GROUP DISCUSSION

1. Ephesians 1:5 says adoption was predestined according to the purpose of His will. What does it mean practically that God's will, not our qualification, is the stated reason?
2. Romans 8:17 links being a child to being an heir. How should that shape the way a believer prays and expects?
3. First Timothy 1:12 describes strength as given rather than produced. How do you tell the difference between operating in His strength and operating in your own?
4. John 14:15 makes obedience the fruit of love. How would you explain that to someone who hears every command as pressure?
5. Considering Ephesians 1:4, what do you think it looks like to live *from* holiness rather than working *toward* it?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, I come to You not to prove anything but to receive. Ephesians 1:4 says You chose me in Christ before the foundation of the world, to be holy and blameless before You — in love. I have read that verse as a demand and carried it as a weight. Forgive me. Today I receive it as a declaration.

Search my heart, Lord. Where I have made striving a substitute for trust, expose it. Where perfectionism has masqueraded as devotion, free me from it. Where I have measured myself against others, quiet that voice with Your own.

Thank You that Ephesians 1:5 says You predestined me for adoption according to the purpose of Your will — that I was wanted, not tolerated. Thank You that Romans 8:17 makes me a co-heir with Christ, with access to everything He has secured. I lay down the posture of a beggar and take my place as Your child.

Thank You that according to 1 Timothy 1:12 You give strength, You consider me trustworthy, and You appoint me. I stop waiting to feel ready. Show me the last thing You asked of me, and give me a willing heart, because John 14:15 tells me that love — not fear — is what produces obedience. Let my yes come from love today. In Jesus' name, amen.

Activation Step

Ask the Lord one question this week and write the answer down: *What is the last thing You told me to do that I have not done?* Then take one concrete step of obedience toward it — a phone call, a conversation, a decision made, a habit begun — before the week ends. Keep your Bible and a notepad together during your time with God, and when distractions surface, write them down and return to the text rather than getting up.

CHAPTER EIGHT

STAY HUNGRY

CORE BIBLICAL THEME

Appetite for God grows by feeding, and love is what fuels trust, obedience, and fruit. The chapter's cited Scriptures present a deepening path (Proverbs 4:18), a value system recalibrated by knowing Christ (Philippians 3:8), an enemy who distorts God's goodness (Genesis 3:1-5; John 10:10), a Father with no shadow of change (James 1:17), and a progression from love to trust to obedience to fruit (Psalm 143:7-10; John 14:15; Galatians 5:22-23) — all anchored in a love that makes us more than conquerors (Romans 8:37).

SCRIPTURE USED IN THIS CHAPTER

- Philippians 3:8
- Proverbs 4:18
- Genesis 3:1-5
- Romans 5:8
- James 1:17
- John 10:10
- Philippians 1:9-11
- Philippians 1:11
- Ephesians 3:18-19
- Psalm 34:8
- Psalm 119:32
- Matthew 5:6
- Psalm 143:7-10
- John 14:15
- Galatians 5:22-23
- Psalm 119:105
- Romans 8:37
- John 3:16

BIBLICAL INSIGHT

There is always more. Philippians 3:8 records Paul counting everything as loss because of the surpassing worth of knowing Christ — a comparative judgment, not a rejection of value as such. Proverbs 4:18 describes the righteous path as light that shines brighter and brighter until full day, making progression the normal shape of the walk. Ephesians 3:18-19 asks for strength to comprehend breadth, length, height, and depth, and to know a love that surpasses knowledge — a pursuit that cannot be completed, only continued.

The enemy's method is distortion. Genesis 3:1-5 shows the serpent questioning what God said, then reframing God as withholding something good. John 10:10 names the thief's threefold aim — steal, kill, destroy — over against Christ's stated purpose of abundant life. Against that, James 1:17 says every good and perfect gift comes down from the Father of lights, with whom there is no variation or shadow of change, and Romans 5:8 says God demonstrated His love while we were still sinners. Together these verses close the door on the idea that God's goodness fluctuates or that His love waits on our improvement.

Love recalibrates value. Philippians 1:9-11 is a prayer that love would abound with knowledge and discernment, so that we approve what is excellent, are pure and blameless, and are filled with the fruit of righteousness that comes through Jesus Christ — locating discernment as an outgrowth of love rather than an independent skill. Philippians 1:11 credits the fruit to Christ and directs the result to God's glory.

Appetite grows by eating. Psalm 34:8 issues an invitation to taste and see, with blessing pronounced on the one who takes refuge in Him. Psalm 119:32 ties running in the way of His commandments to God enlarging the heart — capacity precedes the running. Matthew 5:6 promises satisfaction to those who hunger and thirst for righteousness.

Love produces trust, trust produces obedience, obedience produces fruit. Psalm 143:7-10 shows David asking to hear of God's steadfast love in the morning *because* he trusts Him, then asking to know the way, be delivered, be taught to do God's will, and be led on level ground. The order is instructive: love heard, trust expressed, direction requested, surrender offered. John 14:15 makes obedience the outcome of love. Galatians 5:22-23 lists the fruit of the Spirit — love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control — as fruit, not manufactured behavior. Psalm 119:105 describes the Word as a lamp for the feet and light for the path, illuminating the next step rather than the whole route.

Love is refuge and power. Psalm 143:9 records fleeing to the Lord for refuge. Romans 8:37 says we are more than conquerors through Him who loved us — attributing the victory to His love, not our strategy. John 3:16 locates the origin of all of it in God's giving.

REFLECTION QUESTIONS

1. Psalm 119:32 says God enlarges the heart. What one habit has been shrinking your spiritual appetite rather than expanding it?
2. Genesis 3:1-5 shows the enemy suggesting God withholds good things. Where has that specific lie found traction in your thinking?
3. Read James 1:17. What in your recent circumstances have you attributed to God that this verse says cannot come from Him?
4. Philippians 3:8 records Paul's comparative judgment about what holds value. What in your life would be hardest to count as loss, and why?
5. Psalm 143:8 connects hearing of God's steadfast love with trusting Him. Is your struggle in a current situation really about trust, or about not being convinced you are loved?

GROUP DISCUSSION

1. Proverbs 4:18 describes a path that grows brighter. What does that suggest about seasons when growth feels slow or invisible?
2. Ephesians 3:18-19 asks us to know a love that surpasses knowledge. How do you pursue something you can never fully grasp without becoming discouraged?
3. Galatians 5:22-23 calls these qualities fruit rather than works. What is the practical difference between cultivating fruit and forcing behavior?
4. Psalm 119:105 says the Word lights the path, not the whole horizon. How does that change what we should expect from God's guidance?
5. Romans 8:37 says we conquer through Him who loved us. How would you explain to a struggling believer that love — not effort — is the source of that victory?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, thank You that there is always more of You to know. Proverbs 4:18 says the path of the righteous shines brighter and brighter, and I ask You to keep leading me deeper rather than letting me settle into familiarity with truths that once set me free.

Search my heart. Where the enemy has whispered what he whispered in Genesis 3 — that You are holding something back — silence that lie. James 1:17 tells me every good and perfect gift comes from You and that there is no shadow of change in You. Romans 5:8 tells me You proved Your love while I was still a sinner. I choose to believe You are good.

Enlarge my heart, Lord, as Psalm 119:32 says, and give me a hunger that grows as I feed. Let me taste and see that You are good, as Psalm 34:8 invites. Let me hear of Your steadfast love in the morning, as David prayed in Psalm 143, and teach me to do Your will and lead me on level ground.

Where I have called my struggle a trust problem, show me if it is really a love problem. Let obedience come from love as John 14:15 describes, and let the fruit of Your Spirit grow in me — not forced, but flowing. Thank You that Romans 8:37 says I am more than a conqueror through Him who loved me. I am not going under. I am going through. In Jesus' name, amen.

Activation Step

Choose one daily feeding time this week — even five minutes — and protect it. Keep a notepad beside you; when a distraction surfaces, write it down, leave it there, and return to the text. Before you read, pray Psalm 143:8 aloud in your own words: *Let me hear of Your steadfast love this morning, for in You I trust.* At the end of the week, write down one thing God said and one step of obedience you took in response.

CHAPTER NINE

FOR THE HERE AND NOW

CORE BIBLICAL THEME

God's love is a present-tense power, not a future promise. The chapter's cited Scriptures establish love that nothing can sever (Romans 8:38-39) and mercies renewed each morning (Lamentations 3:22-23), then trace what that love produces now: ongoing transformation (Romans 12:2; 2 Corinthians 3:18), daily surrender (Galatians 2:20; Luke 9:23), Spirit-led decisions (Proverbs 3:5-6; Romans 8:14), freedom from earned righteousness (Philippians 3:8-9; 1 John 1:9), and resurrection life at work in mortal bodies today (Romans 8:11; John 11:25).

SCRIPTURE USED IN THIS CHAPTER

- Romans 8:38-39
- Lamentations 3:22-23
- Romans 12:2
- 2 Corinthians 3:18
- Revelation 12:11
- Philippians 1:6
- Galatians 2:20
- Luke 9:23
- Proverbs 3:5-6
- Romans 8:14
- Philippians 3:8-9
- 1 John 1:9
- 1 John 4:8
- Exodus 15:26
- Genesis 22:14
- Judges 6:24
- Philippians 3:10-11
- Romans 8:11
- John 11:25

BIBLICAL INSIGHT

Constant and daily. Romans 8:38-39 exhausts the possibilities — death, life, angels, principalities, powers, things present, things to come, height, depth, any created thing — and denies all of them the power to separate us from God's love in Christ. Lamentations 3:22-23 adds the daily dimension: steadfast love that never ceases, mercies that never end, new every morning.

Transformation, not maintenance. Romans 12:2 forbids conformity to the world's pattern and prescribes transformation by the renewing of the mind, with the result being the ability to test and approve God's good, pleasing, and perfect will. Second Corinthians 3:18 describes an ongoing process — beholding the Lord with unveiled face, being transformed from one degree of glory to another, and credits it to the Lord who is the Spirit. Philippians 1:6 assures that the One who began the good work will complete it. Revelation 12:11 names two instruments of overcoming: the blood of the Lamb and the word of their testimony.

Surrender is daily and mutual. Galatians 2:20 pairs crucifixion with indwelling — no longer I who live, but Christ in me — and grounds the whole verse in its final clause: *who loved me and gave Himself for me*. Luke 9:23 makes the cross a daily matter: deny self, take up the cross daily, follow.

Daily decisions. Proverbs 3:5-6 commands trust with the whole heart, refusal to lean on our own understanding, and submission in all ways, with the promise of straightened paths. Romans 8:14 identifies those led by the Spirit of God as children of God — leading as a mark of family, not of advanced spirituality.

Freedom from shame and legalism. Philippians 3:8-9 sets knowing Christ against righteousness derived from law-keeping, and names the alternative: righteousness that comes through faith in Christ. First John 1:9 promises a faithful and just God who forgives and cleanses from all unrighteousness.

His nature is His love. First John 4:8 says God is love, making every other name an expression of it. Exodus 15:26 records the Lord identifying Himself as the one who heals. Genesis 22:14 names the place *The Lord Will Provide*. Judges 6:24 records Gideon's altar, *The Lord Is Peace*. Each name is a revelation of what He is, not a reward for what we do.

Resurrection now. Philippians 3:10-11 records Paul's desire to know Christ experientially and to know the power of His resurrection. Romans 8:11 says the Spirit who raised Jesus, living in us, will give life to our mortal bodies. John 11:25 has Jesus using the present tense: *I am the resurrection and the life*.

REFLECTION QUESTIONS

1. Lamentations 3:22-23 says mercies are new every morning. Where have you been living on yesterday's assurance instead of receiving today's?

2. Second Corinthians 3:18 describes transformation from one degree of glory to another. Looking back twelve months, what has visibly changed in you — and what have you allowed to plateau?
3. Galatians 2:20 ends with *who loved me and gave Himself for me*. How does that final clause change the way you read the surrender in the first clause?
4. Luke 9:23 says *daily*. What is one specific thing the Holy Spirit has been asking you to lay down repeatedly?
5. Romans 8:11 promises life to mortal bodies. What situation in your life have you already declared dead that this verse says God can still address?

GROUP DISCUSSION

1. Romans 8:38-39 lists everything that cannot separate us from God's love. Why do you think Paul made the list so exhaustive?
2. Proverbs 3:5-6 warns against leaning on our own understanding. How do you tell the difference between wise thinking and self-reliance?
3. Romans 8:14 makes being Spirit-led a mark of being a child rather than a sign of maturity. How does that reframe expectations for newer believers?
4. Considering 1 John 4:8 alongside Exodus 15:26, Genesis 22:14, and Judges 6:24 — how do God's names function as expressions of His love rather than separate attributes?
5. Revelation 12:11 pairs the blood of the Lamb with the word of testimony. What role should sharing our stories play in a group like this?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, thank You that Your love is not stored up for heaven but poured out today. Lamentations 3:22-23 tells me Your mercies are new every morning, and I receive fresh mercy right now rather than living off yesterday.

Search my heart, Lord. Where I have settled — where I have told myself this is as good as it gets — expose that. Romans 12:2 calls me not to conform but to be transformed by the renewing of my mind, and 2 Corinthians 3:18 says I am being changed from one degree of glory to another. I do not want to coast. Change me.

Galatians 2:20 says I have been crucified with Christ and that the One who asks for my surrender is the One who loved me and gave Himself for me. So I lay it down again — my control, my plans, my need to understand. Luke 9:23 says daily, and I say yes today.

Where I have carried shame, apply 1 John 1:9. Cleanse me and remove the residue. Thank You that Philippians 3:9 says my righteousness comes through faith in You and not from anything I have achieved. Thank You that You are my healer, my provider, my peace — because You are love.

Let resurrection power work in me now, as Romans 8:11 promises. Jesus, You said in John 11:25, *I am the resurrection and the life* — present tense. Speak life over what feels buried in me. Thank You that Philippians 1:6 says You will finish what You started. In Jesus' name, amen.

Activation Step

Take fifteen minutes this week to ask the Lord one question and write down what comes: *Where have I settled?* Name one specific area — a relationship, a habit, a dream, a fear — and write beside it one concrete step of surrender you will take this week. Then each morning, before checking your phone, say aloud: *Your mercies are new this morning. Lead me today.*

CHAPTER TEN

CREATED TO FLOURISH

CORE BIBLICAL THEME

You were saved to flourish now, not merely to survive until heaven. The chapter's cited Scriptures establish a good work God Himself will finish (Philippians 1:6), a God able to do exceedingly abundantly beyond what we ask (Ephesians 3:20), an unbroken chain of calling and justification that silences opposition (Romans 8:30-31), all things needed for life and godliness already granted (2 Peter 1:3), promises that make us partakers of the divine nature (2 Peter 1:4), a Word that functions as a mirror of present identity (James 1:22-25), and faith that works through love (Galatians 5:6) — all received today (Psalm 143:8).

SCRIPTURE USED IN THIS CHAPTER

- Philippians 1:6
- Ephesians 3:20
- Romans 8:30-31
- 2 Peter 1:3
- 2 Peter 1:4
- James 1:22-25
- Galatians 5:6
- Psalm 143:8

BIBLICAL INSIGHT

He finishes what He starts. Philippians 1:6 contains Paul's certainty — *I am sure of this* — that the One who began a good work will bring it to completion at the day of Jesus Christ. The subject of the sentence is God, not the believer; completion is His responsibility.

His capacity exceeds our asking. Ephesians 3:20 describes God as able to do exceedingly abundantly above all that we ask or think, and locates that ability *according to the power that works in us* — the power is already resident, not distant.

Nothing can stand against you. Romans 8:30-31 lists what God has already done — predestined, called, justified, glorified — and then draws the conclusion in the form of a question that functions as a declaration: if God is for us, who can be against us? The past-tense verbs in verse 30 are the ground of the confidence in verse 31.

All things already granted. Second Peter 1:3 says His divine power has granted us all things pertaining to life and godliness, through the knowledge of Him who called us to His own glory and excellence. The verb is past tense; the means is knowledge of Him; the basis is His glory, not ours. Second Peter 1:4 adds that through His precious and very great promises we become partakers of the divine nature, having escaped the corruption in the world caused by sinful desire — making the promises a means of participation, not merely of provision.

The Word as mirror. James 1:22-25 contrasts the hearer who glances and forgets with the one who looks into the perfect law of liberty and perseveres — a doer who acts, and who will be blessed in his doing. The passage calls the Word a *law of liberty*, not a law of restriction, and locates the blessing in the doing rather than the hearing.

Faith works through love, now. Galatians 5:6 says nothing outward counts, only faith working through love. Psalm 143:8 asks for word of God's unfailing love *in the morning*, on the basis of trust already placed in Him, together with direction for the way to go.

REFLECTION QUESTIONS

1. Philippians 1:6 makes God responsible for completing the work. Where have you been carrying a weight of completion that the verse assigns to Him?
2. Second Peter 1:3 says all things have already been granted. Name one area you have labeled impossible, and lay that verse over it — what changes?
3. James 1:22-25 warns about looking and then forgetting. What has God's Word said about you recently that you have already stopped remembering?
4. Romans 8:31 is a declaration, not an open question. When you read it, what does your mind immediately list as an exception, and what does verse 30 say to that?
5. Psalm 143:8 asks for word of His love in the morning. What is the first voice you actually listen to each day, and what would it take to change that?

GROUP DISCUSSION

1. Ephesians 3:20 ties God's ability to power already working in us. How should that shape the size of the things we pray for?
2. Second Peter 1:4 says the promises make us partakers of the divine nature. What does participation in God's nature look like practically, as opposed to simply receiving benefits from Him?
3. James 1:25 calls the Word a *perfect law of liberty*. How can something described as law also be described as liberty?
4. Galatians 5:6 says faith works through love. Why do you think so many believers try to build faith without first settling the question of whether they are loved?

5. Romans 8:30 uses completed verbs — called, justified, glorified. How does the tense of those verbs affect how a believer should face an uncertain future?

PRAYER & SPIRITUAL ACTIVATION

Prayer

Father, thank You that You finish what You begin. Philippians 1:6 says the One who started a good work in me will carry it to completion, and I lay down the exhausting belief that finishing was ever my job. Search my heart and show me where I have quietly given up on what You have not.

Thank You that Ephesians 3:20 says You are able to do exceedingly abundantly above what I ask or think, and that the power to do it is already at work in me. Forgive me for praying small out of fear that You would not answer. Stir holy hunger in me and let my asking match Your ability.

Thank You that Romans 8:30-31 says I am called, justified, and glorified — already — so that no opposition gets the final word. Where fear has put a question mark, let Your Word put a declaration.

Second Peter 1:3 says Your divine power has granted me all things pertaining to life and godliness. I stop waiting for provision that has already been given. Second Peter 1:4 says Your promises make me a partaker of Your nature, so I receive them as inheritance and not as wishes.

Let me look into Your Word as James 1:25 describes — into the perfect law of liberty — and not walk away forgetting. Let me be a doer. And as Psalm 143:8 says, let the morning bring me word of Your unfailing love, for in You I trust. Show me the way I should go. In Jesus' name, amen.

Activation Step

Choose one area of your life you have labeled *impossible* or *too far gone*. Write it at the top of a page. Beneath it, write 2 Peter 1:3 in full. Then list three specific things you will believe for in that area, and speak them aloud each morning this week before you speak to anyone else. At week's end, write down what shifted — in the circumstance, in your thinking, or both.