TRUTH

I see things as they really are.



TODAY'S SCRIPTURE: JAMES 1:22–25

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

REFLECTION:

God's Word is like a mirror. It shows us what is true, but seeing the truth is only the beginning. James challenges us not to walk away unchanged. Sometimes we recognize what needs to change but continue living the same way. Truth asks more of us. It invites us to respond to what God reveals. Growth begins when we stop simply noticing the difference between how we live and how God calls us to live—and begin doing something about it.

WHERE DOES THE WAY I AM LIVING NOT MATCH WHAT I SAY I BELIEVE OR WANT FOR MY LIFE?

JOURNAL:

What is God's Word showing me about myself?

PRAYER:

Jesus, help me act on what You show me about:

Look Honestly in the Mirror

REPENTANCE • James 4:17 NLT

Remember, it is sin to know what you ought to do and then not do it.

TRUTH

I see things as they really are.



TODAY'S SCRIPTURE: LAMENTATIONS 3:40

Instead, let us test and examine our ways. Let us turn back to the LORD.

REFLECTION:

It is easy to recognize the patterns we wish would change without examining the choices that keep us in them. Lamentations invites us to slow down, look honestly at the way we are living, and consider where our decisions are leading us. Examining our ways is not about blaming ourselves for everything that has happened. It is about taking responsibility for what belongs to us. When God reveals a pattern, He also gives us an invitation: we do not have to keep repeating it. We can acknowledge what needs to change, turn back to Him, and begin choosing a different way forward.

WHAT PATTERNS KEEP REPEATING IN MY LIFE, AND WHAT PART DO MY CHOICES PLAY IN THEM?

JOURNAL:

What pattern do I need to look at honestly?

PRAYER:

God, show me where I need to change:

Examine My Ways

REPENTANCE • Ezekiel 18:30 NLT

"Therefore, I will judge each of you, O people of Israel, according to your actions, says the Sovereign Lord. Repent, and turn from your sins. Don't let them destroy you!

STOP: COMMUNITY

We don't walk this journey alone.







TODAY'S SCRIPTURE: PSALM 139:23–24

Search me, O God, and know my heart; test me and know my anxious thoughts.
Point out anything in me that offends you, and lead me along the path of everlasting life.

I NEED PEOPLE WHO HELP ME SEE CLEARLY.

What truth has God been helping me see about myself this week?	*Is there something I have been avoiding, minimizing, or making excuses for?*
What might God be showing me that I have had difficulty seeing on my own?	*Who is someone safe who can help me walk honestly in what God is showing me?*
The step I commit to take is:	*Who can I encourage this week:*

🩵 **PRAY** - Ask someone to pray with you.
💚 **LISTEN** - Give someone you trust permission to speak truth into your life.
🧡 **SHARE** - Tell someone you trust something God showed you this week.
💜 **CONNECT** - Spend intentional time in healthy community instead of isolating.
💙 **ENCOURAGE** - Reach out to someone who may need support this week.

HEALING HAPPENS IN HEALTHY COMMUNITY.