

DAY 1 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

When have you seen God bring good out of a bad situation?

SCRIPTURE OBSERVATION

*For the choir director: A psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba. Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night.*

Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. For I was born a sinner—yes, from the moment my mother conceived me. But you desire honesty from the womb, teaching me wisdom even there.

Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice. Don't keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Do not banish me from your presence, and don't take your Holy Spirit from me.

Restore to me the joy of your salvation, and make me willing to obey you. Then I will teach your ways to rebels, and they will return to you. Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. Unseal my lips, O Lord, that my mouth may praise you. You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. **Psalm 51:1-17 NLT**

APPLICATION SUGGESTIONS

For us to truly submit to God, we must recognize his will not only for the “good” parts of our lives, but also his will for the “broken” parts of our lives. How have you watched God transform your attitudes and actions to bring you from darkness to light?

It is bold for King David to ask for forgiveness, restoration, and a clean heart so he can rejoice. What does this say about God's character that he WELCOMES those who have sinned horribly to come back and be restored to joy once again?

PRAYER SUGGESTIONS

Lord, your willingness to be gentle, loving, forgiving, and empowering is beyond my wildest imagination. Thank you for participating in our suffering through Jesus and providing power to live a new life!

DAY 2 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

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CONVERSATION STARTER

When is the last time you remember feeling a true sense of joy?

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SCRIPTURE OBSERVATION

*A psalm of David.* Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. *Interlude*

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. *Interlude*

Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. For you are my hiding place; you protect me from trouble. You surround me with songs of victory. *Interlude*

The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.”

Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD. So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure! **Psalm 32:1–11 NLT**

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APPLICATION SUGGESTIONS

Have you had a similar experience as David when you “refused to confess” your sin?

Have you found the intense relief, healing, and restoration that David experienced when he finally “let go” and turned to God?

“Confess” means to “say the same thing.” When you confess, you are simply saying what is true, saying the “same thing” as God. Is there something in your life that you need to confess?

How are you accessing God’s guidance?

TODAY, are you choosing “many sorrows” or gladness and joy—for your future?

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PRAYER SUGGESTIONS

Lord, thank you for loving me before, during and after my sin. Help me to trust in you and confess so that I can have peace with you, a clean conscience with myself, and healthy relationships with others.

DAY 3 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Are you a problem solver?

SCRIPTURE OBSERVATION

**The Apostle Paul wrote:** Because we understand our fearful responsibility to the Lord, we work hard to persuade others. God knows we are sincere, and I hope you know this, too. Are we commending ourselves to you again? No, we are giving you a reason to be proud of us, so you can answer those who brag about having a spectacular ministry rather than having a sincere heart. If it seems we are crazy, it is to bring glory to God. And if we are in our right minds, it is for your benefit.

Either way, Christ’s love controls us. Since we believe that Christ died for all, we also believe that we have all died to our old life. He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them. So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people’s sins against them. And he gave us this wonderful message of reconciliation. So we are Christ’s ambassadors; God is making his appeal through us. We speak for Christ when we plead, “Come back to God!” For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. **2 Corinthians 5:11–21 NLT**

APPLICATION SUGGESTIONS

Who is getting reconciled to who?

Why is this possible?

What is your God-given role, and how are you going to play your role today?

PRAYER SUGGESTIONS

Lord, we stand humbly in need of your grace. Thank you for your choice to reconcile with us through Jesus. SO many people need your love, forgiveness and perfect plan. Use me to bring reconciliation and hope to the people I connect with today.

DAY 4 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

What has been the biggest season of change in your life so far?

SCRIPTURE OBSERVATION

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

Because of the privilege and authority God has given me, I give each of you this warning: Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other.

In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. If your gift is serving others, serve them well. If you are a teacher, teach well. If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

Don’t just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other. Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying. When God’s people are in need, be ready to help them. Always be eager to practice hospitality. **Romans 12:1–13 NLT**

APPLICATION SUGGESTIONS

How should you view your body as a Christian?

How should you direct your mind as a Christian?

What gifts has God given you for the benefit of others?

PRAYER SUGGESTIONS

Lord, thank you for putting up with me! Help me honor you with the “spending” of my body and mind for your purposes. Help me to really love others, actively seeking what is best for them.

DAY 5 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

What is your favorite plant, flower, or tree? Why?

SCRIPTURE OBSERVATION

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin’s control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will. That’s why those who are still under the control of their sinful nature can never please God.

But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. For all who are led by the Spirit of God are children of God. **Romans 8:1–14 NLT**

APPLICATION SUGGESTIONS

Describe in your own words 1) God’s kind justice, and 2) the Holy Spirit’s power in your life.

“You are not controlled by your sinful nature.” “You have no obligation to do what your sinful nature urges you to do.” How do you effectively live in this freedom?

PRAYER SUGGESTIONS

Lord, please help me be controlled by your kind Holy Spirit so I can be free of being controlled by and dominated by my sinful nature. Thank you for making me your child!