

# Stability vs. Rigidity – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

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## Day 1

Think of a time in your life when you demonstrated instability. Do you recognize what were the causes of instability in your life? What were some areas of your life that needed to be worked on to increase your stability in life? Write down how this instability in your life affected you. How did it affect those close to you? Have you seen changes in the level of stability in your life? What areas in your life, when developed, helped to improve your stability?

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## Day 2

Having a level of rigidity in our life is a normal part of the growth process. We tend to enact rules upon our own conduct that don't always line up with what we feel like doing, or even want to do. The problem is that our desires can fluctuate and sometimes take time to get in line with what we know is right. Write about some areas that you have sensed a rigidity in your own life and the tension that you are dealing with in those areas. What role is mercy and love playing in your striving to become more like Christ? How can having a deeper, more loving relationship with God affect the level of rigidity in your life?

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## Day 3

### Memorize

#### **JEREMIAH 17:7-8 (NIV)**

<sup>7</sup>But blessed is the man who trusts in the LORD, whose confidence is in him.

<sup>8</sup>He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

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## Day 4

It is an interesting study to look for the examples where Jesus put people over and above rules of conduct in His life. Study Mark 3:1-6.

In what ways did Jesus “bend the rules” according to the common practices of the church of His day?

Who was demonstrating rigidity in this passage, and how did it affect them? What was the point Jesus was making to the people about what is most valuable?

What are some ways that you can demonstrate flexibility in your walk with Christ, and yet continue to operate in wisdom? Write out your answers to these questions.

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## Day 5

According to Jesus' life, what is the most important thing in the eyes of God in regards to how we live? What matters most to God? Jesus, as God in the flesh, demonstrated Himself as being a God, not of strict rules, but one who operated by principles and made many different judgment calls based on the individuals and the situations. What are the unwavering principles that you are choosing to live by in your life? Write down your thoughts on this. What are some rules that you will continue to enforce in your life because you need them there for structure? What are some ways that you can maintain stability even when circumstances make it impossible to maintain the structure of your life?