

Areas of Stability – Daily Exercises

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

Day 1

Write about a time you suffered from Biblical instability. What would you have done differently if you had understood better what the Bible really teaches? Have you ever heard someone teaching something that felt wrong, but you didn't know enough scripture to be able to tell either way? Have you ever taken a verse out of context and misunderstood what it was saying? What are some subjects you believe are important for you to be Biblically accurate on? What are the top three areas?

Day 2

Spiritual stability is very important because it is the heart of your spiritual walk, which is what everything revolves around. If God is not the center of your life, everything becomes chaotic. The planets must revolve around the sun to get heat and light. In a similar way, our lives must revolve around God if we are going to be stable. What have been the biggest obstacles for you with trusting God? What is your primary motivation for living for God? Why do you pursue sobriety? Do you expect God to give you something or someone if you live for Him, or are you looking purely for something eternal? Maintaining a devotional life is essential for maintaining spiritual stability. Write about some times in the past that you have felt spiritually unstable. What were the causes of this instability? How did you resolve these issues? Are there things that still need to be settled in your heart?

Day 3

Memorize

Luke 6:48 (NIV)

He is like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built.

Day 4

Relationships are very important in our lives and we need to be able to make and maintain healthy godly relationships. Of all the things in life that bring meaning, friendships are the only thing the ancient philosophers could find nothing negative to say about. What are some things you can do to give you opportunities to build relationships with other Christians? When you do something selfish and violate a friendship, how do you generally rebuild trust in that relationship? Do you generally return calls and respect the boundaries of others? What have you done for others lately? Write down some things you can begin to do in order to become a more reliable and better friend.

Day 5

Becoming emotionally stable protects us from making rash decisions and destroying our lives because of it. Never make an important decision when you are feeling strong emotions. Write about an instance when you demonstrated emotional instability in your life. How does faith interact with emotions in your heart? Which one determines your decisions? What are some examples of basing decisions on truth as opposed to emotions? The goal is to have the fluctuations in highs and lows come a little closer to an even keel. Are there any areas in your life that you have noticed an increased stability as you have drawn closer to God? In what areas do you want more stability?