

Associated with Sin – Daily Exercises

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

Day 1

When was the last time you felt a strong temptation because of being in a certain location? Where was it? Why do you think you felt that way there? What was the association?

Day 2

There are things in our lives that are not sinful that we will want to give up if we are to reach our goal of being completely free from addiction. There are sacrifices we begin to make to reach our goal. The goal is becoming the person you want to become. As we begin to let these “okay” things go, it gives us courage as we see we are able to conquer our flesh and let go of things that are meaningful to us. Write out what characteristics you want to see in your life to a greater degree and in what areas specifically you would like to see growth.

Day 3

Memorize

JUDE 1:23 (NIV)

Snatch others from the fire and save them; to others show mercy, mixed with fear—hating even the clothing stained by corrupted flesh.

Day 4

What are some things in your life that you recognize as hindering your spiritual growth or lessening your desire to seek God? Write down a list of them and how they affect you. This is something that is usually pretty unique to you and the things that cause your walk with Christ to be more difficult. They are not necessarily sinful things, although there are often sinful things we need to clean out of our lives also. What are some ways you can change your lifestyle so these are no longer a part of it?

Day 5

It is very important to replace things you let go of or get rid of with constructive habits and edifying activities. What are some activities that can bring enjoyment to your life that will not cause a lessening of desire for God? Some suggestions are reading good books, listening to speakers and audio books and audio dramatizations. Also there are movies or TV shows that are edifying or Christian music or relationships you can build and all kinds of hobbies you can become involved in. Write down a few things you would enjoy doing if you cut some things out of your life.