

oh
beloved
one

Devo Day

Note: Even though there is a lot of personal reflection and writing in this day, we're calling it Devo Day because the goal is to be in the Word as much as possible and discover what God wants for you.

8 Get on your knees & ask for God's blessing on your day with Him.

9 Read Ephesians 1-4. Write down the following as you read: who we are in Christ and what we have in Christ.

Now that you know who you are and what you have in Christ, you know that you can have victory over every area of your life!

11 Brainstorm about the top 3 areas of your life you want to grow in (devotions, serving, health, respecting parents, trusting in a certain situation, choosing your future career, etc.).

Pull out sheets of notebook paper and write those topics down on their own sheets.

Start on your first sheet's topic according to the "instructions" below.

Find Bible verses that show what God thinks about this topic. Write them down.

Go through the ABCD model (see other printable) with this topic prayerfully.

Write down or highlight how you'll change starting right now!

Enjoy your break! Read a Christian book, take a walk, help your mom with dishes ... whatever you do, try to limit phone usage.

2 Begin on your next sheet's topic, following the same steps you did for the other topic.

It's your second break! Read a Psalm and doodle it out on a piece of paper, play Christian songs on an instrument, listen to some Christian music, or pray with a friend.

5 Begin on your last sheet's topic, following the same steps you did for the other topics.

9 Write down your action steps on a post-it note or index card. Put it somewhere you'll see it and be reminded.

Pray God will give you the strength to change and grow in these areas of your life.

Choose a passage to memorize (it can be short!) that relates to one or a few of your topics.

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Eph 4 change

What topic are you dealing with?

What are some positive emotions you hope to replace as you grow in the other areas?

What are some negative emotions you experience because of this topic?

What are some positive behaviors you can replace the negative with?

What are some negative behaviors you engage in because of this topic?

What are some positive thoughts you can replace the negative with?

What are some negative thoughts you entertain because of this topic?

What godly desire should you seek to cultivate instead of the ungodly desire?

What ungodly desire are you ultimately fighting for?

This sheet follows the Ephesians 4 model of put off, renew, put on. This is POWERFUL stuff! Inspired by God above, this model calls for us to recognize negative actions we are to put off. But that's not enough, and neither is just replacing negative with positive. We must renew our minds with specific Scripture (devotions and memorization come in play here!