

ONE ONE NINE

Week One: September 7

Scripture: Psalm 119:1-24

Action Steps:

PRAY: Set aside some time this week to pray and ask that God would give you an accurate view of yourself so that you can move forward in genuine confession and repentance.

CONFESS: If the Holy Spirit has convicted you of any sin you have not confessed in your life, seek out a trusted believer this week and bring it to light. Invite them to carry the burden with you and ask them to help you walk in freedom.

MEMORIZE: Select 2-3 verses from the passage we studied this week that encourage you to practice regular confession and repentance. Commit them to memory and ask God to call them to mind for you in times when you are tempted to hide from the truth.

ACCOUNTABILITY: In addition to knowing our starting point, part of moving forward is staying on the right path, which often requires the help of others. This week, reach out to 2-3 trusted believers and begin a conversation with them about joining one of our groups in order to meet together with other believers for the sake of staying on the right path in pursuit of Christ.

JOURNAL: Sometime this week, sit down and write out the characteristics that marked your life before you met Christ. Then write about how your life has been transformed since surrendering to Christ. Read over your notes and praise God for His grace to you.

Week Two: September 14

Scripture: Psalm 119:125-48

Action Steps:

PRAY: Each day this week, pray the prayer of the father in Mark 9:24 and trust that God will help your unbelief.

LIST: Write down at least 2-3 specific items you are asking God to accomplish in your life. Place them somewhere that you will regularly see them in order to pray daily over them and rejoice when God responds to your prayers.

REFLECT: Take some time this week to reflect on your life before Christ and how He has transformed you since. Be encouraged by the work He has done in you and allow the Holy Spirit to minister to your heart as you resolve to pursue Christ.

GIVE: Recall whatever you identified as the thing you're most tempted to use for your purposes rather than in service to the Lord (ex: money, time, influence, etc.). Find a practical way this week to intentionally devote a portion of that in service to God and as a blessing to those around you.

DRAW: If you have a creative leaning, draw an image of what you believe best pictures a biblical fear of God. Hang the image in a place for you to see it daily so that you can be reminded of the freedom that comes with fearing the Lord.

Week Three: September 21

Scripture: Psalm 119:49-72

Action Steps:

PRAY: Whatever pain or struggle you are feeling today, spend some time each day this week confessing it to God and asking for Him to meet you in your need.

RESOLVE: Whether you are in a season of struggle or one of comfort, resolve to face times of difficulty with confidence that God is at work in the mess.

MEMORIZE: Select 2-3 of the Biblical promises from Psalm 119:49-72 and devote these passages to memory. Ask that God would continue to comfort you with them in times of trial.

ENCOURAGE: If you know someone who is struggling, reach out to them and encourage them with the promises of God. Schedule a time to get coffee or take them to lunch, and be intentional about offering them refreshment through the truth of Christ.

JOIN: Be proactive about seeking community this week. Invite trusted believers into whatever pain, hurt, or doubt you are currently experiencing and allow them to help you bear that burden. Consider joining a Group if you have not yet done so!

Week Four: September 28

Scripture: Psalm 119:73-96

Action Steps:

PRAY: Each day this week, make it a point to ask that God would use the circumstances of your life to create in you a greater dependence upon Him.

WRITE: On a single page of paper, write down five benefits you have found that come from a life surrendered to God. Select the one you'd most like to grow in and spend some time each day this week asking God to mature you in that area.

CONNECT: Reach out to a believer who exhibits greater maturity in the "benefit" you'd like to grow in. Schedule some time to get together and talk with him or her about how God has matured them in that area of their spiritual journey.

LISTEN: Make time to meet with a believer you know that has experienced suffering and found deeper intimacy with God as a result. Ask him or her about that process as well as how to trust God amid difficulty.

LIST: Write out a list of the unique gifts God has given to you. Underneath each one, write 2-3 ways you could use that gift to serve someone in your life. Pick one of those opportunities for service and act on it at some point over the next week.

Week Five: October 5

Scripture: Psalm 119:97-120

Action Steps:

PRAY: Each day this week, ask God to deepen your love for His Word and cause you to grow closer to Christ as a result.

EVALUATE: Take inventory of your attitude toward God's Word and evaluate whether or not you have the same affection as David describes throughout Psalm 119. Ask God to create a love within you for His Word wherever needed.

SURRENDER: If the Holy Spirit has convicted you of any areas of your life where you are not living with an open hand, surrender those to the Lord today and trust Him to be sufficient for you.

ASK: If you struggle with understanding how to study and meditate on Scripture, reach out to a believer you know who practices this discipline well and ask him or her to teach you.

SERVE: If studying God's Word is something you do well, look for ways to help those who struggle grow in their ability to study and understand Scripture.

Week Six: October 12

Scripture: Psalm 119:121-144

Action Steps:

PRAY: Ask the Lord to give you opportunities this week to share with those around you the good news of Jesus Christ. Pray that He would protect you from temptation in those times as well.

PROCLAIM: As God gives you opportunities, be intentional about speaking the gospel to those around you who do not yet know Jesus.

CONFESS: As a result of this session, if the Holy Spirit has convicted you of a lack of compassion for the lost around you, bring that to light and confess it to God. Ask Him to give you a heart that breaks for the lost and a desire for them to know Christ.

FORGIVE: If you struggle to love those who do not know Christ because of bitterness in you toward someone who has hurt you, take steps to forgive that person and ask God to remove that bitterness and replace it with compassion for the lost.

SERVE: Identify a need you can meet in your neighborhood, workplace, or community and consider ways in which you can meet it. At some point this week, use the gifts and resources God has given you to serve those needs as an expression of your belief in Christ.

Week Seven: October 19

Scripture: Psalm 119:145-160

Action Steps:

PRAY: Throughout this week, ask God to reveal to you the areas of your life where you need to grow and be proactive about pursuing maturity.

REMEMBER: Write out Ephesians 2:1-10 on a piece of paper and place it somewhere where you will see it on a daily basis as a constant reminder to you of the truth about who you are, who God is, and the hope you have through faith in Jesus Christ.

WORSHIP: Take some time to reflect on how God has been gracious to you in your failures and disobedience. As you do, worship Him for the steadfast love that He has shown you continually.

MEMORIZE: Commit to memory one or more of the verses from either Psalms 119 or Ephesians 2 that clearly communicate what it means to believe in Christ.

INVITE: Reach out to a mature believer in Christ and invite him or her to mentor you in a discipleship relationship as a way of growing in your walk with the Lord.

Week Eight: October 26

Scripture: Psalm 119:161-176

Action Steps:

PRAY: Over the course of this week, ask that God would give you a holy dissatisfaction toward the things of the world and continue to create an appetite in your for Christ alone.

INVITE: If you are in the process of thinking through a decision, reach out to 2-3 trusted believers and ask them for wisdom. Invite them to help you discern what is spiritual wisdom and what is earthly wisdom and trust God to lead you as a result.

STUDY: Pick a book of the Old Testament that you don't know well and commit to studying it over the next several weeks in order to begin familiarizing yourself with the parts of Scripture that remain alien to you.

MEMORIZE: Commit to memory Luke 19:10 and let the truth that Jesus came to seek and save the lost encourage you when you identify failures and shortcomings in your life.

WORSHIP: Spend time meditating on the ways God has extended His grace to you through Jesus Christ and worship Him for the goodness of His gospel and the lengths He has gone to in order to save you.

