

EDGE GOD IN

Grab & Go Bible Study 1 Sheet

1st Step: *Learning walks through the door of curiosity.* Choose a book from the Bible to read through, focus on 1 chapter at a time. Don't know where to start? Explore: The Gospel of St. John; Philippians; 1 Peter; 1 John.: *"Dear God what is in these scriptures for me today which will remind my soul of what it already knows. Open the door to my heart and move my mind to meditate on specific insights, which will expand my ability to trust in you more today than yesterday."*

2nd Step: *Reflect* on what captures your attention. Write down theme thoughts: *short phrases, which capture a specific idea.* For example: *"Do not conform to the pattern of this world but be transformed by the renewing of your mind"* Romans 12:2. Theme Thought: Step away from the world: power; possessions; popularity and allow God to transform my thinking. Write 1-3 theme thoughts down you wish to integrate into your daily life.

Theme Thoughts: _____

3rd Step: *Identify & Adjust* specific thought patterns and behavior, which do not support your theme thought, write those down on a piece of paper and then cross them out, flip the paper over and write: *I surrender all that I am to all that you are God, I want one attachment, my heart to yours and I give you permission to override me when I start to slip back into my old patterns of thought and behavior which rob me of my ability to hear and respond to your voice saying, 'this is the way, walk in it.'* Visualize shifting away from unhealthy reactions to life and stepping into your theme thoughts from your scripture readings.

4th Step: *Integrate:* Use the gift of your imagination in prayerful reflection: what do you look like; feel like; sound like embracing and living out your theme thoughts? What will you notice to be different? How will your shift in behavior effect others around you? Invite the Holy Spirit to be your virtual assistant as you lean your personality into God and His will for you.

5th Step: *Act:* Choose 1-3 positive forward action steps you commit to take this week which will support your desire to integrate your theme thoughts into your daily life. *Today I choose to take the following positive forward action steps; supporting my desire to integrate what the Holy Spirit has revealed to me in my theme thoughts:*

Action Step 1: _____

Action Step 2: _____

Action Step 3: _____

Close in prayer using your own words or integrating the following prayer:

"Dear God, you woke me up today for plans to prosper me, to give me a hope and a future. I give you permission to have your way with me in spite of myself because I know that your ways will bring me the fulfillment and inner peace and confidence I seek. My greatest joy comes in the measure through which I serve. Reveal to me my service project for today. Open the eyes of my heart and the ways of my mind so that I resurrect my ability to step away from shiny objects, which distract my heart from the mission for which it beats. I choose you over the ways of the world. Come into my heart and be the Lord of life: my words; thoughts; deeds and actions. I want to make you recognizable in this world."