Use this daily Transformation Journal to learn how to study the Bible for yourself. Pray before you begin and ask God to bless you with insight and discernment as you ponder and respond to the questions, which are tools for your spiritual growth.

**Isaiah 60:1-6 NIV**

1 "Arise, shine, for your
light has come, and the
glory of the LORD rises
upon you.
2 See, darkness covers
the earth and thick
darkness is over the
peoples, but the LORD
rises upon you and his
glory appears over you.
3 Nations will come to
your light, and kings to
the brightness of your
dawn.
4 "Lift up your eyes and look about you: All assemble and come to you; your sons come from afar, and your daughters are carried on the arm.
5 Then you will look and be radiant, your heart will throb and swell with joy;
the wealth on the seas will be brought to you, to you the riches of the nations will come.
6 Herds of camels will cover your land, young camels of Midian and Ephah.
And all from Sheba will come, bearing gold and incense and proclaiming the praise of the LORD.

## Sermon Notes

**Monday, August 24**

Even though you are saved from your sin through the free gift of grace from Jesus Christ, you are called to take active steps in learning to live a self-controlled life. Although difficult at times, the call to disciplined living helps you learn victory over your old sinful nature that continues to war against you and your relationship with God. Just like an accomplished athlete or skilled musician, you, too, must train daily if you wish to become the person God desires you to be.

***1 Thessalonians 5:4-11 and***
***1 Corinthians 9:24-27***

What kind of behavior represents people of the light or day, versus people of darkness or night?

Have you ever trained for something? Relate that experience with training yourself to run the Christian race. What must you do to succeed?

**Tuesday, August 25**

Before you were a Christian you were powerless against your sinful desires. However, because you have received new life in Christ Jesus, you can succeed in defeating those desires! Since Christ now reigns in your heart, sin no longer will rule you as long as you commit daily to live in God's will and power, not your own.

***Romans 6:1-18 & 13:12-14***

Romans 6 refers to slavery and freedom. What are the characteristics of each?

List several ways that God can use you to be an "instrument of righteousness" this week?

## Wednesday, August 26

Jesus not only came to save you from your sinful self but also sent the Holy Spirit to give you the power to overcome ongoing temptations. With out the Holy Spirit's help, you could never rise above those powerful pulls of selfishness and pride. But through the Spirit, you can gain the victory and radiate the characteristics of God such as love and joy.

***2 Timothy 1:7 and Galatians 5:1, 13-26***

List the differences between the acts of the sinful nature and the fruit of the Spirit.

The Holy Spirit brings into your life power, love, and self-control. Which of these characteristics needs to be revealed through your life more?

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## Thursday, August 27

All through history God has called God's people to a disciplined, obedient life of faith. Even when catastrophe strikes, God is close to those who have trained themselves to honor God in all ways. Disobedient behavior separates you from God's companionship, but a disciplined walk of faith deepens your relationship with God.

***Titus 2:11-14 and Psalm 34:1-22***

Psalm 34:12-14 describes characteristics of a self- disciplined lifestyle that honors God. According to this psalm, how does God bless those who practice them?

According to Titus, what is God's goal for you as a self-controlled, godly person?

## Friday, August 28

According to the Scriptures, every day you are called to set not only your mind but also your heart on "things above" - all that represents God's best for you and for God's world. Paul's letter to the Colossians is specific in its description of what it means to take off your "old self" and put on the new. When you practice this discipline daily, you actually allow God to bring God's love, joy, and peace through your life to others.

***Colossians 3:1-17***

Make a list of the "old life" practices versus "new life" actions listed in this passage. Which ones do you still struggle to take off? Put on?

How can you better keep your mind and heart focused on God?

## Saturday, August 29

The Scriptures are clear: the best way to avoid the negative influence of those who pull away from following Christ is to steer clear of their company. Friends who struggle to stay obedient to their own faith may also drag you down. Instead, connect yourself with other self-disciplined believers who will encourage you to stay the course.

***Psalm 1:1-6***

What does Psalm 1 identify as the result of staying focused and self-disciplined toward God's word?

What "fruit" has your practice of self-discipline yielded so far?