



AUGUST CHALLENGE
Breaking The Mold

DAY 2: Activation

God is only engaged in new life, and with the new you. He can only speak in terms of love, joy, peace, patience, goodness, kindness, gentleness, mercy, grace and holiness. To explore this reality, we are talking about breaking the mold of the old and who it is that does the breaking.

The Truth that sets you free is the price Jesus paid for your freedom. His nature is now yours and you are learning how to be joyfully accepted in the Beloved.



Make a page in your notebook for each of these questions. Take your time as you answer.

REMEMBER: *Slow learning is great learning!*

KEY #3: *You Have A Helper*

Give over grief and tribulations to the Holy Spirit. Allow Him to comfort you, and stand with you in your place of striving.

1. What is the Lord asking you to give over to Him?

The degree of difficulty we face in life is directly linked to the new level of comfort that we must receive from the Holy Spirit. When life gets difficult, it is always about relationship with the Holy Spirit.

2. Are you holding the line for too much of life's "stuff"? Are you weighed down and feeling exhausted? What space do you need to invite the Holy Spirit to occupy in your life?

KEY #4: *You are free to connect with the joy and celebration that God has for you.*

Joy is bigger than you, and it's bigger than all your circumstances. That's why James said, "Count everything as joy". What he meant was swap your circumstances with the joy of the Lord, and overwhelm your situation with the happiness of God!

God wants us always moving into that place of happiness.

1. Who do you believe He wants to be for you as you step into a place of greater joy in your life?

2. Journal about the hobbies, activities and gifts you have that bring you the most joy. Ask the Father to step into these places in your life and give you more opportunities to practice them.

3. Be intentional. Look at your schedule, and PLAN for joy. Expect it.

For example, if listening to music, going for a long walk, sitting in your garden, reading, art, writing or spending time with loved ones brings you the most joy... make time for them, every day!

Give thanks to the Lord for being present with you during those times and allow that gratitude to swell in your heart.