

2026

ME + YOU

AUGUST RESOURCE

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IN YOUR LOVE · IN YOUR FAITH · IN YOUR PURITY

*"Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, **in your love, your faith, and your purity.**"*

1 Timothy 4:12 (NLT)

HOW TO USE THIS RESOURCE

Do not merely listen to the word, and so deceive yourselves. Do what it says.

Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it - not forgetting what they have heard, but doing it - they will be blessed in what they do. James 1:22-25 (NIV)

Before working through each week's questions, first take time to listen to the sermon. This resource is not intended to replace the sermons, but to help you prayerfully reflect on what you've heard and apply God's Word to your own life.

EACH WEEK FOLLOWS THREE SIMPLE STEPS:

LISTEN Prayerfully listen to the sermon.

REFLECT Honestly examine your heart in light of God's Word.

PRAY Spend a few quiet moments inviting the Holy Spirit to reveal what He is saying to you and trust Him to work it out in your life throughout the week.

In your love

SERMON NOTES

What stood out to you in the sermon?

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WEEK 1

In your love

The **love** Paul has in mind is agape: selfless, sacrificial love that is expressed through a deliberate choice to value others above ourselves. It is a love that endures, keeps no record of wrongs and is tenderhearted.

READ:

Philippians 2:5-8 (AMP) and 1 Corinthians 13:4-7 (NLT)

Ask the Holy Spirit to speak to you through His Word before answering the questions.

REFLECT

- Think of someone who has shown you sacrificial love, the way Jesus did in Philippians 2:5-8. What did that teach you about how God loves you?
- Where is God inviting you to love someone more like Jesus this week? What would one practical step of sacrificial love look like?
- Agape love endures. Where are you tempted to give up on someone, distance yourself or stop walking with them? What would it look like to keep loving them?
- Agape love keeps no record of wrongs. Think of a time you experienced the freedom of truly forgiving someone. What did that freedom feel like and is there someone you need to extend that forgiveness to now?
- The word “tenderhearted” speaks of deep inward compassion ... a heart softened by God toward others. Which habits, such as time in the Word, prayer, worship and abiding in Christ, have been softening your heart lately? How have you seen His love overflow to the people around you?

PRAY

Ask God to fill your heart with His agape love and to soften any places that have become hard. Ask Him to help you forgive quickly, love sacrificially and be an example to others this week.

Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

WEEK 2 *In your faith*

SERMON NOTES

What stood out to you in the sermon?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 2

In your faith

Faith is the very foundation of the Christian life. It is how we relate to God. Faith is not primarily something we are hoping for. It is Someone we are putting our trust in. It is more than just a once-off decision made at salvation. It is a continual decision to keep walking in what we believe and continually placing our trust in Him for every part of our lives.

READ:

Hebrews 11:6 (AMP) and Romans 1:16-17 (AMP)

Prayerfully read these passages before reflecting on the questions below.

REFLECT

- Where have you seen God prove Himself trustworthy in your life recently ... big or small? How has that shaped your trust in God?
- Tell of a time you chose to trust God and act in obedience, even when you could not see the outcome. What did that experience teach you?
- Paul's steadfast trust in God while he was in prison encouraged other believers. Is there someone whose faith encouraged you while they were walking through a difficult season? What impact did their faith have on your own walk with God?
- 2 Corinthians 3:2-3 calls believers a "letter" others can read. If someone got to "read" your life this year, what part of your faith story would most encourage them?

PRAY

Thank God for a specific way He has been faithful to you recently. Ask Him to grow your trust in the areas where you are still relying on your own sight.

Let us hold fast the confession of our hope without wavering, for He who promised is faithful. Hebrews 10:23

WEEK 3 *In your purity*

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SERMON NOTES

What stood out to you in the sermon?

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WEEK 3

In your purity

Purity speaks of moral cleanliness and living in a way that honours God. Throughout the sermon we were reminded that God is not simply after outward behaviour. He desires hearts that love Him enough to trust that His ways are good. As our hearts are inclined toward Him, our lives begin to reflect His character.

READ:

Hebrews 13:4 (AMP) and Psalm 51:10 (NLT)

Ask the Holy Spirit to speak to you through His Word before answering the questions.

REFLECT

- Purity is not only about outward behaviour, it is about who or what has first place in your heart and mind. Are there areas in your life that have taken first place above God? If so, what do you need to do to make sure that God has first place?
- David asked God to create a clean heart, not merely better behaviour (Psalm 51:10). As you reflect today, is there any area of your heart that you sense God is gently inviting you to surrender to Him?
- Psalm 119:112 says, "I have inclined my heart to perform Your statutes forever." A heart left alone slowly drifts toward whatever is comfortable. Whatever season you are in, where might your heart have quietly settled for less than God's best?

PRAY

Invite the Holy Spirit to search your heart and ask Him for the courage and joy to keep choosing His ways.

Search me, O God, and know my heart; try me, and know my anxious thoughts. Psalm 139:23