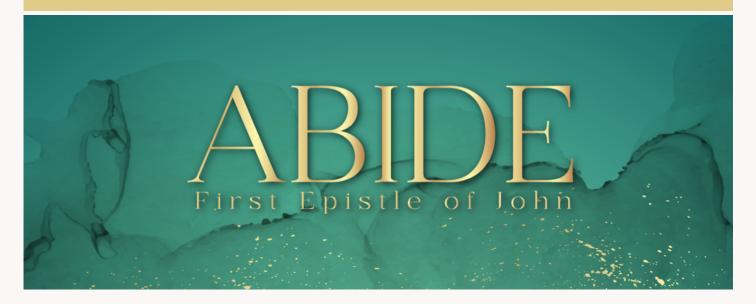
ROCK WOMEN



WEEK EIGHT

"PRACTICE RIGHTEOUSNESS"

DAY 1

- 1. Begin your study time with prayer and read 1 John 3:4-10.
- 2. If we practice sin, what else does this passage say we practice?
- 3. What does John say is the reason Christ appeared?
- 4. If we abide in Christ, what will we not do, according to verse six?
- 5. What does verse seven say we must practice?
- 6. What must we not practice?
- 7. What is the evidence of those who are children of God and those who are children of the devil?
- 8. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Scripture Memory:

For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age..."

~ Titus 2:11-12

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DAY 2

- 1. Begin your study time with prayer and read 1 John 3:4-10.
- 2. In this passage John makes a clear distinction between those who know God and those who don't. He tells us that if we practice sin we are of the devil. We are born sinners; apart from Christ, sin is our default action. What does John 8:34 say of those who practice sin?
- 3. Romans 6:16 lays out two things to which we can be enslaved. What are they?
- 4. What is the end result for those who practice lawlessness or sin according to Matthew 13:41-42?
- 5. How do Romans 6:3-6 and 17-18 say we are delivered from slavery to sin?
- 6. Write out this week's memory verse below:

DAY 3

- 1. Begin your study time with prayer.and read 1 John 3:4-10.
- 2. What does Titus 2:11-14 say is the reason the grace of God appeared and what are we instructed to do?
- 3. What are we instructed not to do in Romans 6:12?
- 4. It can seem a daunting task to not allow sin to reign in us, but what encouragement do Galatians 2:20 and 2 Peter 1:3 give us about how we are empowered to do so?
- 5. According to 1 Corinthians 1:30-31, what is the source of any goodness in our lives?
- 6. God begins the good work of sanctification (making us holy) in us at salvation. What does Philippians 1:6 say He is faithful to do?
- 7. Write out this week's memory verse below:

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DAY 4

- 1. Begin your study time with prayer and read 1 John 3:4-10.
- 2. If we have truly repented and genuinely know Christ, what does Matthew 3:8 say we should do and according to 2 Corinthians 5:9, what should be our goal?
- 3. The Bible is very clear that any good in us comes from God, and while the Holy Spirit is ultimately responsible for the growth we experience spiritually, we also bear responsibility in our spiritual walk. How does Philippians 2:12-13 describe this partnership?
- 4. People practice many things like sports, music, art, etc. The end goal of practice is to improve and gain skill in a given activity. Practice involves repetition, deliberate action, time, and energy set aside to focus on a given task. John instructs us not to practice sin, but to practice righteousness. What things can we do to deliberately practice righteousness?
- 5. Write out this week's memory verse below:

DAY 5

- 1. Begin your study time with prayer and read 1 John 3:4-10.
- 2. When John directs us not to practice sin he is not teaching that as Christians, we will never sin. Rather, he is saying we are not to walk in habitual sin because Christ's death has delivered us from the slavery of doing so. It is impossible for a true Christian to live a lifestyle of sin, never repenting, and failing to grow in holiness. Prolonged, habitual sin is not a lifestyle that is compatible with a true believer. This is one of the ways in which we know whether we are truly born again. Our lives should bear fruit that reflects the new life we have been given in Christ. What sinful things does Colossians 3:5-11 list and what do these verses say we should do with them?
- 3. What do 1 Peter 1:14-15 and 2 Corinthians 7:1 tell us to do?
- 4. As long as we walk this earth we will be tempted by sin. What does Gal 5:16-25 (specifically verses 16 & 25) advise us to do so that we don't fall prey to it?
- 5. Write out this week's memory verse below: