



FIRM **FOUNDATION**

WINNING THE BATTLE IN YOUR MIND WITH GOD'S TRUTH

metanoya



WELCOME TO FIRM FOUNDATION

You Are Who God Says You Are

Dear Friend,

Welcome to *Firm Foundation*. Whether you're brand new to the faith or you've been walking with Jesus for a while, this series is for you. It's a journey, not just of learning truth, but of **rebuilding the way you see yourself, your past, your future, and your God.**

So many people today are struggling, not just on the outside, but on the inside. Quiet battles in the mind. Heavy emotions. Confusion about who they are. Lies that whisper things like “*You’ll never change,*” or “*You’re not enough.*” The enemy wants to keep us stuck in shame, fear, and insecurity. But Jesus came to set us free.

This study is all about trading those lies for **truth**. It's about standing firm on what God says about you, even when feelings say something else. It's about finding freedom, peace, and confidence, not in yourself, but in Christ.

You'll learn how to renew your mind, speak life over your situation, and walk in the unshakable identity God gave you when He saved you. It may challenge you. It may stir some things up. But it will also ground you deeper in God's love and give you the tools to build a healthy, Spirit-filled life.

I'm proud of you for taking this step. Stay planted. Stay open. God is going to do something powerful in you!

Anticipating Great Things,



Pastor Jubal García

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1: A NEW BEGINNING

A fresh start begins when you're born again through faith in Jesus.



Key Verse: John 3:3 (NLT): “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.”

INTRODUCTION

Today we begin your journey of healing, stability, and discovering who you really are in Christ. But none of that matters if we skip this first step: being born again. Jesus didn't come to fix you, He came to give you a brand-new life.

- ▶ Have you ever heard the phrase “born again”? What do you think it means?

1. WHAT DOES IT MEAN TO BE BORN AGAIN?

- ▶ Being born again doesn't mean joining a church, trying harder, or becoming religious.
- ▶ It means God gives you a new spirit, a new heart, and a new life from the inside out.
- ▶ You are not just forgiven, you are *reborn*. You get a spiritual reset.
- ▶ Read: John 3:3–7 (NLT)
- ▶ Key Point: Nicodemus was a good, religious man, but Jesus told him: *You must be born again*. That means everyone, no matter how broken or how religious, must be made new.

2. HOW DOES A PERSON BECOME BORN AGAIN?

- ▶ Admit that you are a sinner, and you need a Savior.
- ▶ Believe that Jesus died for your sins and rose from the grave.
- ▶ Surrender your life to Him, not just your Sunday mornings.
- ▶ Ask Jesus to come in and make you new.
- ▶ ***Romans 10:9 (NLT): “If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”***



Illustration: It’s not like fixing a broken phone, it’s like getting a brand new one with a brand new number and a new provider. A total change of identity and ownership.

3. BORN AGAIN MEANS A **FRESH START.**

- ▶ When you’re born again, your past doesn’t define you.
- ▶ You get a new Father (God), a new family (the Church), and a new future.
- ▶ God doesn’t remember your sins. He sees His child.
- ▶ ***2 Corinthians 5:17 (NLT): “Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”***

4. CLARIFY THE DIFFERENCE: RELIGION VS. REBIRTH.

- ▶ Religion says **“try harder.”** Rebirth says **“trust Jesus.”**

- ▶ Religion is about rules. Rebirth is about a personal relationship with God.
- ▶ You don't have to fix yourself before coming to God, *He does the fixing* after you are born again.

DISCUSSION QUESTIONS

1. Have you ever had a moment when you surrendered your life to Jesus and were born again?
2. What do you think has stopped you from starting over?
3. What would it mean for you to truly leave the old life behind?

CLOSING ENCOURAGEMENT

You don't have to live in confusion, shame, or instability. God is not asking you to clean yourself up, He's inviting you to start over. Right now. This is your moment. You can be born again today.

PRAYER

"Jesus, I need a new life. I've tried it my way, and it's not working. I believe You died on the cross for my sins and rose from the grave. I surrender. Be my Lord and Savior. Make me new. I give You my heart, my thoughts, my past, and my future. I want to be born again today."



HOMEWORK CHALLENGE

Here are some scriptures to read slowly and reflect on this week:

- ▶ John 3:1-7
- ▶ 2 Corinthians 5:17

- ▶ Romans 10:9–10
- ▶ Ezekiel 36:26

Every day this week, pray every morning, thanking God for your new beginning.

NOTES



2: WHO I AM NOW

When you're born again, your identity is no longer based on your past, your emotions, or what people say. It is now rooted in who God says you are.



Key Verse: 2 Corinthians 5:17 (NLT): “Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”

INTRODUCTION

Last week we talked about how salvation is a new beginning. But now that you’ve been born again, the next step is learning who you are now. The world tries to define us by our pain, our mistakes, or our feelings but God gives us a brand-new identity that cannot be shaken.

- ▶ What words have you used to describe yourself in the past?
- ▶ Which ones have stuck with you: Good or bad?

1. THE WORLD GIVES YOU **LABELS**. GOD GIVES YOU **TRUTH**.

- ▶ The world defines people by performance, appearance, reputation, trauma, or emotion.
- ▶ God defines you by *truth*: Unchanging, eternal, and full of grace.
- ▶ You are not your past. You are not your failure. You are not your mental battles. You are who God says you are.

- ▶ ***Ephesians 1:4–5 (NLT) – “Even before he made the world, God loved us and chose us... God decided in advance to adopt us into his own family.”***

2. SEVEN TRUTHS ABOUT YOUR IDENTITY IN CHRIST

A. YOU ARE LOVED.

- ▶ ***Romans 5:8: “God showed his great love for us by sending Christ to die for us while we were still sinners.”***
- ▶ God's love is not based on performance, it's based on who He is.

B. YOU ARE CHOSEN.

- ▶ ***1 Peter 2:9: “You are a chosen people... God’s very own possession.”***
- ▶ You were picked by God on purpose, not by accident.

C. YOU ARE FORGIVEN.

- ▶ ***Ephesians 1:7: “He is so rich in kindness and grace that he purchased our freedom... and forgave our sins.”***
- ▶ You don't have to carry the weight of guilt anymore.

D. YOU ARE NEW.

- ▶ ***2 Corinthians 5:17: “The old life is gone; a new life has begun!”***
- ▶ The past is not who you are. You are new in Jesus Christ.

E. YOU ARE NOT ALONE.

- ▶ ***Matthew 28:20: “I am with you always, even to the end of the age.”***
- ▶ God is not going to leave you in your process.

F. YOU ARE VICTORIOUS.

- ▶ ***Romans 8:37: “Overwhelming victory is ours through Christ.”***
- ▶ You are not a victim anymore. You are an overcomer.

G. YOU ARE GOD’S MASTERPIECE.

- ▶ ***Ephesians 2:10: “We are God’s masterpiece. He has created us anew in Christ Jesus...”***
- ▶ You’re not a mistake; you’re a masterpiece in progress.

DISCUSSION QUESTIONS

1. Which of these identity truths is the hardest for you to believe about yourself?
2. What lies or labels from the past still try to define you?
3. How would your life change if you really believed what God says about you?



ILLUSTRATION

The Mirror vs. The Word of God: A mirror shows you what you look like on the outside. But the Word of God shows you who you *really are* on the inside. Stop letting a broken mirror (or broken people) tell you who you are. Let God's Word define you.

CONCLUSION:

God is not confused about who you are. He's not double-minded about your identity. Even if your emotions change every day, His Word about you never changes. You are His. You are loved. You are chosen. You are new. And no matter what anyone says or what you feel: You are His son/daughter.

PRAYER

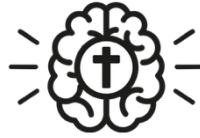
"Father, help me to stop listening to the lies. Help me to believe what You say about me. I reject every false label and receive my new identity in Christ. Teach me to walk like Your daughter, loved and secure. Amen."



HOMEWORK CHALLENGE

Reflect on and write down these verses each day this week:

- ▶ 2 Corinthians 5:17
- ▶ Ephesians 1:4–5
- ▶ 1 Peter 2:9
- ▶ Ephesians 2:10



3: MIND RENEWAL

God transforms us by changing the way we think. If we want peace and stability, we have to replace lies with truth.



Key Verse: Romans 12:2 (NLT): “Let God transform you into a new person by changing the way you think.”

INTRODUCTION

Have you ever felt like your emotions were all over the place? One day you're on fire for God, the next day you're overwhelmed or angry? You're not alone. The Bible says that real change starts when we let God change the way we think.

- ▶ What thoughts do you struggle with the most: Fear, confusion, self-doubt, anger?
- ▶ Do you ever feel like your mind is in a constant battle?

1. YOUR MIND IS A BATTLEFIELD.

- ▶ We don't always realize it, but our *thoughts* are where the real spiritual battle takes place.
- ▶ The enemy uses lies, confusion, and doubt to pull us away from God's truth.
- ▶ You cannot live a victorious life with a defeated mind.

- ▶ **2 Corinthians 10:4–5 (NLT): “We destroy every proud obstacle... and capture their rebellious thoughts and teach them to obey Christ.”**
- ▶ God doesn't just want to fix your problems, He wants to change the way you think about them.

2. THE POWER OF **RENEWING YOUR MIND.**

- ▶ Renewing your mind means learning to replace lies with God's truth.
- ▶ The world says “follow your heart.” The Bible says, “follow God's truth.”
- ▶ You don't have to believe everything you think.
- ▶ God's Word becomes the filter for your emotions, reactions, and thoughts.
- ▶ **Philippians 4:8 (NLT): “Fix your thoughts on what is true, and honorable, and right, and pure...”**
- ▶ If a lie says “You're a failure,” God's truth says “You are more than a conqueror.” If a lie says “Nobody loves you,” God's Word says “You are deeply loved.”

3. THREE DAILY MIND RENEWAL HABITS.

- A. **CATCH IT** – Pay attention to what you're thinking. Not every thought is true.
- B. **CONFRONT IT** – Ask: “Is this what God says or what the enemy says?”
- C. **REPLACE IT** – Speak God's truth out loud to shut down the lie.



The Dirty Cup Analogy: Your mind is like a cup. If it's filled with dirty water: Lies, negative thoughts, and confusion; how do you clean it? You pour in clean water, little by little, until the old water is gone. That's what God's Word does in your mind.

DISCUSSION QUESTIONS

1. What are some lies you've believed about yourself?
2. How do your thoughts affect your emotions and your actions?
3. What would it look like to build a habit of renewing your mind every day?

CONCLUSION:

Say: I am not powerless over my thoughts. I don't have to be tossed around by every emotion. When I fill my mind with God's Word, I begin to live with peace, clarity, and strength. I can renew my mind every day; and God will help me."

PRAYER

"Lord, help me to recognize the lies I've believed and replace them with Your truth. Teach me how to think like You think. Fill my heart and mind with peace. Change the way I think so You can change the way I live. In Jesus' name, Amen."



HOMEWORK CHALLENGE

Daily Exercise – 3 Steps for 7 Days:

1. Write down one negative thought or lie you had today.
2. Look up a Bible verse that speaks truth against it.
3. Speak the truth out loud and thank God for it.

Suggested Verses to Use:

- ▶ Romans 12:2
- ▶ Philippians 4:8
- ▶ Isaiah 26:3
- ▶ 2 Corinthians 10:5

NOTES



4: LETTING GO OF THE PAST

You can't walk in freedom if you're still holding on to what's behind you. Jesus sets us free from shame, regret, and the need to keep looking back.



Key Verse: *Philippians 3:13 (NLT): "I focus on this one thing: Forgetting the past and looking forward to what lies ahead."*

INTRODUCTION

- ▶ One of the biggest things that keeps people from healing is their past. Maybe it's shame, rejection, mistakes, or even trauma. But God doesn't want you to stay stuck in what happened, He wants to lead you forward.
- ▶ Do you ever feel like your past still controls your present?
- ▶ Are there memories of rejection you wish you could erase?

1. GOD DOESN'T HOLD YOUR **PAST** AGAINST YOU.

- ▶ When Jesus forgives you, He doesn't just forgive you a little, He forgives you completely.
- ▶ Your past is forgiven. You don't have to keep punishing yourself for what Jesus already paid for.
- ▶ ***Psalms 103:12 (NLT): "He has removed our sins as far from us as the east is from the west."***
- ▶ God doesn't bring up your past. So why are you still carrying it?

2. THE DANGERS OF LIVING BACKWARDS.

- ▶ Looking back keeps you from moving forward.
- ▶ The enemy loves to remind you of who you *were* so you never become who God called you to be.
- ▶ Guilt and shame are tools the enemy uses to steal your joy and confidence.
- ▶ ***Isaiah 43:18–19 (NLT): “But forget all that—it is nothing compared to what I am going to do. For I am about to do something new...”***

3. FORGIVENESS INCLUDES FORGIVING YOURSELF.

- ▶ Sometimes the hardest person to forgive is *you*.
- ▶ But holding onto shame is like picking up the chains that Jesus already broke.
- ▶ You cannot walk in freedom and keep holding yourself hostage.



Imagine someone opens a prison door and says, ‘You’re free!’ But instead of walking out, the prisoner sits in the cell because they *feel* guilty. That’s what happens when you refuse to let go of your past after God has forgiven you.

4. MOVING FORWARD TAKES FAITH.

- ▶ Moving forward is not a feeling, it’s a decision.
- ▶ You may not feel ready, but God is already ahead of you.
- ▶ Don’t look for peace in the past; it’s only found in God’s plan for your future.

- ***Jeremiah 29:11 (NLT): “For I know the plans I have for you... plans to give you a future and a hope.”***

DISCUSSION QUESTIONS

1. Do you ever struggle thinking about past mistakes you have made?
2. Do you believe God has truly forgiven you? Why or why not?
3. What would it look like for you to let go and move forward in this season?

CONCLUSION:

God doesn't want you to live in rewind mode. He's calling you forward. What happened to you, or what you did, doesn't have to define the rest of your life. His grace is greater. His purpose is still alive. You are not what you've been through, you are who He's transforming you to become.

PRAYER

“Father, I give You the weight of my past. I let go of regret, guilt, and shame. I choose to believe You have forgiven me, and I receive that freedom. Help me not to live stuck in yesterday but to move forward with faith, trusting You with my future. In Jesus' name, Amen.”



5: GOD'S VOICE VS. CONFUSION

God speaks with clarity, love, and peace. Confusion is not from God. Learning to recognize His voice brings stability, direction, and spiritual confidence.



Key Verse: John 10:27 (NLT): “My sheep listen to my voice; I know them, and they follow me.”

INTRODUCTION

- ▶ Have you ever felt torn between different voices in your head: Some saying you're loved, others saying you're worthless? Some days you want to follow God, and the next you feel angry or confused. You're not crazy, there's a real spiritual battle. But God has a voice, and it's steady, strong, and full of peace.
- ▶ How do you know if what you're feeling is from God or from somewhere else?
- ▶ Have you ever thought God was saying one thing... then changed your mind the next day?

1. GOD'S VOICE BRINGS PEACE, NOT CONFUSION.

- ▶ God's voice is consistent, loving, and full of truth.
- ▶ Confusion, chaos, and emotional extremes are not from God.
- ▶ The enemy wants to *twist* God's truth and make you doubt His love for you.

- ▶ ***1 Corinthians 14:33 (NLT): “For God is not a God of disorder but of peace...”***
- ▶ If the voice you’re hearing brings chaos, panic, or accusation, it’s not God.

2. THREE SOURCES OF VOICES IN YOUR LIFE:

A. GOD’S VOICE.

- ▶ Gentle, clear, aligned with Scripture, full of peace and conviction (not condemnation).

B. THE ENEMY’S VOICE.

- ▶ Accusing, confusing, condemning, causes fear or division.

C. YOUR OWN VOICE.

- ▶ Based on emotions, pain, old habits, and feelings this can change day to day.



Illustration: It’s like having three radio stations playing at once. If you don’t learn to recognize God’s station, you’ll keep flipping channels, hoping one makes sense. But God’s voice never changes frequency. You just have to tune in.

3. HOW TO RECOGNIZE GOD’S VOICE:

A. GOD’S VOICE ALWAYS AGREES WITH SCRIPTURE.

- ▶ God will never say something that goes against His Word.

B. GOD'S VOICE LEADS YOU TOWARD PEACE AND OBEDIENCE.

- ▶ Even if it's hard, God's voice brings clarity and peace, not panic or pressure.

C. GOD'S VOICE ALIGNS WITH GODLY COUNSEL.

- ▶ If your thoughts isolate you or make you think you're the only one who's right, be careful.

D. GOD'S VOICE PRODUCES GOOD SPIRITUAL FRUIT.

- ▶ God's voice leads to love, healing, humility and unity, not chaos.

DISCUSSION QUESTIONS

1. What voices do you find the hardest to ignore: God's, the enemy's, or your own?
2. Can you remember a time you thought God was speaking but later realized it wasn't Him?
3. What would change in your life if you could clearly recognize God's voice?

CONCLUSION:

You don't have to be tossed around by confusion or emotional instability. You can learn to hear God's voice. And here's the good news, He wants to speak to you more than you want to listen. He's not hiding. He's steady, patient, and full of love. When you learn to recognize His voice, you'll walk with confidence, not confusion.

PRAYER

“God, I need to know Your voice. Help me silence the voices that bring fear or confusion. I want to hear You clearly. Teach me to know when You are speaking, and give me the courage to follow You. Let Your Word be the loudest voice in my life. In Jesus’ name, Amen.”



HOMEWORK CHALLENGE

Journal Exercise (Daily for 5 Days):

- ▶ Write down one thought or emotion you had today.
- ▶ Ask: “Does this sound like God, the enemy, or my own voice?”
- ▶ Look up one verse to counteract a lie or confirm the truth.

Verses to Meditate On:

- ▶ John 10:27
- ▶ 1 Corinthians 14:33
- ▶ James 3:17
- ▶ Romans 8:1



SESSION 6: STABILITY IN STORMS

God offers unshakable peace and stability, even when life, emotions, or circumstances feel out of control.



Key Verse: Isaiah 26:3 (NLT): “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

INTRODUCTION

- ▶ Have you ever felt like your life or your emotions were all over the place like a rollercoaster? One moment you're confident, the next you're doubting everything. But God didn't design us to live in constant emotional chaos. He offers peace and stability even in the middle of storms.
- ▶ When life feels overwhelming, what's your first reaction: Panic, withdrawal, anger, confusion?
- ▶ Do you believe it's possible to have peace even when things around you aren't peaceful?

1. STORMS WILL COME BUT **YOU CAN STAND.**

- ▶ Jesus didn't promise us a storm-free life. But He *did* promise His presence through the storm.
- ▶ The goal isn't to escape hard times, it's to stay rooted in God during them.
- ▶ Emotional storms are real but they don't have to rule your life.

- ▶ **Matthew 7:24–25 (NLT): “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock... Though the rain comes... that house won’t collapse because it is built on bedrock.”**
- ▶ When your life is built on God's Word, you may feel shaken but you won't fall apart.

2. WHAT **STABILITY** LOOKS LIKE (SPIRITUALLY & EMOTIONALLY).

- A. **Consistent in truth** – not led by emotions or mood swings.
- B. **Anchored in God’s promises** – not fear or what-ifs.
- C. **Rooted in relationships** – not isolation or impulse.
- D. **Responsive, not reactive** – peace leads, not panic.



Imagine a tree in a hurricane. The wind is intense, but if the roots are deep, it survives. People may only see the shaking branches but the strength is in the roots. That's how your life should be deeply rooted in God.

3. HOW TO STAY **GROUNDED DURING STORMS.**

A. **FILL YOUR MIND WITH SCRIPTURE DAILY.**

- ▶ God’s Word anchors you when feelings want to carry you away.

B. **BUILD ROUTINE AND SPIRITUAL RHYTHM.**

- ▶ Worship, prayer, journaling, these create consistency that your emotions can't.

C. STAY CONNECTED TO MATURE SPIRITUAL COMMUNITY.

- ▶ Isolation increases instability. Don't fight alone.

D. TALK TO GOD HONESTLY AS YOU PRAY EVERYDAY.

- ▶ You don't need fancy prayers, just real ones. Pour it all out and let Him speak peace back to you.

DISCUSSION QUESTIONS

1. What kind of storms or emotional waves shake you most easily?
2. What is one practical step you can take to stay spiritually grounded this week?
3. Have you seen a time in your life where God gave you peace in the middle of chaos?

CONCLUSION

You don't have to live at the mercy of your emotions or circumstances. God offers peace that doesn't depend on what's happening around you. If you stay rooted in Jesus, you'll find that no matter what comes, you won't fall apart. His peace is real. His presence is near. And He will keep you strong, even in the storm.

PRAYER

"Lord, sometimes my emotions feel like a storm. But I want to be grounded in You. I don't want to be tossed around by fear, confusion, or instability. Anchor me in Your truth. Fill me with Your peace. Teach me to stand strong, even when everything around me shakes. In Jesus' name, Amen."



HOMEWORK CHALLENGE

Journal (Daily):

- ▶ What was the biggest emotional challenge I faced today?
- ▶ What lie did it make me believe?
- ▶ What truth from God's Word can I replace it with?

Suggested Verses for the Week:

- ▶ Isaiah 26:3
- ▶ Matthew 7:24–25
- ▶ Psalm 46:1–2
- ▶ Colossians 2:7

NOTES



7: THE POWER OF YOUR WORDS

Your words carry weight. They can build up or tear down, heal or harm. God wants to teach you to speak with wisdom, grace, and purpose.



Key Verse: Proverbs 18:21 (NLT): “The tongue can bring death or life; those who love to talk will reap the consequences.”

INTRODUCTION

Have you ever said something you immediately regretted? Or been on the receiving end of words that deeply wounded you? Most people underestimate how powerful words are. But the Bible says they have the power of life and death. Today, we’re learning how to use our words to build, not break.

- ▶ What’s something kind someone said that you’ve never forgotten?
- ▶ Now think: what’s something hurtful someone said that still stings?

1. WORDS ARE **NEVER JUST WORDS.**

- ▶ Words are like seeds: You plant them, and eventually, they grow into something.
- ▶ God created the world with words. Satan tempted Eve with words. Jesus healed with words.
- ▶ Your words can shift atmospheres, build trust, or burn bridges.
- ▶ **James 3:5–6 (NLT): “The tongue is a small thing... but it can set your whole life on fire...”**

- ▶ If your thoughts are the steering wheel, your words are the gas pedal. They push you and others: Forward or backward.

2. FOUR TYPES OF DESTRUCTIVE SPEECH.

- A. **GOSSIP** – Talking about others behind their back without love or truth. Leads to division, distrust, and hurt.
- B. **COMPLAINING** – A heart that's ungrateful often speaks negativity.
 - ▶ ***Philippians 2:14 (NLT): "Do everything without complaining..."***
- C. **EMOTIONAL OUTBURSTS** – Words spoken in anger, frustration, or instability.
 - ▶ These words usually cause regret later.
- D. **SELF-DESTRUCTIVE TALK** – Saying things like "I'm dumb," "Nobody wants me," "I'll never change." What you say to yourself matters.

3. GODLY SPEECH **BUILDS PEOPLE UP.**

- ▶ Words should reflect the heart of God: Truth, grace, peace, and healing.
- ▶ You don't have to say everything you feel. Holy Spirit-led people learn to pause, pray, and speak wisely.
- ▶ ***Ephesians 4:29 (NLT): "Don't use foul or abusive language. Let everything you say be good and helpful..."***



The Toothpaste Tube: Words are like toothpaste. Once they come out, you can't put them back in. That's why we need to think before we speak because even when you say 'I didn't mean it,' the mess is still made.

4. HOW TO SPEAK LIFE INSTEAD OF DESTRUCTION:

A. PAUSE BEFORE REACTING.

- ▶ Ask yourself: Is this true? Is it helpful? Is it kind?

B. REPLACE HARSH WORDS WITH HEALING ONES.

- ▶ Even correction can be said with gentleness and grace.

C. SPEAK THE WORD OF GOD ALOUD.

- ▶ Speak truth over yourself and others, it shifts the atmosphere.

D. APOLOGIZE WHEN YOU MISS IT.

- ▶ Healing comes when we humble ourselves and make things right.

DISCUSSION QUESTIONS

1. Which kind of speech do you struggle with most: Gossip, complaining, emotional outbursts, or negative self-talk?
2. How have your words affected your relationships: Positively or negatively?
3. What's one change you want to make in how you speak?

CONCLUSION

Your words are not random. They are powerful. They carry healing or hurt, peace or poison. But God is patient, and He wants to teach you how to speak life not just to others, but to yourself. You're not called to be perfect, but to be Holy Spirit-led; speaking with wisdom, love, and truth.

PRAYER

"God, help me to be careful with my words. Teach me to speak life, not destruction. Heal the places in me that lead to gossip, complaining, or anger. Let my words reflect Your heart. Help me speak to myself and others with love and truth. In Jesus' name, Amen."



HOMEWORK CHALLENGE

7-Day Word Fast: Choose one of the following to fast from this week and track your progress:

- ▶ Gossip
- ▶ Complaining
- ▶ Negative self-talk
- ▶ Emotionally reacting before praying

Each day:

- ▶ Write down one *life-giving* thing you said.
- ▶ Write down one thing you wish you hadn't said.

- ▶ Then ask God to help you speak better tomorrow.

Verses to Reflect On This Week:

- ▶ Proverbs 18:21
- ▶ Ephesians 4:29
- ▶ James 3:5–10
- ▶ Matthew 12:36

NOTES



8: STAYING CLOSE TO GOD

Spiritual growth doesn't happen in a moment—it happens over time. We grow by staying close to God daily, especially when we feel like quitting.



Key Verse: Galatians 6:9 (NLT): “Let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.”

INTRODUCTION

We’ve talked about starting over, finding your identity, renewing your mind, and healing from the past. But this journey doesn’t stop here. Today, we’re going to talk about how to *keep going* and how to stay close to God when life gets hard and your emotions pull you in other directions.

- ▶ Have you ever had a good season with God and then drifted away again?
- ▶ What usually causes you to lose focus or give up?

1. GROWTH TAKES CONSISTENCY.

- ▶ You don’t grow spiritually by doing *big* things once, you grow by doing *small* things every day.
- ▶ Relationships are built through time and connection and your walk with God is the same.

- ▶ God isn't looking for perfection, He's looking for people who stay close.
- ▶ ***John 15:5 (NLT): "I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit."***
- ▶ The fruit (peace, strength, wisdom) only comes *after* you stay connected for a while.

2. FOUR HABITS THAT KEEP YOU CLOSE TO GOD:

- A. **DAILY PRAYER** – Talk to God honestly, not religiously.
 - ▶ You can tell Him how you feel and ask Him to help you stay grounded.
- B. **SCRIPTURE INTAKE** – Even a few verses a day will renew your mind.
 - ▶ It's like food for your spirit. Don't starve yourself.
- C. **WORSHIP** – Even alone in your room, worship silences anxiety and brings peace.
 - ▶ ***Psalm 22:3 says God inhabits the praises of His people.***
- D. **COMMUNITY AND ACCOUNTABILITY** – Stay connected to people who love God.
 - ▶ When you isolate, you become unstable. Connection helps you grow.

3. WHY PEOPLE GIVE UP (AND HOW TO KEEP GOING).

A. EMOTIONS CHANGE.

- ▶ Truth doesn't. Anchor to God's truth even when you don't "feel" close.

B. SETBACKS HAPPEN.

- ▶ Don't quit just because you stumbled. Get back up.

C. DISTRACTIONS COME.

- ▶ Stay focused. You're not who you used to be. God is doing something new.
- ▶ **Hebrews 10:23 (NLT): "Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise."**



The Long Walk: Imagine you're walking up a mountain. Some days you walk fast. Some days you crawl. Some days you trip. But as long as you *keep going*, you're still moving forward. The only way to lose is to quit. And God walks with you the whole way.

DISCUSSION QUESTIONS

1. What habits help you stay close to God and which ones do you struggle with most?
2. When you feel like giving up, what usually triggers it?

3. What would change in your life if you stayed consistent with God for the next year?

CONCLUSION:

Growth is not about perfection. It's about direction. Every time you show up for God, even in weakness He meets you. Don't let your emotions or circumstances pull you away. Stay rooted. Stay close. Keep growing. Your future is brighter than your past.

PRAYER

"Father, I don't want to start strong and then fade away. Help me stay close to You, even when it's hard. I want to grow, mature, and keep walking in freedom. Thank You for being patient with me. I trust You with my future, and I commit to walking with You one day at a time. In Jesus' name, Amen."



HOMEWORK CHALLENGE

Consistency Challenge (for 7 Days): Track these four things daily:

- ▶ Did I pray?
- ▶ Did I read or listen to Scripture?
- ▶ Did I worship (even one song)?
- ▶ Did I stay connected to someone godly?

Memory Verse: Galatians 6:9: "Let's not get tired of doing what is good..."

NOTES

[illegible]