



This month brings the start of a New Year, and there is no better way to begin a new season than with refreshing yourself on spiritual foundations. Together, we will talk through a different Scripture verse every day as we remind ourselves of the basics of the gospel, our need to surrender our whole selves to Christ, the importance of repentance, and the joy we have as followers of Christ.

Each day, we will include a Bible verse, a study question, and space for you to journal your own thoughts and prayers. You can complete this guide by yourself, with a friend or family member, or as part of a group study.

But no matter how you engage with this study guide, we pray that it will be edifying, encouraging, and even challenging as you remind yourself of the need for salvation and repentance. May it push you to praise God for who He is and what He has done, and to trust Him for everything that this new year will bring.

Let's get started!



# Week 1 - Introduction

# Day 1

# Day 2

#### Isaiah 43:18-19

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

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God	is	doing	a	new	thing	in	

you this year, but you can't dwell on

### **Revelation 21:5**

He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."

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Do you always trust God's word, or do you sometimes have trouble believing? Be honest with yourself

the past. What sins, behaviors, worries, or fears do you need to leave in the old year?	and God, and pray through any uncertainties.



## **Ephesians 4:22-24**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

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Write down a few		
"old self" aspects		
and a few "new		
self" aspects.		
How might you		
pursue Christ-like		
righteousness in		
the new year?		

# Let's Pray

### Lord God,

As we begin this 31-day challenge, give us endurance and focus. We pray that you would speak to us through these verses and that our hearts and minds would turn to you.

Would you lovingly reveal sin patterns in our hearts and help us to repent, God? Show us more of your character and nature in these verses, and allow us to be amazed by your power, love, and majesty. Create in us a clean heart this year, Lord God, and help us to live in ways that glorify you.

In Jesus' name we pray,

# Week 2 - Spiritual Foundations

# Day 9

# Day 5

## John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

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This verse may be so familiar to you that you hardly hear it. Read it a few more times, and then write down 3-5 things it tells you about the gospel and/or God's character.

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Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy—think about such things.

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Why is it important to have a mind focused on these things?

How does that reflect in our everyday life? How would that reflect in <u>your</u> life?
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## John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

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Have there been other ways you sought "life," apart from Jesus? Maybe wealth, relationships, or substances. How is the life Jesus offers different than the fleeting pleasures of earthly things?

#### Revelation 22:13

I am the Alpha and the Omega, the First and the Last, the Beginning and the End.

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At the start of a New Year, we feel
full of possibilities. But we can
also remember that even when
everything feels new, God has
always been the same. How does
that impact the way you view this
upcoming year?

## Colossians 1:16

For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.

List some of your favorite things
that God has created (natural
phenomenon, people, tastes or
smells, ect). Remember that with
all that beauty, He also made and
loves <u>you</u> . Pray and thank Him for
creating all these things.

## Ephesians 2:8-9

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

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Look up the definitions of "grace" and "faith." How does that impact your view of salvation? Pray that this year, God would keep you from a works-based mentality,
and help you to have faith.



#### **Romans 10:9**

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

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What does it mean	
that "Jesus is Lord"?	
Is He the Lord of	
your life? Write	
down a prayer for	
the New Year, that	
everything that you	
say, do, and think	
would honor King	
Jesus.	

# Let's Pray

### Dear Jesus,

We spent the last week reading and meditating on salvation, faith, grace, and who You are. We humbly ask that you would keep these foundations of faith at the front of our hearts and minds this year. Help us not to get bogged down in legalism, doubt, or complexities. When we feel overwhelmed or doubtful, bring us back to these basics. Remind us of who You are and Whose we are. Thank you that you, God, are the Lord of all. We praise your magnificent name and we ask that Your will be done this new year. In Jesus' name we pray,

# Week 3 - Surrender

# Day 11

# Day 12

### **Matthew 16:24**

Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

ionow me.
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"Taking up your cross" is not a mild inconvenience - it is dying to yourself and your own desires. Journal what it would <u>really</u> look like for you to take up your cross this year.

#### **Matthew 16:25**

For whoever wants to save their life will lose it, but whoever loses their life for me will find

it.
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Our natural inclination is selfpreservation, but God calls us to die to ourselves. Are there any desires that you need to leave in the past year? That's not easy, but we can pray and ask God to help us pursue Him over our selfish desires

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des	sires.

## Philippians 2:13

For it is God who works in you to will and to act in order to fulfill his good purpose.

Sometimes we need to let go of our own plans and agendas and let God do what He will. Below, write a prayer that God would help you let go when necessary, and trust that His plans are for your good and His glory.

#### Hebrews 11:6

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

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# Day 15

#### **Romans 12:1**

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

<del>*</del>
Perhaps this year, God is calling you to step up in service. Journal some ministry ideas or ways you may have felt God call you to serve others in worship. This can be in your church, community, family, or any number of ways.

## 1 Timothy 2:3-4

This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.



#### **Acts 2:38**

Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."

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# Let's Pray

### Father God,

This past week, we focused on surrendering our hearts, our New Year's goals and resolutions, and our very lives to you. Truly Lord, your ways are good and your plans are perfect.

When we lose sight of that this year, we ask that you would firmly but gently guide us back to you. Give us opportunities to worship you through service and evangelism, and help us to boldly proclaim the Word of God.

We thank you for all that you have blessed us with. Help us in turn to bless others, that they may see You at work in their lives, too. In Jesus' name we pray,

# Week 4 - Repentance

# Day 16

# Day 19

#### Romans 6:23

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

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Sin has a cost, and that cost must
be payed in blood. Only a sinless
sacrifice could satisfy God. Take a
moment to meditate on the high
cost Jesus paid for your salvation,
and write a prayer of thanksgiving
below.

#### Acts 3:19

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Repenting of sin is hard, awkward, and sometimes scary. But God brings refreshment when we lay our sins before Him. Take a moment to honestly confess to Him. After you ask for forgiveness, take a deep breath and know how loved you are.

## 1 John 1:8-10

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and

purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

Sometimes we catch ourselves thinking "I haven't really sinned recently." Even though we may not have "big" sins, do not fall into the trap of believing you are without fault. Consider and confess sins like gossip, pride, anger, and impatience.

#### 1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

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In what ways are you tempted to sin? When it feels overwhelming, remember this verse. Pray that God would uphold and strengthen you, even in the fiercest temptation.

### Proverbs 28:13

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

Sin impacts every aspect of our lives; it does not just live in our hearts. Pray that God would reveal the ways you need to confess and turn from sin in your life, whether that is confessing to someone or making reparations.

#### Genesis 4:7

If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

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Sin is tricky. Sometimes it appears as a beautiful, good thing, as it did for Adam and Eve. Write a prayer below that God would give you wisdom and discernment this year, helping you not to fall into sin-traps.



#### **Luke 5:32**

I have not come to call the righteous, but sinners to repentance.

	<del>*</del>
Confession is hard	
because it reveals	
the broken state of	
our hearts. But Jesus	
came to heal broken	
people. Write a	
prayer thanking	
Him in the space	
given.	
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# Let's Pray

Jesus,

This week was hard. As we spent time meditating on and confessing our sins, we were reminded of how needy and broken we really are. We are susceptible to sins hitting us from all sides.

That's why we are so incredibly thankful that you walk alongside us, guiding us back to you. Thank you for forgiving us when we sin, even when we feel at our most unloveable.

Lord, help us to be people who easily forgive others. Remind us of the many times you have forgiven us, so that we may do the same to those around us.

In Jesus' name we pray,

# Week 5 - Rejoice!

Day 25

# Day 16

#### Luke 15:7

I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

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All of heaven rejoiced when you gave your life to Christ! Truly it is a miraculous gift. Below, write a few reasons you are thankful for the gift of salvation, and thank Jesus for His sacrifice.

### Isaiah 61:10

I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

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Below, write down as many
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blessings as you have space for,
thanking God for them all.
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## **Ephesians 2:8**

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.

<del>*</del>
Your salvation is a freely-given gift; you did nothing to earn God's favor or forgiveness. Meditate on this truth, and then write out a prayer to God, praising Him for His gift.

### Psalm 145:1-4

I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise; his greatness no one can fathom. One generation commends your works to another; they tell of your mighty acts.

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Re-write your own	this	Psalm	in

### 2 Corinthians 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

We often don't value weakness, but how might your weaknesses make you strong in Christ? Journal a few thoughts below.

## Philippians 4:4

Rejoice in the Lord always. I will say it again: Rejoice!

Paul encourages us to rejoice always! This is a good verse to memorize for when hard times come this year. Journal how you can prioritize rejoicing in the Lord this year, no matter what comes.	) S 1 e
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#### 2 Samuel 22:50

Therefore I will praise you, LORD, among the nations; I will sing the praises of your name.

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How can you make		
the name of God		
great this year?		
Whether that's at		
work, among		
unbelieving friends,		
or elsewhere in your		
community and life?		
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# Let's Pray

### Father God,

As we conclude our month of Scripture reading, it feels appropriate to end with worship. We thank you and praise you for the gift of salvation in Jesus Christ, and for sending us both your Word and your Holy Spirit to guide us.

Lord, you are good, loving, majestic, and awe-inspiring. We humbly ask that you reveal more of Yourself to us this year, so that our hearts would be filled with praise all the year long.

Be with us in the coming year. Give us joy, boldness, and love for those around us. Help us to honor you always.

In Jesus' name we pray,

Additional	Notes		

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