

Metropolitan Baptist Church

Dr. H. Beecher Hicks, Jr., Senior Servant

40 Days of Healing: The Daily Dose

A Prescription of Study to Aid Your RECOVERY

Making Changes: The Transformation

This mini-devotional includes Quotations, Scriptures, Prayer Topics, and Activities from *Life's Healing Choices* by John Baker to guide you during our church-wide Lenten study.

Sunday, March 14, 2010

"When your greatest desire is to do what God requires, you'll be happy." **Read** - Matthew 5:6 **Pray** - Ask God to help you voluntarily submit to His will. **Write** - Read your moral inventory from last week. What hurt is causing you the most pain today in your life?

Monday, March 15, 2010

"Our thoughts determine our feelings, and our feelings determine our actions." **Read** - Romans 12:1-2 **Pray** - Ask God to help you cooperate with Him as He transforms your mind. **Write** - Write about the defect God has guided you to focus on first. Record any progress you are experiencing as you cooperate with God.

Tuesday, March 16, 2010

"When scriptures are in your mind, you can change any negative thoughts the enemy or others give you." **Read** - Psalm 119:10-12 **Pray** - Thank God for His Word. **Write** - Pick a positive scripture, write it on an index card, and memorize it this week.

Wednesday, March 17, 2010

"What you focus on is what you move toward." **Read** - Philippians 4:8 **Pray** - Ask God to help you focus one day at a time. **Write** - How are you focusing on "doing good" and not "feeling good"?

Thursday, March 18, 2010

"Don't set a deadline for yourself; just work it one day at a time." **Read** - Proverbs 17:24 **Pray** - Ask God to help you just for today. **Write** - What are your daily struggles?

Friday, March 19, 2010

"Stay focused on the good, not the bad" **Read** - Mark 14:38 **Pray** - Thank God for whatever change or victory He has worked in your life, no matter how small. **Write** - What victories have you had doing the right thing?

Saturday, March 20, 2010

"It's progress we're after, not perfection." **Read** - Philippians 1:6 **Pray** - Humbly ask God to remove your character defects. **Write** - Pick another positive scripture, write it on an index card, and memorize it next week.

Accountability Partner (AP)

Share the one defect God has guided you to focus on changing first; the progress God is making in your life changing that defect; and the negative feelings you are trying to replace. Remember, "As iron sharpens iron,