

Week 3: Refine - The "R" Word

REPENTANCE ACTION PRAYER

Sin hinders our relationship with God. What areas of your life are you holding back from Him?

Here's what I want you to do:

1. Spend at least 5 minutes thinking about the areas of sin in your life. Do you struggle with lust? Trust? Pride? Gossip? Lying? Unforgiving to another? Acknowledge those areas of sin in your life right now. There's nothing hidden from God, yet in our reluctance to bring these issues to the surface of our own heart and mind, we do damage to ourselves and those around us.
2. Now for the next 5 minutes, bring these things to God in prayer. Release these burdens at His feet.
3. It may be helpful to write out on a separate sheet of paper your repentant prayer to Him, then...
4. Rip the paper into pieces once you've completed releasing these burdens to Him and throw them away. Know that by God's love and grace, your sins do not define you anymore. You have been set free!