



WEEK FIVE

NOTHING TO SEE HERE

What is keeping me from possessing the Promised Land:

1. "You can not _____ what you do not _____."
2. You have to _____ it to _____ it.

*Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. **Ephesians 4:21-27 NLT***

Go ahead and be angry. You do well to be angry—but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the Devil that kind of foothold in your life.

Ephesians 4:26-27 MSG

Five Questions to Process Anger:

1. What triggered my anger?
2. What story am I telling myself?
3. Is the story true?
4. What is the target?
5. What do I need to do to hit the target?



Barefoot
Faith



WEEK FIVE
NOTHING TO SEE HERE

DAY ONE

EPHESIANS 3:19

What did God show me last night at the Bible study?

What is He asking me to do today?

DAY FIVE

1 JOHN 4:18

What am I afraid of today?

What does God say to that fear?

What areas do I need to allow God's love to fill?

DAY TWO

JAMES 1:19-20

Is there something that I am angry about that I am ignoring or avoiding?

Answer the Five Questions from this week's notes.

DAY SIX

DEUTERONOMY 31:6

What do I need courage to face today?

How does God's love for me give me courage?

DAY THREE

EPHESIANS 3:20

What does God want for me today?

What do I need to deal with?

DAY SEVEN

PROVERBS 3:5-6

What do I want today?

What do I need today?

What do I need to surrender?

DAY FOUR

EPHESIANS 4:5

Who do I need to speak the truth in love to today?

Am I avoiding doing it? Why?

STEP OUT • WITH GOD • FOR FREEDOM