NSH ELEVATE

Where Young Adults Grow Up in God

PARTICIPANT HANDOUT

A Year of Growth, Purpose & Spiritual Transformation

You are beginning a 12-month journey designed to help you grow spiritually, emotionally, and relationally as a young adult. Life in your 20s and 30s can feel overwhelming — filled with decisions, transitions, relationships, identity questions, and pressure from every direction.

But you were not created to navigate this season alone. God has a plan for your life, and He desires to elevate you into the person He designed you to be.

This guide is your companion for that journey.

WHAT THIS GUIDE IS FOR

This Participant Workbook is designed to help you:

- Understand God's voice and direction
- Strengthen your identity in Christ
- Build healthier relationships
- Make wiser decisions
- Heal from past wounds
- Manage stress, money, and major life choices
- Develop deeper spiritual habits
- Grow in faith, confidence, and purpose

Every month focuses on a specific theme that speaks to real issues young adults face — not just church topics, but life topics.

📓 HOW TO USE THIS GUIDE

1. Read the monthly lesson before or after each Elevate gathering.

These pages are designed to help you process what God is doing in your life.

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2. Write honestly.

There are no “church answers” here.
This guide is a safe place to be real, reflect deeply, and grow authentically.

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3. Pray through each month.

There is a prayer prompt in every section.
Use it as a starting point, and let God speak to your heart.

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4. Take the action step seriously.

Growth happens when learning becomes living.
Each month includes a simple step you can take to elevate your walk with God.

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5. Invite community into the process.

Your growth accelerates in the right circle. Consider sharing parts of your journey with:

- A mentor
- A trusted friend
- A small group

Transformation happens in community.

💬 A WORD OF ENCOURAGEMENT

Growth is not always easy. Healing takes courage. Change takes commitment. But you are not walking alone.

God is with you.
We are with you.
And this year can become a defining moment in your spiritual life — a year of clarity, courage, healing, purpose, and breakthrough.

If you stay open, stay honest, and stay committed…
God will elevate your life in ways you never imagined.

🙏 OUR PRAYER FOR YOU

"Lord, guide each participant on this journey. Open their hearts, strengthen their faith, heal their wounded places, and reveal Your purpose for their lives. Let this year bring spiritual transformation and holy confidence. Elevate them into who You created them to be."

Let's begin the journey.

MONTH 1 — Faith & Identity: Who Does God Say I Am?

SECTION 1 — What This Month Is About

Identity is the foundation of your spiritual life. The world often tells you who you should be based on success, image, past mistakes, or comparison. But Scripture teaches that your true identity is rooted in who **God** says you are.

Understanding your identity in Christ breaks the power of insecurity, fear, and people-pleasing, and helps you live with confidence and purpose.

SECTION 2 — Main Idea (Fill-In-The-Blank)

Identity is received from _____, not _____.

Identity is not earned by performance or perfection — it is received by God's grace.

SECTION 3 — Key Scripture

1 Peter 2:9 — "You are a chosen people, a royal priesthood, a holy nation, God's special possession…"

What this means for you:

- **Chosen** — God intentionally selected you
- **Royal** — You carry worth and authority
- **Holy** — You are set apart with purpose
- **God's possession** — You belong to Him, not to your past or people's opinions

SECTION 4 — Core Truths About Identity

Fill in the missing words.

✓ Truth #1 — You are _____. *(chosen)*

God picked you on purpose. You're not an accident.

✓ Truth #2 — You are _____. *(royal)*

Your identity gives you dignity and authority in Christ.

✓ Truth #3 — You are God's _____ _____. *(special possession)*

Your value is not determined by others — it is determined by God.

SECTION 5 — Identity Growth Framework (Fill-In)

S.T.A.N.D. — How to Walk in Your Identity Daily

S — Start with _____
T — Talk back to _____
A — Anchor in _____
N — Notice your _____
D — Declare your identity _____

Use this framework whenever you feel unsure about who you are.

SECTION 6 — Reflection + Journaling Prompts

Take a moment to write honestly.

1. **What label or lie about yourself do you need God to break?**

   _____

2. **Which part of 1 Peter 2:9 speaks to you the most right now? Why?**

   _____

3. **What would change in your life if you lived fully as who God says you are?**

   _____

SECTION 7 — Prayer Prompt

Lord, help me to see myself the way You see me. Break every false label, silence every lie, and remind me of who I am in You.

SECTION 8 — Weekly Action Step

Choose one identity statement from Scripture and repeat it every morning this week.

Examples:

- "I am chosen."
- "I am loved."
- "I am enough in Christ."
- "I am a new creation."

Write the one you choose here:

MONTH 2 — Anxiety & Peace: Overcoming the Inner Storm

SECTION 1 — What This Month Is About

Anxiety is one of the most common battles young adults face. It shows up as overthinking, fear, worry, stress, emotional overload, and pressure to meet everyone's expectations. The Bible never says you won't feel anxious — but it *does* teach you how to respond to anxiety in a way that brings peace.

Philippians 4:6–7 gives a practical, spiritual pathway to experience peace that goes beyond human understanding.

SECTION 2 — Main Idea (Fill-In-The-Blank)

Peace is not the absence of _____; it is the presence of _____.

True peace comes when God guards your heart and mind.

SECTION 3 — Key Scripture

Philippians 4:6–7
"Do not be anxious about anything… And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

What this means for you:

- You don't overcome anxiety by ignoring it
- You overcome it by **bringing it to God**
- Peace is something God gives — not something you make
- God's peace protects your heart and your thoughts

SECTION 4 — The Pathway to Peace: P.R.A.Y.

Fill in the missing words.

✓ P — Pause and _____ ***(breathe)***

Slowing down gives your mind space to reset.

✓ R — Release your _____ to God ***(worry)***

Say exactly what is troubling you — be specific.

✓ A — Add _____ ***(thanksgiving)***

Gratitude shifts your focus from fear to God's faithfulness.

✓ Y — Yield to God's _____ ***(peace)***

Peace is not forced — it is received.

SECTION 5 — What Anxiety Is Really About

Use this section to reflect on the root of your anxiety.

1. What am I afraid of _____? *(losing)*
Control? Approval? Security? Something else?

2. What story am I telling _____? *(myself)*
Is it true? Is it helpful? Is it from God?

3. What am I trying to carry without _____? *(God)*
Anxiety increases when we try to be our own savior.

SECTION 6 — Reflection + Journaling Prompts

1. **What is one situation that has caused you anxiety recently?**

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2. **Which part of the P.R.A.Y. process do you struggle with most? Why?**

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3. **Where do you want God's peace to guard your heart this week?**

SECTION 7 — Prayer Prompt

Lord, I release to You what I cannot control. Guard my heart and mind. Let Your peace steady me and calm every anxious thought.

SECTION 8 — Weekly Action Step

Practice the **P.R.A.Y.** process once a day this week using a real stress point.

Write the situation you will pray over this week:

MONTH 3 — Hearing God Clearly: Elevating Discernment

SECTION 1 — What This Month Is About

God still speaks today — through His Word, His Spirit, and His people. But many young adults struggle to know *how* to hear God's voice or recognize His direction.
Often the issue is not that God is silent, but that life is loud.

This month teaches you how to recognize God's voice and quiet everything else that competes with it.

SECTION 2 — Main Idea (Fill-In-The-Blank)

Direction flows from _____; clarity follows _____.

When you get close to God, His direction becomes clearer.

SECTION 3 — Key Scripture

John 10:27
"My sheep hear My voice; I know them, and they follow Me."

What this means for you:

- Hearing God is normal for believers
- God knows you personally and speaks personally
- Following becomes easier when listening becomes intentional

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SECTION 4 — How God Speaks

Fill in the missing words.

✓ 1. Through His _____ *(Word)*

Scripture is God's primary voice.

✓ 2. Through His _____ *(Spirit)*

A prompting, conviction, warning, or peace.

✓ 3. Through His _____ *(people)*

Mentors, pastors, and mature friends help confirm God's direction.

SECTION 5 — Barriers to Hearing God Clearly

These aren't fill-in-the-blanks, but they help participants reflect:

- Too much noise
- Busyness

- Emotional overload
- Hidden sin
- Social media voices
- Fear of being wrong
- Not slowing down long enough to listen

Discernment requires stillness.

SECTION 6 — L.I.S.T.E.N. Framework (Fill-In)

A simple way to hear God more clearly.

S — Limit the _____
I — Invite God's _____
S — Sit in _____
T — Turn to _____
E — Examine what you _____
N — Next-step _____

Use this framework when seeking direction.

SECTION 7 — Reflection + Journaling Prompts

1. **What area of your life needs God's direction right now?**

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2. **Which voice is the loudest in your life today — God's, yours, or culture's?**

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3. **What part of the L.I.S.T.E.N. process could make the biggest difference for you?**

SECTION 8 — Prayer Prompt

Lord, help me quiet the noise so I can hear Your voice. Make Your direction clear and give me the courage to follow where You lead.

SECTION 9 — Weekly Action Step

Practice **5 minutes of silence with God every day for 7 days.**

Write one thing you sense God saying this week (even if it's small):

MONTH 4 — Love, Dating & Red Flags: Guarding the Heart

SECTION 1 — What This Month Is About

Relationships are one of the biggest areas where young adults experience confusion, disappointment, and pressure. Many people enter relationships without wisdom, boundaries, or clarity — and this leads to unnecessary pain.

God cares deeply about your relationships. Proverbs 4:23 teaches that your heart is valuable, vulnerable, and worth protecting. This month focuses on how to date with wisdom and identify red flags that lead to heartbreak.

SECTION 2 — Main Idea (Fill-In-The-Blank)

My heart is too _____ to give away _____.

Your heart is precious. Don't hand it over carelessly.

SECTION 3 — Key Scripture

Proverbs 4:23
"Above all else, guard your heart, for everything you do flows from it."

What this means for you:

- Your heart shapes your choices
- Who you date affects who you become
- Guarding your heart is not about walls — it's about wisdom
- You protect your heart so your future won't be damaged by your present decisions

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SECTION 4 — Relationship Truths (Fill-In)

✓ 1. Who I date affects who I _____. *(become)*

✓ 2. Chemistry is not _____. *(compatibility)*

✓ 3. God cares more about my _____ than my _____. *(character / timeline)*

These truths help you evaluate relationships through God's eyes instead of emotions alone.

SECTION 5 — Red Flags to Pay Attention To

Not fill-in-the-blank — this section gives practical clarity:

Internal Red Flags

- Feeling anxious or unsettled
- Feeling drained, not supported
- Losing yourself
- Hiding parts of your life

Character Red Flags

- Inconsistency
- Dishonesty
- Emotional immaturity
- Manipulation or control

Spiritual Red Flags

- No desire for spiritual growth
- Pulling you away from God
- No accountability or humility

Red flags aren't for judging others — they're for protecting your heart.

SECTION 6 — Healthy Boundaries (Fill-In)

✓ Emotional Boundary:

Don't give **_____-level vulnerability** to **_____-level commitment.**
(spouse-level / boyfriend or girlfriend-level)

✓ Physical Boundary:

Purity protects _____. *(clarity)*

✓ Spiritual Boundary:

Don't fake spiritual _____. *(unity)*

Boundaries give relationships room to grow safely.

SECTION 7 — Reflection + Journaling Prompts

1. **What is one red flag you ignored in a past relationship?**

   _____

2. **What boundary do you need to strengthen right now — emotional, physical, or spiritual?**

   _____

3. **Where is God challenging you to make healthier relationship choices?**

   _____

SECTION 8 — Prayer Prompt

Lord, guard my heart. Give me wisdom in relationships, clarity in decisions, and the courage to walk away from anything that pulls me away from You.

SECTION 9 — Weekly Action Step

Define **ONE boundary** you need to set this month:

MONTH 5 — Finding Your People: Elevating Community

SECTION 1 — What This Month Is About

You were never created to grow alone. The people around you shape your mindset, your habits, your spiritual walk, and even your future.
Healthy relationships help you rise — unhealthy ones hold you back.

Ecclesiastes 4:9–12 teaches that real strength, support, and stability come from community. This month focuses on finding the right people, releasing the wrong people, and building intentional relationships that help you grow.

SECTION 2 — Main Idea (Fill-In-The-Blank)

You can't elevate _____.

Spiritual growth is a team sport.

SECTION 3 — Key Scripture

Ecclesiastes 4:9–12
"Two are better than one… for if either of them falls, one can help the other up."

What this means for you:

- You need people who strengthen you
- Isolation makes life harder than it needs to be
- Community protects you from spiritual and emotional attacks
- The right relationships are a blessing; the wrong ones are a burden

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SECTION 4 — The Three Relationships Everyone Needs (Fill-In)

✓ 1. A _____ (ahead of you)

(mentor) — someone who pours into your growth.

✓ 2. A _____ (beside you)

(friend) — someone who walks with you in life.

✓ 3. A _____ (behind you)

(mentee) — someone you invest in, which strengthens your purpose.

You grow best when you are learning, walking with others, and giving back.

SECTION 5 — Signs You're in the Wrong Community

Not fill-in-the-blank — this is practical guidance:

- You feel drained instead of strengthened
- You shrink spiritually around them
- You compromise your values
- There's constant drama or unhealthy influence
- They pressure you away from God
- They only call when they need something

The wrong crowd kills calling.

SECTION 6 — Reflection + Journaling Prompts

1. **Which of the three relationships (mentor, friend, mentee) do you need most right now?**

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2. **Who in your life consistently brings out the best in you spiritually?**

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3. **What relationship might God be calling you to release or redefine?**

SECTION 7 — Prayer Prompt

Lord, surround me with the right people. Strengthen the connections that help me grow, and release anything that distracts or drains me.

SECTION 8 — Weekly Action Step

Reach out to one life-giving person this week — call, text, or meet with them intentionally.
Write their name here:

MONTH 6 — Purpose & Calling: Why Am I Here?

SECTION 1 — What This Month Is About

Many young adults feel pressure to "figure out their purpose," but calling is not discovered all at once. It unfolds as you walk with God.
Your purpose isn't a job title, a position, or a perfect plan — it is a journey of becoming who God created you to be.

Ephesians 2:10 teaches that God designed you intentionally and prepared good works for you before you were even born. Purpose is not a mystery to solve; it's a path to walk.

SECTION 2 — Main Idea (Fill-In-The-Blank)

Purpose is discovered in _____, not _____.

Purpose becomes clearer as you move, step by step.

SECTION 3 — Key Scripture

Ephesians 2:10
"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

What this means for you:

- You are handcrafted by God
- Your life has intentional design
- God has already prepared opportunities for you
- Purpose is not random — it is God-directed

SECTION 4 — Three Questions That Help You Discover Purpose (Fill-In)

✓ 1. What breaks my _____? *(heart)*

This reveals compassion and calling burden.

✓ 2. What brings me _____? *(joy)*

This reveals passion.

✓ 3. What comes _____ to me? *(naturally)*

This reveals gifting.

Where these three overlap — purpose begins to emerge.

SECTION 5 — Barriers to Purpose

Not fill-in-the-blank, but helpful reflection:

- Fear of failure
- Comparison
- Waiting for perfect conditions
- Overthinking
- Past mistakes
- Lack of confidence
- Not taking the first step

God can't guide what doesn't move.

SECTION 6 — Reflection + Journaling Prompts

1. **What do you feel God may be calling you toward in this season?**

   _____

2. **Which barrier keeps you from moving forward?**

   _____

3. **What is one gift or talent others often notice in you?**

SECTION 7 — Prayer Prompt

Lord, reveal the purpose You've placed within me. Give me courage to take the next step and trust Your process even when I can't see the full picture.

SECTION 8 — Weekly Action Step

Write one next step you will take toward your calling this month:

MONTH 7 — Money, Adulting & Wisdom: Elevating Stewardship

SECTION 1 — What This Month Is About

Money is one of the greatest stress points for young adults. Scripture teaches that financial peace is less about income and more about **wisdom and stewardship**.

Most financial pain comes from:

- lack of planning
- impulse decisions
- comparison
- unhealthy habits
- fear or avoidance

Proverbs 21:20 teaches that wise people plan, save, and steward their resources — and that financial peace is possible when you manage money God's way.

SECTION 2 — Main Idea (Fill-In-The-Blank)

God blesses _____, not _____.

Stewardship unlocks peace; stress grows from chaos and avoidance.

SECTION 3 — Key Scripture

Proverbs 21:20
"The wise store up choice food and olive oil, but fools gulp theirs down."

What this means for you:

- Wise people plan ahead
- Saving is spiritual
- Stewardship reflects maturity
- Money reveals what you value

SECTION 4 — Three Financial Principles (Fill-In)

✓ 1. PLAN — "The wise _____ up." *(store)*

Budgeting is not restrictive — it's freeing.

✓ 2. PATIENCE — Stop buying the _____ you want. *(image)*

Comparison creates pressure and unnecessary debt.

✓ 3. PRIORITY — Put _____ first. *(God)*

Giving aligns your heart with God's provision and resets your priorities.

SECTION 5 — The 10–10–80 Plan

Not fill-in, but practical instruction:

- **10% Give** — God first
- **10% Save** — future stability
- **80% Live** — spend with peace

This simple rhythm works whether you make $50 or $5,000.

SECTION 6 — Reflection + Journaling Prompts

1. **What is one financial habit you need to change?**

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2. **What creates the most financial stress for you: planning, discipline, income, or comparison?**

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3. **How would your life feel different with financial peace?**

SECTION 7 — Prayer Prompt

Lord, teach me to steward what You've placed in my hands. Give me wisdom, discipline, and peace in every financial decision I make.

SECTION 8 — Weekly Action Step

Create a simple **monthly budget** using the 10–10–80 plan.
List one financial goal you want to reach this year:

MONTH 8 — Career, Decisions & God's Will: Trusting the Path

SECTION 1 — What This Month Is About

Young adulthood is full of major decisions — career choices, school paths, relationships, finances, and life direction. Many people fear choosing "wrong," getting stuck, or missing God's will.

But Scripture teaches that God directs those who trust Him, and His will is often revealed **one step at a time**, not all at once. Proverbs 3:5–6 helps us understand how to make decisions with confidence and peace.

SECTION 2 — Main Idea (Fill-In-The-Blank)

God shows me the next _____, not the whole _____.

God leads by steps, not by blueprints.

SECTION 3 — Key Scripture

Proverbs 3:5–6
"Trust in the Lord with all your heart… and He will direct your paths."

What this means for you:

- You don't have to figure out everything
- You *can* make decisions without fear
- God is involved in your direction
- Trust opens the door to clarity

SECTION 4 — How God Leads (Fill-In)

God guides us through:

✓ **His _____** *(Word)*
✓ **His _____** *(wisdom)*
✓ **His _____** *(peace)*
✓ **His _____** *(opportunities)*
✓ **His _____** *(people)*

You were never meant to make decisions alone.

SECTION 5 — Three Questions for Career + Life Choices

Not fill-in-the-blank but essential reflection:

1. **Does this align with Scripture?**
   Integrity > income.
2. **Does this align with my gifts?**
   God equips those He calls.
3. **What does godly counsel say?**
   Wise voices bring clarity and confirmation.

SECTION 6 — Reflection + Journaling Prompts

1. **What major decision are you facing right now?**

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2. **What step do you sense God leading you toward?**

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3. **Who can you talk to for godly perspective on this decision?**

SECTION 7 — Prayer Prompt

Lord, direct my steps. Calm my fears. Make Your will clearer than my doubts.

SECTION 8 — Weekly Action Step

Write the **one decision** you're submitting to God this month:

MONTH 9 — Healing From the Past: Emotional & Spiritual Restoration

SECTION 1 — What This Month Is About

Everyone has wounds — from childhood, past relationships, trauma, disappointment, rejection, or mistakes.
Unhealed wounds don’t disappear; they grow into patterns, fears, and emotional cycles.

Psalm 147:3 tells us that God heals the brokenhearted. This month teaches you to recognize your wounds, invite God into the healing process, and take healthy steps forward.

SECTION 2 — Main Idea (Fill-In-The-Blank)

You cannot elevate what you refuse to _____.

Healing begins with honesty.

SECTION 3 — Key Scripture

Psalm 147:3
"He heals the brokenhearted and binds up their wounds."

What this means for you:

- God sees every hurt
- Healing is possible
- You don't have to pretend you're okay
- God heals gently and completely

SECTION 4 — The R.E.S.T. Healing Framework (Fill-In)

✓ **R — Recognize the _____** *(wound)*
Name what hurt you.

✓ **E — Expose it to _____** *(God)*
Honest prayer, journaling, lament.

✓ **S — Seek _____** *(support)*
Healing grows through community, counseling, and trusted friends.

✓ **T — Take _____ forward** *(steps)*
Forgiveness, boundaries, new habits, new perspectives.

Healing is a process, not a moment.

SECTION 5 — What Unhealed Wounds Produce

Reflection list (not fill-in):

- Fear of intimacy
- Self-sabotage
- Trust issues
- Anger or emotional shutdown
- Overthinking
- Repeating unhealthy relationships
- Feeling “not enough”
- Disconnectedness from God

Healing breaks cycles.

SECTION 6 — Reflection + Journaling Prompts

1. **What wound from your past still impacts you today?**

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2. **Which step in R.E.S.T. do you need to start with?**

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3. **Who can you talk to about your healing journey?**

SECTION 7 — Prayer Prompt

Lord, heal the places in me that still hurt. Give me courage, honesty, and the support I need to walk in freedom.

SECTION 8 — Weekly Action Step

Write one healing action you will take this week:

MONTH 10 — Spiritual Warfare: How to Stand Firm

SECTION 1 — What This Month Is About

Not everything you face is "just life." Some battles are spiritual. Spiritual warfare is real, and Scripture teaches that believers must be aware, protected, and equipped.

Ephesians 6:10–18 shows us the armor God gives to stand strong against the enemy's lies, attacks, and discouragement. This month teaches you how to recognize spiritual attacks and fight with spiritual weapons.

SECTION 2 — Main Idea (Fill-In-The-Blank)

You cannot fight a spiritual battle with _____ weapons.

You need God's power to win God's battles.

SECTION 3 — Key Scripture

Ephesians 6:10–18 — The Armor of God

What this means for you:

- The enemy has strategies
- You have armor
- You are not powerless
- You can stand firm

SECTION 4 — The Armor of God (Fill-In)

✓ **Belt of _____** *(Truth)*
✓ **Breastplate of _____** *(Righteousness)*
✓ **Shoes of _____** *(Peace)*
✓ **Shield of _____** *(Faith)*
✓ **Helmet of _____** *(Salvation)*
✓ **Sword of the _____** *(Spirit)*

These are your spiritual weapons.

SECTION 5 — The S.T.A.N.D. Warfare Framework (Fill-In)

✓ **S — Stay** _____ *(alert)*
✓ **T — Take thoughts** _____ *(captive)*
✓ **A — Armor up** _____ *(daily)*
✓ **N — Name the** _____ *(attack)*
✓ **D — Declare God's** _____ *(Word)*

Winning spiritual battles starts with awareness and ends with truth.

SECTION 6 — Reflection + Journaling Prompts

1. **What lie or attack has the enemy used against you recently?**

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2. **Which piece of the armor do you need to focus on?**

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3. **How can you stay spiritually alert this month?**

SECTION 7 — Prayer Prompt

Lord, strengthen me for the battles I cannot see. Cover my mind, guard my heart, and help me stand in Your truth.

SECTION 8 — Weekly Action Step

Choose **one scripture** to memorize that strengthens your spiritual confidence:

MONTH 11 — Disappointment & Delay: When Life Doesn't Go as Planned

SECTION 1 — What This Month Is About

Disappointment is an unavoidable part of life. Plans fall apart, expectations go unmet, and progress feels slow. But disappointment is not the end of your story — it is often the place where God does His deepest work.

Romans 8:28 reminds us that God is able to take every tear, setback, heartbreak, and delay and use it for our ultimate good. This month teaches how to process disappointment in a healthy, faith-filled way.

SECTION 2 — Main Idea (Fill-In-The-Blank)

God is working even when life _____.

Just because you can't see progress doesn't mean God isn't moving.

SECTION 3 — Key Scripture

Romans 8:28
"And we know that all things work together for good to them that love God…"

What this means for you:

- God uses everything — even the painful parts
- Your story is not ruined
- Delays do not mean denial
- Your disappointment may be a setup for direction

SECTION 4 — The T.R.U.S.T. Framework (Fill-In)

How to walk through disappointment with faith.

✓ **T — Tell God _____ you feel** *(honestly)*
God can handle your raw emotions.

✓ **R — Remember God's _____** *(faithfulness)*
Review what He has already brought you through.

✓ **U — Understand delays _____ you** *(develop)*
God builds patience, character, and strength in the waiting.

✓ **S — Stay connected to _____** *(community)*
Isolation increases discouragement.

✓ **T — Take the next _____ step** *(faithful)*
You don't need a 10-year plan — just the next yes.

SECTION 5 — Types of Disappointment

Not fill-in, but helps with awareness:

- Disappointment with **life**
- Disappointment with **yourself**
- Disappointment with **God** (often unspoken)

Identifying the type helps you heal the source.

SECTION 6 — Reflection + Journaling Prompts

1. **What disappointment has lingered in your heart the longest?**

   _____

2. **Which step in T.R.U.S.T. is hardest for you right now?**

   _____

3. **What might God be developing in you during this delay?**

   _____

SECTION 7 — Prayer Prompt

Lord, help me trust Your timing. Heal the places in me that feel discouraged. Show me how You are working even when I cannot see it.

SECTION 8 — Weekly Action Step

Write one disappointment you are giving to God this week:

MONTH 12 — Becoming Who God Called Me to Be: Elevated Living

SECTION 1 — What This Month Is About

Spiritual growth is not about perfection — it's about consistent transformation.
God is shaping you, developing you, stretching you, and calling you into the person He designed you to become.

2 Corinthians 5:17 reminds us that we are new creations in Christ. Transformation begins inwardly and eventually reshapes every part of your life — your habits, mindset, relationships, and purpose.

SECTION 2 — Main Idea (Fill-In-The-Blank)

Elevation begins with _____.

Transformation starts in the heart before it shows up in habits.

SECTION 3 — Key Scripture

2 Corinthians 5:17
"If anyone is in Christ, he is a new creation…"

What this means for you:

- God has already started a new work in you

- You don’t have to stay who you used to be
- Real change is possible
- Your identity and direction have been rewritten by Christ

SECTION 4 — The G.R.O.W. Framework (Fill-In)

How to partner with God in your transformation:

✓ G — Give God _____ *(access)*
Let God into every area — even the ones you hide.

✓ R — Replace _____ patterns *(old)*
New life requires new habits.

✓ O — Obey one _____ at a time *(step)*
Small steps shape big change.

✓ W — Walk with the right _____ *(people)*
Growth thrives in the right community.

SECTION 5 — Areas God Wants to Transform

Not fill-in; reflection-based:

- **Identity** — seeing yourself through God’s eyes
- **Character** — emotional, moral, and spiritual maturity
- **Purpose** — using your gifts for God's assignment

You are a work in progress, and God is the master builder.

SECTION 6 — Reflection + Journaling Prompts

1. **What area of your life has God transformed the most this year?**

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2. **What area still feels the hardest to surrender?**

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3. **What habits do you need to replace in order to grow?**

SECTION 7 — Prayer Prompt

Lord, continue the work You have started in me. Transform my thoughts, reshape my habits, and help me walk boldly into who You called me to be.

SECTION 8 — Weekly Action Step

Write three spiritual goals for the upcoming year:

1. _____
2. _____
3.