

Not Consumed



BY KIM SORGIUS



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What's in this Study?

- Day 1:** Why Change?
- Day 2:** New Mercies Every Day
- Day 3:** Assessing Myself
- Day 4:** Being Content in this Season
- Day 5:** Making Plans for the Future





Why Change?

DAY 1

Happy New Year! Today is the first day of a brand new year. The date on your calendar has CHANGED!

What year is it?

A brand new year is a reminder that almost everything in life changes at some point. The leaves fall off the trees when it turns colder. People grow taller. Animals lose their fur.

Can you think of any other things that change?









Sometimes people think change is a bad thing, but most of the time it's actually a really good thing. That's because change gives us the chance to make better choices.

Read **Isaiah 53:6**. How does the Bible describe people?

The Bible says we are like sheep who have gone astray. We've gone our own way and not obeyed God. But the good news is, Jesus came to earth to save us from our sins and make us new.

Read **2 Corinthians 5:17**. Why does the Bible say we should want to change?

Isn't that wonderful? Jesus Christ died to make us new. Doesn't that make you want to stop following your own way and follow His?

What are some things you've done this past year to go your own way and disobey God.



Pray and ask God to help you to want to change these things. Thank Him for sending the Holy Spirit to help you!





New Mercies Every Day **DAY 2**

What are two things you feel like you failed at this past year?

Read **Philippians 3:13-14**. What must we forget?

Our failures are in the past. We need to put them aside and press on to the goal that Christ has set before us.

Go back to the failures you wrote above and cross them out! As you do, thank God for forgiving you and putting them in the past.

In **2 Peter 1:3-4** God promises to help us live a godly life. Then He gives us a list of things that we should strive for. Find these words in your Bible and then circle them.

VIRTUE

STEADFASTNESS

BROTHERLY

GODLINESS

SELF CONTROL

AFFECTION

KNOWLEDGE

LOVE

Read **Lamentations 3:22-23**. The Bible says that even when we fail to do right God's mercies are new every _____.

Draw how that makes you feel.



Close today with a prayer thanking God for loving you even when you fail. Thank Him for forgiveness and new beginnings EVERY single day!





Assessing Myself

DAY 3

So far we've talked about why God wants us to change and how He gives us mercy and forgiveness for our past failures. Now let's look at WHAT we need to change.

Read **Psalm 139:23-24** out loud three times as a prayer to God.

Ask Him to show you what He wants you to change this year.

Let's look at some key verses and consider what God wants for our lives. Draw a line from the behavior that God wants from us to the verse where it can be found. *Hint: some are used more than once.*

Romans 12:1

Matthew 5:16

Hebrews 10:24-25

I John 4:7-8

Philippians 4:8

Ephesians 4:25-32

Ephesians 5:15-21

be kind to one another

be thankful

forgive others

pure thoughts

speak the truth

healthy and strong bodies

love one another

use time wisely

a light for others to see



Who I Want to Be in Christ

Spiritually

Emotionally & Academically

Physically

Relationally
(friends and family)

Isn't it incredible to know that God will help you with each of the things you listed? Pray and thank Him for helping you. Ask Him to show you what steps to take.





Being Content in this Season

DAY 4

God's Word says that there is a time for everything in our lives.

Read **Ecclesiastes 3:1-8** and draw some of the things that King Solomon tells us there is a specific time for.



If there is a time for everything, that means sometimes things don't happen when we hope they will. Is there something in your life you cannot control that you are waiting for God to change? (Maybe your family needs something like money, a car, a house, or even better health.)

Read **Isaiah 40:31**. How does the Bible describe people who wait on the Lord?

Read **Psalm 37:3**. What does this verse tell you about waiting for the Lord?

When we wait for the Lord, we trust Him, because we know that His ways and His timing is better than our own plans.

But waiting doesn't mean that we should sit and do nothing. This verse reminds us to "do good" while we wait!

What do you hope God will do in your life soon?

Write it below and say a prayer telling God about it and thanking Him that He has a season for everything.





Making Plans for the Future **DAY 5**

What are your wildest dreams for yourself and your family this year?

It's fun to dream and plan, but we need to remember that God is in control of our plans and we are not. But don't worry. That's a GOOD thing, because God's plans are even better than we can ask, think or imagine!

Read **Jeremiah 29:11**. What kind of plans does God have for you.

Read **Romans 8:28**. What does this verse share about God's plans for us?

Even when it doesn't make sense to us, God's plans are for our good. He takes even the worst of situations and uses them for good in our lives. Isn't that an awesome promise?

Read **Proverbs 16:9**. What is your job when it comes to planning?

What is God's job?

Now stop and pray, asking God to show you what your plans for this year should be. Have your parents help you think of specific steps you will take to accomplish the things that you wanted to change on Day 3.

I want to change _____

Steps for making that happen:

- _____
- _____
- _____

I want to change _____

Steps for making that happen:

- _____
- _____
- _____

