


THISTLEBEND
Bring the Truth
to Life
Manual



Bring the Truth to Life Manual

A Thistlebend Discipleship Study Resource

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Introduction

Thistlebend studies are designed for women who want to know Jesus more fully, love Him more deeply, and follow Him more closely. Dr. Thomas R. Schreiner commends, “*The whole aim of Thistlebend: to assist women to love Christ in the practical, nitty-gritty of everyday life.*” Therefore, the nature of the approach and the type of questions we ask may differ from other Bible studies on the same subject. Our desire is to see women glorify the Lord as they:

- Cultivate hearts of righteousness
- Grow in their love for God and others
- Be equipped to overcome sin
- Walk by grace in obedience to the Spirit
- Live in the joy of the Lord and in communion with Him

To this end, our discipleship Bible studies incorporate daily and weekly practices that we call “Take the Truth to Heart” and “Bring the Truth to Life.” This manual is a brief introduction and orientation to these practices and hopefully will answer any questions you may have.



PART ONE

What is “Take the Truth to Heart”
and “Bring the Truth to Life?”

Why is “Take the Truth to Heart”
and “Bring the Truth to Life”
Biblical and Transformational?



What is “Take the Truth to Heart” and “Bring the Truth to Life” ?

As believers we want to embody the gospel in our daily lives. James 1:22 instructs us to “*Be doers of the word, and not hearers only, deceiving yourselves.*” “Take the Truth to Heart” and “Bring the Truth to Life” are biblical discipleship tools designed to help women follow Christ faithfully. They provide a way to reflect on, absorb, and apply the truths that God reveals to us in His Word.

Take the Truth to Heart

In each lesson, at the end of Day Two through Day Five, questions are set apart in a box titled “Take the Truth to Heart.” These questions help participants review what they have studied and consider how God is using the Scriptures from that day to transform their minds and renew their hearts. See the example below.

TAKE THE TRUTH TO HEART

Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from today that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Meditate upon this Scripture today. Take God’s Word to heart. Submit to it and humbly live it out. Remember God’s love in the gospel, your death with Christ, and His life in you.

Take a moment to work on your weekly memory verse.



Bring the Truth to Life

Every lesson ends with a review day on Day Six titled “Bring the Truth to Life.” Day Six begins with a Personal Reflection. Participants are asked to pause and look back over their week to observe the areas where the Lord has given them wisdom, grace, repentance, or encouragement. They write a statement to share in their small group how they did with their “Bring the Truth to Life” Step Three from the previous week. After the Personal Reflection, there are three simple steps. You will find instructions and examples of the steps and chart in Part Two.

STEP ONE: Take the Truth to Heart

Participants are asked to review all of the “Take the Truth to Heart” boxes from that week’s lesson and choose one Scripture the Lord is using to renew their minds and transform their hearts (Rom. 12:2). They are then asked to consider how God is using that Scripture to teach, instruct, reprove, correct, encourage, or train them in light of 2 Timothy 3:16-17, *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”*

STEP TWO: Put the Flesh to Death

Upon reflecting on the “Take the Truth to Heart” Scripture they chose, they identify what is being addressed and any sin they need to “put off” from their old ways. Paul instructs in Ephesians 4:22-23 to *“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds.”* Once completed, the participant is prompted to remember God’s love, confess their sin, ask the Lord for His forgiveness, and receive His mercy and grace (1 Jn. 1:9-10).



STEP THREE: Bring the Truth to Life

At the conclusion of Day Six, participants are encouraged to focus on what to “*put on*” according to Ephesians 4:24, which states, “*put on the new self, created after the likeness of God in true righteousness and holiness.*” The process of sanctification involves putting off our sinful nature and putting on the character and righteousness of Christ. Participants are then prompted to create a specific action plan (see Appendix A4-A5). Our prayer is that participants will discover the joy and wonder of their role in sanctification. Paul encourages all the saints in this process, urging them to work out their own salvation with fear and trembling, affirming that it is God who works in them both to will and to work for His good pleasure (Phil. 2:12-13).

Throughout the “Take the Truth to Heart” and “Bring the Truth to Life” process, participants are reminded to keep God’s love for them in the gospel in the forefront of their minds (see Appendix A2-A3). The gospel’s transforming grace empowers us to abide in Christ, live lives of repentance and faith, walk in His love, submit to His Word, and humbly live it out.

Bring the Truth to Life Chart on Class day

The “Bring the Truth to Life” Chart is at the end of each week’s lesson and is filled out in class. It provides a place for each participant to take notes as others share what they wrote on Day Six in the “Bring the Truth to Life” section. A written record helps everyone recall the information others have shared and pray for them. In James 5:16, we are told, “*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*”



Why is “Take the Truth to Heart” and “Bring the Truth to Life” Biblical and Transformational?

The Lord calls all Christians to actively participate in their own sanctification as Paul encourages in Philippians 2:12-13, *“Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.”* He exhorts us to take sin seriously, laboring by grace through faith to put our flesh to death and walk in the truth. One Scripture we hold dear at Thistlebend is Psalm 138:2, *“I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word.”* When believers revere God and obey His Word, He enables them and gives them growth. Paul reminds us of this in 1 Corinthians 3:7, *“So neither he who plants nor he who waters is anything, but only God who gives the growth.”*

Many may have a lot of head knowledge of the Bible, but not the life and heart transformation they long for or that God desires. The Lord cautions us in 1 Corinthians 8:1 that *“knowledge puffs up, but love builds up”* and in James 1:22, *“Be doers of the word, and not hearers only, deceiving yourselves.”* True and lasting heart change takes place through the renewal of our minds in Bible study, meditation and humble obedience to the Lord and His Word. Paul exhorts us in Romans 12:2, *“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*



As devoted followers of Christ, we want to encourage women to take sanctification seriously and labor by grace through faith to put their flesh to death and walk in the truth. The questions in Thistlebend discipleship tools probe the mind and the heart, to stop and think and ask God for His wisdom, mercy, and grace to conform them to the image of His Son.

Today, when we are busy and distracted, we all need help to focus our hearts and minds on the Lord and His Word. We want to watch over our hearts with all vigilance (Prv. 4:23). May God use “Take the Truth to Heart” and “Bring the Truth to Life” to encourage us in our walk with Him and assist us in identifying our ungodly thoughts, words, and deeds, so that by His grace we grow in Christlikeness. May the Lord use these discipleship tools to spur us all on to bear a bountiful harvest in our lives for our good and His glory.



PART TWO

“Bring the Truth to Life” Instructions and Examples



“Bring the Truth to Life” Instructions

PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week? Write a statement to share with your small group about how you did with your Bring the Truth to Life Step Three from last week.

Describe how the Lord used His Word in your life during the past week in one or two sentences. Include a specific example.

STEP ONE: Take the Truth to Heart

Review the Scriptures the Lord used to renew your mind and transform your heart. Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from the week that the Lord is using to renew your mind and transform your heart (Rom. 12:2).

*Record the Scripture address.
Record the Scripture text word for word.*

How is God using this Scripture to teach, instruct, reprove, correct, encourage, or train you (2 Tm. 3:16-17)?

Briefly describe, in one to three sentences, how God is using this Scripture. Write it out clearly so that you can read it in your small group or send the page to a small group leader, or someone you are participating with in the study.



STEP TWO: Put the Flesh to Death

What sin (wrong thinking or ungodly thought, belief, attitude, action, or inaction) are you convicted of due to the Scripture you chose? Confess this in writing. Also, include an example of where you saw the evidence of this sin in your life this week. Ask for the Lord's forgiveness and receive His mercy and grace (1 Jn. 1:9-10).

List your sin, or sins, in one or two words.

Briefly describe the instance where you have observed your sinful thoughts, attitudes, or behavior.

What do you now need to "put off"? From what old thinking, belief, attitude, or behavior do you need to repent in order to submit to God and apply His truth to your mind and heart (Eph. 4:22; Col. 3:5-9)?

Briefly record the key points of what you need to put off.

STEP THREE: Bring the Truth to Life

Walking forward in repentance and faith, by God's grace, what will you "put on" (Eph. 4:23-24; Col. 3:10, 12, 14)? How are you going to do this? Be specific in your plan of action and find encouragement by what the Lord is going to do.

Briefly record the key points of your action step.



“Bring the Truth to Life” Example

*Be doers of the word, and not hearers only,
deceiving yourselves. (Jas. 1:22)*

PERSONAL REFLECTION: Looking Back

In what areas has the Lord given you wisdom, grace, repentance, or encouragement this week? Write a statement to share with your small group about how you did with your Bring the Truth to Life Step Three from last week.

Thankful for the grace to repent from my sinful attitude towards our teenage daughter. He also has given me the desire and ability to get up early each day to have more time to spend with the Lord in His Word.

STEP ONE: Take the Truth to Heart

Review the Take the Truth to Heart sections from each day. Look to Jesus, the founder and perfecter of your faith (Heb. 12:2), and choose one Scripture from the week that the Lord is using to *renew* your mind and *transform* your heart (Rom. 12:2).

Psalm 63:1

“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.”

How is God using this Scripture to teach, instruct, reprove, correct, or train you (2 Tm. 3:16-17)?

To instill more deeply in my heart that God is my God, giving me assurance of this fact of my salvation. This is the truth and I need to choose to believe this truth by faith.



STEP TWO: Put the Flesh to Death

What sin (wrong thinking or ungodly thought, belief, attitude, action, or inaction) are you convicted of due to the Scripture you chose? Confess this in writing. Also, include an example of where you saw the evidence of this sin in your life this week. Ask for the Lord's forgiveness and receive His mercy and grace (1 Jn. 1:9-10).

Pride and unbelief.

I found myself doubting my salvation several times this week because I saw my sin more than ever before. I continue to give into thinking that because I am sinning I must not be a Christian when I know the Bible teaches that even as Christians we will continue to sin. I must still be thinking that if I was a good Christian I really would not sin.

What do you now need to "put off"? From what old thinking, belief, attitude, or behavior do you need to repent in order to submit to God and apply His truth to your mind and heart (Eph. 4:22; Col. 3:5-9)?

Put off my unbelief. Put off doubting the Lord and His Word. Put off thinking more highly of myself than I ought. Put off thinking that my performance had anything to do with my salvation.



STEP THREE: Bring the Truth to Life

Walking forward in repentance and faith, by God's grace, what will you "put on" (Eph. 4:23-24; Col. 3:10, 12, 14)?

How are you going to do this?

Be specific in your plan of action and find encouragement by what the Lord is going to do.

Put on faith. Each morning, I will intentionally "put on" exercising my faith by choosing to believe God's Word, not my feelings or my perspective about my performance. Humbly confess that God is God and I am not. Continue to set my hope in Christ and His righteousness. Believe I am a sinner saved by grace and trust in His power to overcome my sin. Ask the Lord for His help. Accept His forgiveness when I fail. I will set an alarm on my phone to stop and pray midday, seek Him earnestly, meditate on His Word, and choose to love Him more than myself or my sin.

Remember God's love in the gospel, your death with Christ, His life in you. Walk in love. Take God's Word to heart.

Submit to it and humbly live it out.

God, you are my God; Earnestly I seek you; my soul thirst for you; my flesh faints for you, as in a dry and weary land where there is no water." Psalm 63:1

Take a moment to practice your weekly memory verse.



Bring the Truth to Life Chart

This chart is to be filled out on class day.

1

Step One
*Take the Truth
To Heart*

>

2

Step Two
*Put the Flesh
To Death*

>

3

Step Three
*Bring the Truth
To Life*

NAME	SCRIPTURE	SIN	ACTION
Barbara	Psalm 63:1	thinking to highly of myself	Each day intentionally seek God first and earnestly. Love Him more than myself or my sin.





APPENDIX

Speaking the Gospel to Your Heart

Helpful Ideas for Step Two

Helpful Ideas for Step Three

Ways to Use Technology



Speaking the Gospel to Your Heart

If you have put your trust in Christ for the forgiveness of your sins, may these Scriptures, and affirmations help you as you continue to work out your salvation with fear and trembling.

Jesus bore the wrath that I deserved.

He gave me His righteousness. When I am feeling despised and rejected, I must remember that He was despised and rejected by men, a man of sorrows and acquainted with grief (Is. 53:3).

Jesus bore my sin.

Isaiah 53:4-6 *Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. 5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. 6 All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.*

Christ died for me.

1 Corinthians 15:3-5 *For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, 4 that he was buried, that he was raised on the third day in accordance with the Scriptures, 5 and that he appeared to Cephas, then to the twelve.*

I no longer live but Christ, who loves me, gave Himself for me.

Galatians 2:20 *I have been crucified with Christ. It is no longer I who live, but Christ now lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

Christ is my burden bearer.

He wants me to come to Him when I am hurting, heavy laden, overwhelmed, and oppressed. Matthew 11:28-30 *Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.*

In any circumstance, I direct my soul to bless the Lord, to thank Him, to praise Him.

Psalms 103:1-5 *Bless the Lord, O my soul, and all that is within me, bless his holy name! 2 Bless the Lord, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's.*



Speaking the Gospel to Your Heart

When the enemy works to turn my attention to me and my weaknesses, I look to Jesus. He is the perfecter of my faith.

Hebrews 12:1-2 *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

I am not alone my Good Shepherd is always with me and watching over me. He leads me forward in paths of righteousness for His name's sake. I can trust Him.

Psalm 23

The Lord is my shepherd; I shall not want.

2 He makes me lie down in green pastures.

He leads me beside still waters.

3 He restores my soul.

He leads me in paths of righteousness
for his name's sake.

4 Even though I walk through the valley of the shadow of
death, I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

(Continue reading the remainder of the psalm in your Bible)

The Lord does not treat me as my sins deserve.

Psalm 103:10-14 *He does not deal with us according to our sins, nor repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us. 13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.*

I am not my own defender.

Deuteronomy 20:4 *For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.*



Step Two Helps

In order to identify your sin, ask yourself the following.

Have you lied about something?

Have you purposefully withheld information from someone?

Have you spoken unkindly about someone?

Have you used words that do not glorify God?

Have you embellished a story a “tiny bit” to make it more exciting or more about you?

Are you more concerned about being right than about being godly?

Are you ignoring someone because you are mad at them?

Have you thought unkind thoughts about someone?

Have you judged the purchases of someone else?

Have you judged the way someone else is spending their time?

Have you judged someone else’s decisions?

Have you compared your husband to someone else’s husband?

Have you tried to manipulate others?

Have you been disrespectful to your husband or to anyone in any way?

Have you used a harsh tone with your husband or with your children?

Are you trying to be someone’s Holy Spirit?

Have you disciplined in anger?

Have you been spending too much time watching television or social media?

Have you been spending too much time shopping?

Have you been spending too much time decorating your house?

Have you been spending too much time on the phone?

Are you tithing a tenth of your income or an amount considered sacrificial?

Are you spending too much money on unimportant things?

Are you doing something solely to impress others?



Step Two Helps

In order to identify your sin, ask yourself the following.

Is there anything that God has told you to do, and you are dragging your feet?

Are you spending too much time/energy/money on your outward appearance?

Is the motive to impress others behind the way you spend your time?

Are you resentful towards someone because of something they did or said?

Have you purposefully excluded someone from something?

Have you spoken out of anger to someone?

Have you talked about someone behind their back?

Are you spending devoted time with the Lord regularly?

Have you not spoken to someone about something that God has asked you to?

Have you delayed asking forgiveness from someone?

Are you focused on yourself more than spending time with your children/spouse?

Are your priorities out of order?

Do you compare your children to other children?

Have you secretly been happy about something that went wrong in someone else's life?

Are you a "doer" – doing or buying lots of things for other people for the wrong reasons?

Are you doing these things so that the spotlight is on you or on God?

Do you tell people you will pray for them and then do not?

Have you bragged about some area of your life to anyone?

Is there someone or something that you are making an idol out of?

Do you expect too much from others?

What are you are doing in your own flesh and strength rather than relying on God?

Are you making the most of your time during the day?

Are you doing your responsibilities at home or work with excellence?

Are you working for God or for man?



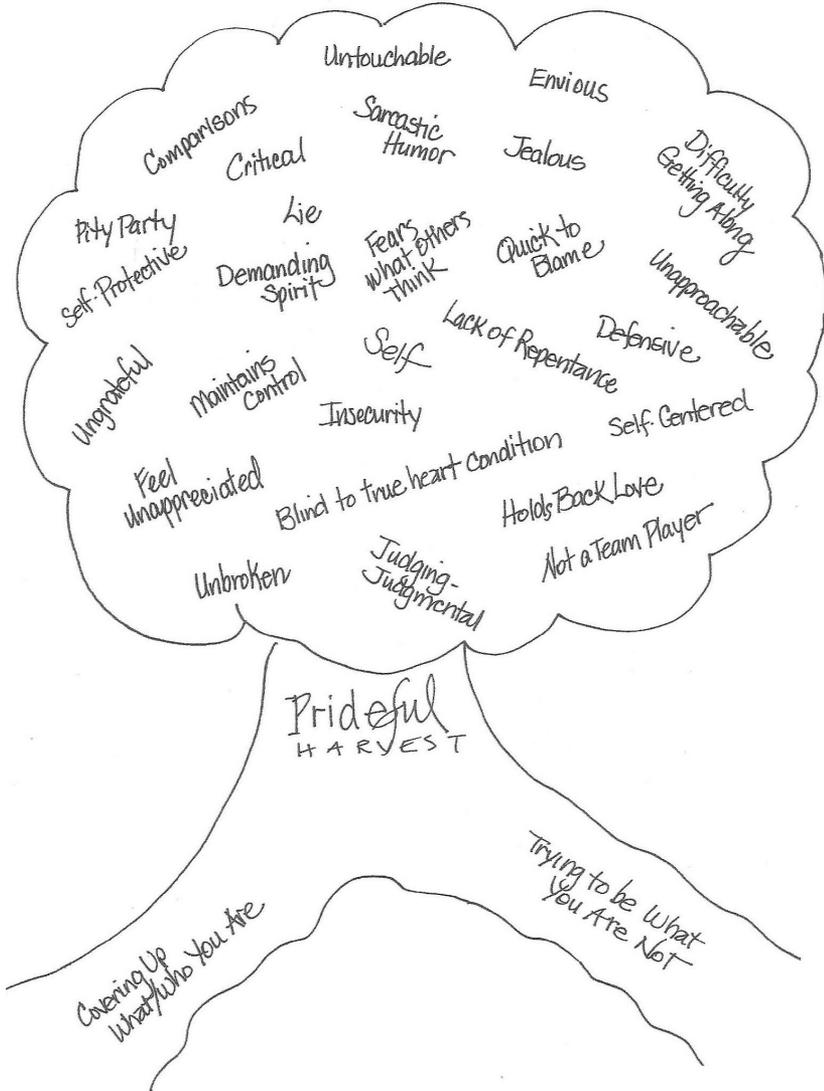
Step Two Helps

Examples of Sinful Fruit

Irritated tone with family or with others	Interrupting/not letting another speak
Thinking less of others	Not listening
Rude to sales clerks	Procrastinating
Speeding	Hiding money or things from spouse
Rushing around	Sleeping too much/being lazy
Critical comments	Giving “The Look”
Nit Picking	Grabbing or being physically harsh/abrupt
Unkind/harsh words	Wasting time
Slamming doors	Sighing or huffing as a response
Rolling eyes	Defensive or argumentative
Snide remarks	Pouting
Comments under breath	Fudging the truth/embellishing/lying
Holding a grudge	Withholding love
Withdrawing/not being oneself out of fear	Not spending time with the Lord
Not sharing Christ and the gospel out of fear	Watching too much TV
Eating too much	Not picking up after self
Too much time on phone/social media	Spending time with friends over family
Shopping when you shouldn’t	Agenda-focused/not Christ-focused
Inattentive or checked out	Sarcastic comments
Obsessing about money/circumstances	Not following through on commitments
Viewing pornography	Not speaking the truth in love
Entertaining romantic fantasies	



Step Two Helps The Pride Tree





Step Three Helps

Helpful Ideas for Your Specific Plan of Action

Critical Spirit/Unloving: *“There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.”* (Prv. 12:18)

1. Give verbal praise and thanks to family for even the little things.
2. When you complain in your heart repent and replace it with a verbal praise using scripture.
3. Start a “Thankful” journal – write in journal daily including scripture that applies.
4. Write out a prayer for someone you are struggling with and pray for them every day. Ask the Lord to fill you with His love for them. Pray for them whenever they come to mind.

Idolatry: *“Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.”* (Col. 3:5)

1. Fast from something all week or longer. Example: sweets, television, shopping, wine, Amazon purchases, coffee, juice; something that is challenging and causes a sense of deprivation. During that fasting period when that “thing” appears or presents temptation cry out to the Lord to move in your heart to make Him the priority and not the “thing”.
2. Give something away that you already own and is difficult to part with; knowing it will be a blessing to the recipient.
3. Stop filling calendar and revise commitments.

Prayer not a Priority: *“Pray without ceasing.”* (1 Thes. 5:17)

1. Pray 3 times a day for 10 minutes.
2. Pray for someone by personalizing scripture pertinent to their situation.
3. Start a prayer journal and set aside time each day to journal.
4. Pray with husband – ask him to pray with you at a specific time each day either in person or on the phone.
5. Make prayer a priority – set prayer reminder on phone alerting you to pray.
6. Humble yourself before the Lord by praying on your knees.
7. Pray specifically – write names with specific prayer request and appropriate scripture.
8. Pray with people when God prompts you.



Quiet Time not a Priority: *“Morning by morning he awakens; he awakens my ear to hear as those who are taught.”* (Is. 50: 4b)

1. Wake up 30 minutes earlier. Need a plan of action to make this happen! Example: place an alarm clock where you will have to get out of bed to turn it off.
2. Plan a specific time of day, minimum amount of time, and quiet place to make this happen. Set an alert on your phone to remind you. Ask your husband or friend to hold you accountable to this time.
3. Go to bed earlier – set your alarm to let you know it’s time to go to bed and reset for morning wake-up!

Selfish/Indulgent/Self-focused: *“Even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”* (Mt. 20:28)

1. Sign up for a mission trip – requires prayer, agreeing spouse, and research.
2. Serve a friend in need; be intentional by setting deadlines. Example: send a card, make a meal, visit and pray with them.
3. Spend one on one time with someone who needs the love of Christ and/or is difficult to love. Be intentional by setting deadlines.
4. Call a family member or friend you’ve neglected. Be intentional by setting deadlines.
5. Limit internet, phone, games, television, shopping, and decorating; however the Lord may lead.
6. Share the gospel with a neighbor. Be intentional and set a deadline.

Unbelief/Fear: *“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”* (Gal. 2:20) *“fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”* (Is.41:10)

1. Fast from doubts and thoughts about not being saved. Tell the enemy, “NO!” when unbelief comes and replace with truth of Galatians 2:20.
2. Thank the Lord each morning when you wake up for the gift of your salvation and the forgiveness of your sins.
3. Search the scriptures for three characteristics of God and write out scripture that speaks of those.
4. Read an old prayer journal and record answered prayer.
5. Type out The Whole Armor of God, Ephesians 6:10-18 – each morning read aloud, and as you do visualize yourself putting on each piece of armor.
6. When fear strikes run immediately to God and ask, “Who am I going to trust and believe? You or Satan?” Have scripture ready. Example: Isaiah 41:10
7. Practice preaching the gospel every day. Pray diligently for opportunities to share the gospel and be proactive in looking for opportunities.



Ungrateful: *“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!”* (Ps. 100:4)

1. Keep a journal of blessings – write in the journal daily and write scripture that applies.
2. Journal what you are thankful for each day.
3. Begin daily prayer time with praise and thanksgiving.
4. As soon as your eyes open thank the Lord for another day and ask Him to give you a heart of praise and to remind you to be grateful for even the little things. Put applicable scripture next to your bed to remind you.

Wrong Thinking/Pride: *“Do not be conformed to this world, but be transformed by the renewal of your mind...”* (Rom. 12:2a) *Pride goes before destruction, and a haughty spirit before a fall.* (Prov. 16:18)

1. Come up under truth by placing scripture verses in areas where you spend most of your time—example: kitchen, bathroom, car, etc.
2. Memorize scripture by spending at least 10 minutes each day meditating and reciting out loud those particular verse(s). Download “Fighter Verse” app.
3. Confess your sin and ask for forgiveness from someone you have sinned against. Example: “I have sinned against you by _____ and I am so sorry. Will you forgive me?”
4. Memorize Philippians 2:3-8.
5. Find a spiritually mature accountability partner (husband or friend) who will speak truth into your life and point out sins you may be blind to.

Husband: *“Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct.”* (1 Pt. 3:1-2)

1. Select specific scripture to personalize and pray for your husband.
2. Put husband before children, friends, calendar, and commitments.
3. Seek your husband’s wisdom and advice; listen without arguing.
4. Go to bed when your husband does.
5. Be mindful of words, tone, facial expression, and body language. Acknowledge and seek forgiveness when you are being disrespectful even if only in your heart.
6. Do something special for him. Example: favorite meal, handwritten note of appreciation, plan date night, etc.
7. Confess your sin to your husband and ask for his forgiveness. Do not argue by defending what you are confessing.



8. Ask how you, as his helpmate, can best serve him and your family.
9. Send encouraging texts to your husband daily.
10. Share your Bring the Truth to Life and ask him to hold you accountable to your Step 3.
11. Pray with your husband – ask him to pray with you at a specific time each day either in person or on the phone.
12. Ask your husband if you may pray for him in person – together come up with several days during the week when you can pray expecting nothing in return.
13. Put questions on phone with alerts during the day that make questions pop up. Example: “Is my behavior/words glorifying to God? Are they helpful or edifying to my husband?”
14. Make time for your husband every evening. Be respectful of his thoughts, opinions, questions, and concerns. Example: Just talk, watch his favorite television show, sit close and hold hands, cuddle, or otherwise.

Children: “Behold, children are a heritage from the LORD, the fruit of the womb a reward.” (Ps. 127:3)

1. Have a plan of written consequences for disobedient behavior; state the offense and consequence without becoming irritable and snapping. Be consistent.
2. Plan devotions each day with your children, teach them the gospel, and encourage them to memorize scripture. Plan a specific time of day, minimum amount of time, and quiet place to make this happen – Set an alert on your phone to remind you; ask your husband or friend to hold you accountable to this time.
3. Give verbal praise and thanks to your family members for even the little things.
4. Stop overfilling your calendar and revise your commitments.
5. Put questions on your phone with alerts during the day that make questions pop up. Example: “Is my behavior/words glorifying to God? Are they helpful or edifying to my children?”

Applicable for All: “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness...” (2 Tm. 3:16)

1. Write scripture on cards; review and meditate on the truth of God’s word 15 minutes each day.



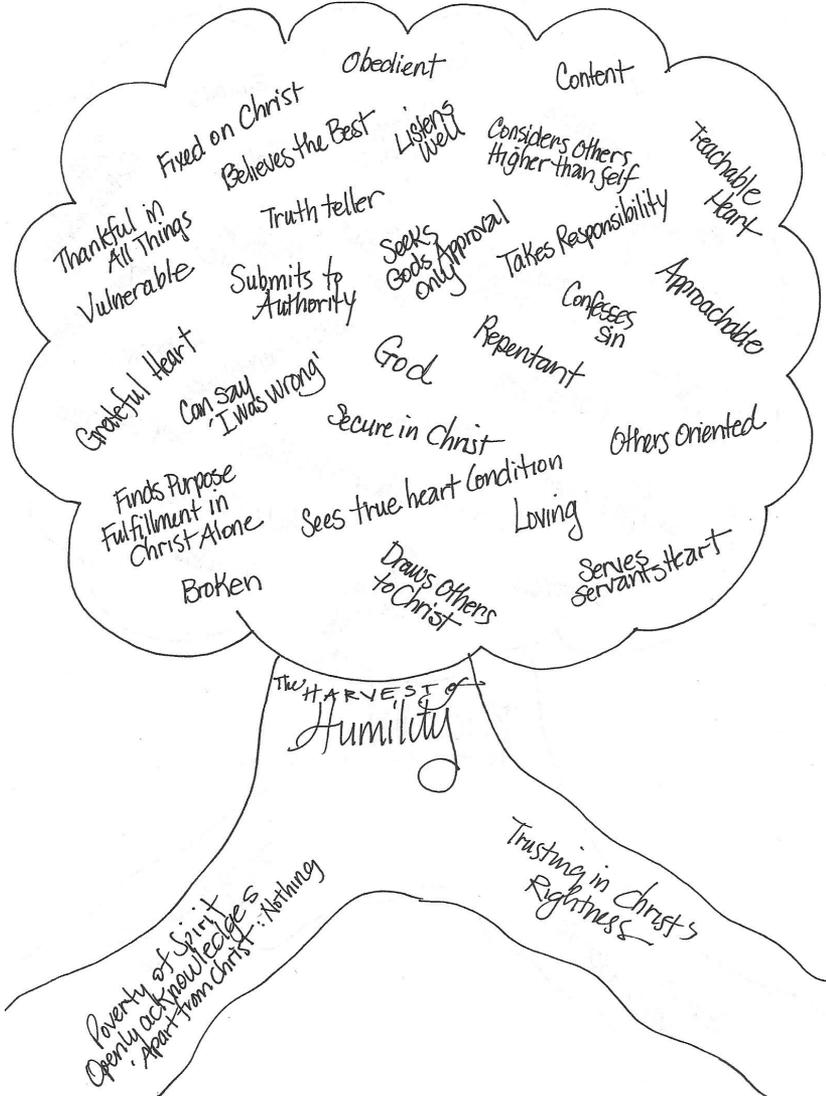
Step Three Helps

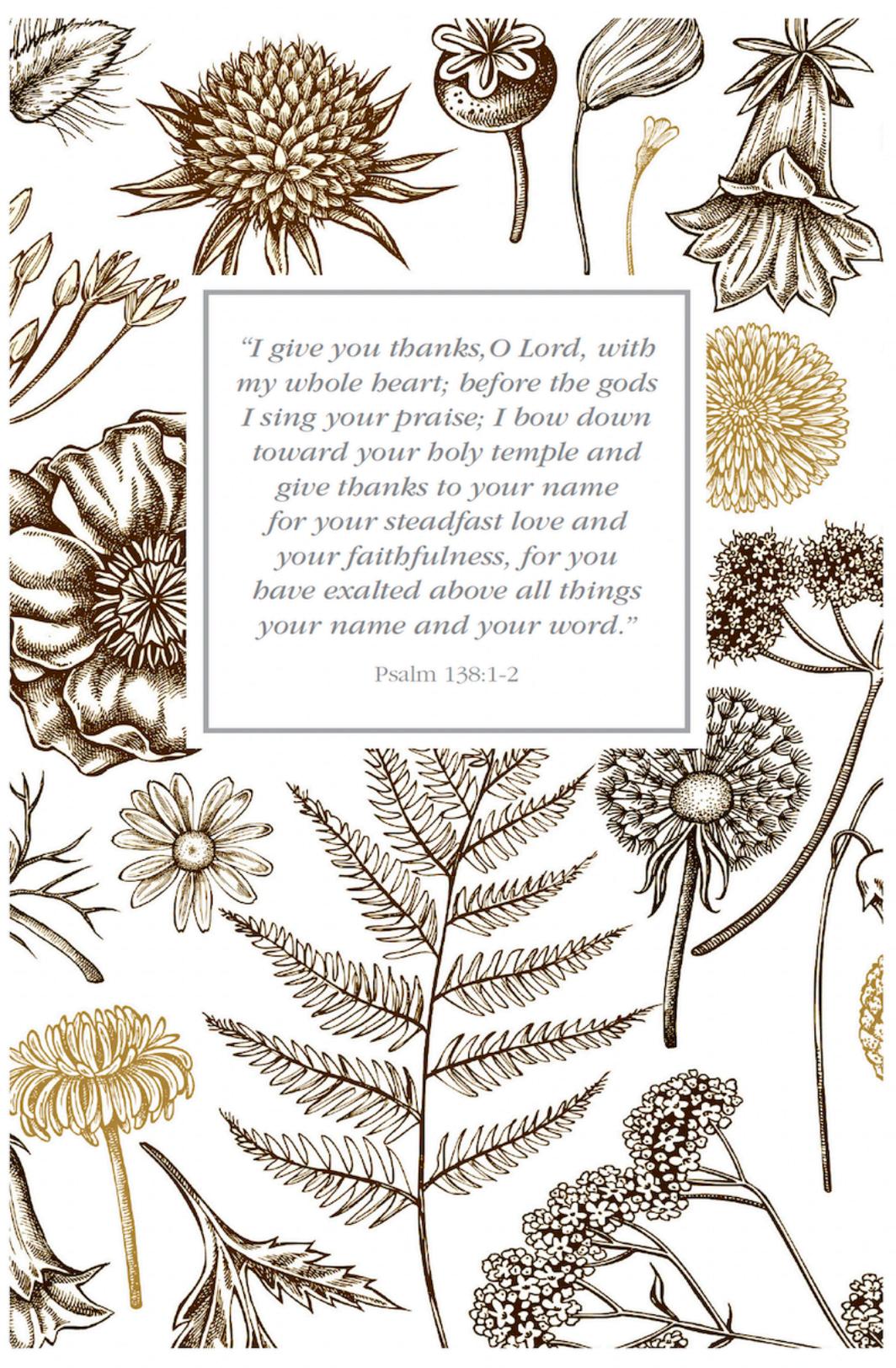
Examples of Righteous Fruit

Sending a note of encouragement	Praying for others regularly
Stopping by to say “Hi” or dropping a line	Listening attentively
Loving heart and tone w/family and others	Thinking of others
Engaging in conversation and encouraging sales clerks	Speaking the truth in love
Following the Lord, not knowing where you’re going	Inspiring others
Taking time to spiritually train your children	Taking one step at a time
Keeping your word	Making encouraging comments
Loving	Being completely honest
Being transparent	Being vulnerable
Being ready and willing to serve	Expressing/demonstrating love
Being yourself with confidence	Making quiet time a priority
Making the most of every minute	Making time for friends
Using moderation in watching T.V. and social media	Entertainment in moderation
Upholding rules in a loving and consistent manner	Enjoying others
Holding children accountable in a loving, firm manner	Being flexible
Eating when hungry, eating healthy	Christ above all, then family
Scripture memorization and meditation	Loving others where they are
Enjoying the Lord and His Word	Conforming to the Lord
Spending time with your children	Obedying the Lord
Following through on a commitment	Diligently completing a task
Persevering through something difficult	Letting go of your agenda
Humbly, biblically dying to self to serve your husband	Using a gentle manner/tone/word
Handling a situation the way the Lord wants	Responding with patience
Trusting the Lord when others misunderstand you	



Step Three Helps The Humility Tree



A detailed botanical illustration in brown and gold tones. The background is filled with various plants: a large, spiky, spherical flower head at the top left; a bell-shaped flower with a long stem at the top right; a daisy-like flower with a yellow center at the middle right; a large, ruffled flower at the middle left; a dandelion seed head at the middle right; a large, feathery fern frond in the center; a daisy-like flower with a yellow center at the bottom left; and a cluster of small flowers at the bottom right. The central text is enclosed in a white box with a thin grey border.

*“I give you thanks, O Lord, with
my whole heart; before the gods
I sing your praise; I bow down
toward your holy temple and
give thanks to your name
for your steadfast love and
your faithfulness, for you
have exalted above all things
your name and your word.”*

Psalm 138:1-2