

Week 1 - January 4th - 10th
Wilson Community Church



reset
CHALLENGE

5 weeks to reset

wccnc.org/reset  #resetchallenge

Week 1



To start the week, on Monday through Wednesday, we will be looking at how the Bible says we should reset our soul. How can we make sure it is in line with the teachings of Christ?

Then, on Thursday and Friday, we will turn our attention to the next sermon. We are all in relationships with others, what does the Bible have to say about that?

Monday, January 5th



1. Scripture

Read Ephesians 4:17-24

2. Reflection

What are some qualities listed as belonging to the Gentiles mind? Do these qualities still exist in you?

What is it that changes the Gentile mind? Have you been changed and how is your life different now?

What are some qualities of the old self and how are they similar to the Gentile mind? What does the Bible tell us to do with the old self? How often do you think we need to do this?

What does putting on the new self do to our minds? How do we put on the new self, and how often do we put on the new self?

3. Prayer

Take some time and ask God to help put off the old self and put on the new self daily. Name the parts of the old self that need to be cast off and replace them with the new self.

Tuesday, January 6th



1. Scripture

Read Mark 8:34-38

2. Reflection

What does it mean to deny yourself? What desires get in the way of your following Christ?

The Cross was a symbol of torture and open shame. What would a modern equivalent be? What does it look like in your life to carry a cross daily?

What are some things that seem like they are necessary for your life, but are in fact drawing you further away from Christ? What are the consequences of these things being in your life?

What does it look like to be ashamed of Christ? Have you ever been ashamed of Christ? If you were put in that situation again, how would you respond differently?

3. Prayer

Pray that God would show you what you can do to deny yourself, take up your cross, and follow him. Pray that the distractions that draw you away from Him would be removed.

Wednesday, January 7th



1. Scripture

Read Galatians 5:16-25

2. Reflection

How do we walk by the Spirit? What are some practical ways you live this out?

The Bible says the desires of the flesh work against us, what do you think that means?

List the desires of the flesh. How many do you struggle with? How does this affect your spirit?

List the fruits of the Spirit. Where are your strong points? Where do you need more grace? How does practicing the fruits of the spirit affect the flesh?

3. Prayer

Pray that God would help you to walk by the Spirit and not the flesh. Pray over your list fleshly desires, and ask that God would replace them with fruits of the Spirit.

Thursday, January 8th



1. Scripture

Read Ephesians 4:1-7

2. Reflection

What are some qualities listed in vs. 2 that describe bearing with one another? Which ones are you better at, and which ones do you struggle with? How do you think this affects your relationships?

Believers are joined together in the unity of the Spirit. What does that mean, and why should we strive for unity there?

Verses 4-6 lists several "ones"; write those down. How do those unite us?

The Bible says grace was given to each one of us. What does that mean to you, and how does it apply to your relationships?

3. Prayer

Pray that God would help you to maintain the unity in your relationships. Pray that you would be in unity with others through the "ones".

Friday, January 9th



1. Scripture

Read Mark 12:28-34

2. Reflection

What is the scene of verse 28?

What is our relationship to God supposed to be? How are we to love Him and what does that look like in your life?

What is our relationship to our neighbor? How important are these commandments?

What is more important: mercy or sacrifice?

3. Prayer

Pray that your relationship with God and your neighbor would be right. Ask God to help you love Him with all of you, and to love your neighbor as yourself.

Saturday, January 10th



Review what you learned this week

What steps will you take to Reset your Soul?

How are you preparing to Reset your Relationships?

Come to church this Sunday and be ready to take notes!