



## **Session 1 - Called**

### ***2 Timothy 1:9-12 (NIV)***

<sup>9</sup> He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, <sup>10</sup> but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel. <sup>11</sup> And of this gospel I was appointed a herald and an apostle and a teacher. <sup>12</sup> That is why I am suffering as I am. Yet this is no cause for shame, because I know whom I have believed, and am convinced that he is able to guard what I have entrusted to him until that day.

### ***2 Corinthians 12:7-10 (ESV)***

<sup>7</sup> So to keep me from becoming conceited because of the surpassing greatness of the revelations a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. <sup>8</sup> Three times I pleaded with the Lord about this, that it should leave me. <sup>9</sup> But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. <sup>10</sup> For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

### ***John 15:12-17 (ESV)***

<sup>12</sup> “This is my commandment, that you love one another as I have loved you. <sup>13</sup> Greater love has no one than this, that someone lay down his life for his friends. <sup>14</sup> You are my friends if you do what I command you. <sup>15</sup> No longer do I call you servants for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. <sup>16</sup> You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. <sup>17</sup> These things I command you, so that you will love one another.

### ***1 Corinthians 1:4-9 (NIV)***

<sup>4</sup> I always thank my God for you because of his grace given you in Christ Jesus. <sup>5</sup> For in him you have been enriched in every way—with all kinds of speech and with all knowledge— <sup>6</sup> God thus confirming our testimony about Christ among you. <sup>7</sup> Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. <sup>8</sup> He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. <sup>9</sup> God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

### ***Ephesians 1:18-23 (NIV)***

<sup>18</sup> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup> and his incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup> he exerted when he raised Christ from the dead and seated him at his right hand in

the heavenly realms, <sup>21</sup> far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. <sup>22</sup> And God placed all things under his feet and appointed him to be head over everything for the church, <sup>23</sup> which is his body, the fullness of him who fills everything in every way.

## **Session 2 - Transformation**

### ***Romans 8:35-39 (ESV)***

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? <sup>36</sup> As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." <sup>37</sup> No, in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup> nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

### ***Philippians 3:3-11 (ESV)***

<sup>3</sup> For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh— <sup>4</sup> though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more: <sup>5</sup> circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; <sup>6</sup> as to zeal, a persecutor of the church; as to righteousness under the law, blameless. <sup>7</sup> But whatever gain I had, I counted as loss for the sake of Christ. <sup>8</sup> Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— <sup>10</sup> that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, <sup>11</sup> that by any means possible I may attain the resurrection from the dead.

### ***Psalms 62:5-8 (NIV)***

<sup>5</sup> Yes, my soul, find rest in God;  
my hope comes from him.  
<sup>6</sup> Truly he is my rock and my salvation;  
he is my fortress, I will not be shaken.  
<sup>7</sup> My salvation and my honor depend on God;  
he is my mighty rock, my refuge.  
<sup>8</sup> Trust in him at all times, you people;  
pour out your hearts to him,  
for God is our refuge.

### ***Ephesians 6:13-19 (ESV)***

<sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. <sup>14</sup> Stand therefore, having fastened on the belt of truth,

and having put on the breastplate of righteousness, <sup>15</sup> and, as shoes for your feet, having put on the readiness given by the gospel of peace. <sup>16</sup> In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; <sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God, <sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, <sup>19</sup> and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel,

### **Session 3 - Redemption**

#### ***Psalm 37:1-6 (NIV)***

<sup>1</sup> Do not fret because of those who are evil  
or be envious of those who do wrong;  
<sup>2</sup> for like the grass they will soon wither,  
like green plants they will soon die away.  
<sup>3</sup> Trust in the LORD and do good;  
dwell in the land and enjoy safe pasture.  
<sup>4</sup> Take delight in the LORD,  
and he will give you the desires of your heart.  
<sup>5</sup> Commit your way to the LORD;  
trust in him and he will do this:  
<sup>6</sup> He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.

#### ***Isaiah 41:8-13 (ESV)***

<sup>8</sup> But you, Israel, my servant,  
Jacob, whom I have chosen,  
the offspring of Abraham, my friend;  
<sup>9</sup> you whom I took from the ends of the earth,  
and called from its farthest corners,  
saying to you, "You are my servant,  
I have chosen you and not cast you off";  
<sup>10</sup> 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.  
<sup>11</sup> Behold, all who are incensed against you  
shall be put to shame and confounded;  
those who strive against you  
shall be as nothing and shall perish.  
<sup>12</sup> You shall seek those who contend with you,  
but you shall not find them;  
those who war against you  
shall be as nothing at all.  
<sup>13</sup> For I, the LORD your God,

hold your right hand;  
it is I who say to you, "Fear not,  
I am the one who helps you."

### ***Ephesians 1:7-14 (ESV)***

<sup>7</sup> In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, <sup>8</sup> which he lavished upon us, in all wisdom and insight <sup>9</sup> making known to us the mystery of his will, according to his purpose, which he set forth in Christ<sup>10</sup> as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth. <sup>11</sup> In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, <sup>12</sup> so that we who were the first to hope in Christ might be to the praise of his glory. <sup>13</sup> In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, <sup>14</sup> who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

### ***Deuteronomy 7:6-8 (ESV)***

<sup>6</sup> "For you are a people holy to the LORD your God. The LORD your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. <sup>7</sup> It was not because you were more in number than any other people that the LORD set his love on you and chose you, for you were the fewest of all peoples, <sup>8</sup> but it is because the LORD loves you and is keeping the oath that he swore to your fathers, that the LORD has brought you out with a mighty hand and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt.

## **Session 4 - Restoration**

### ***Colossians 1:19-22 (ESV)***

<sup>19</sup> For in him all the fullness of God was pleased to dwell, <sup>20</sup> and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross. <sup>21</sup> And you, who once were alienated and hostile in mind, doing evil deeds, <sup>22</sup> he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him,

### ***Romans 5:9-11 (ESV)***

<sup>9</sup> Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. <sup>10</sup> For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. <sup>11</sup> More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

### ***Hebrews 12:14-17 (NIV)***

<sup>14</sup> Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. <sup>15</sup> See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. <sup>16</sup> See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son. <sup>17</sup> Afterward, as you

know, when he wanted to inherit this blessing, he was rejected. Even though he sought the blessing with tears, he could not change what he had done.

### ***Colossians 3:12-17 (ESV)***

<sup>12</sup> Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup> bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. <sup>14</sup> And above all these put on love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. <sup>16</sup> Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. <sup>17</sup> And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

## **Session 5 - Purpose**

### ***Philippians 2:12-13 (NIV)***

<sup>12</sup> Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, <sup>13</sup> for it is God who works in you to will and to act in order to fulfill his good purpose.

### ***2 Timothy 1:9-10 (NIV)***

<sup>9</sup> He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, <sup>10</sup> but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.

### ***Romans 12:1-5 (NIV)***

<sup>12</sup> Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. <sup>3</sup> For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. <sup>4</sup> For just as each of us has one body with many members, and these members do not all have the same function, <sup>5</sup> so in Christ we, though many, form one body, and each member belongs to all the others.

### ***Psalms 23:1-6 (ESV)***

<sup>1</sup> The LORD is my shepherd, I lack nothing.

<sup>2</sup> He makes me lie down in green pastures,  
he leads me beside quiet waters,

<sup>3</sup> he refreshes my soul.

He guides me along the right paths  
for his name's sake.

<sup>4</sup> Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

<sup>5</sup> You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.

<sup>6</sup> Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the LORD  
forever.

## **Session 6 - Brotherhood**

### ***Ecclesiastes 4:9-12 (ESV)***

<sup>9</sup> Two are better than one, because they have a good reward for their toil. <sup>10</sup> For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! <sup>11</sup> Again, if two lie together, they keep warm, but how can one keep warm alone? <sup>12</sup> And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

### ***John 15:12-15 (NIV)***

<sup>12</sup> My command is this: Love each other as I have loved you. <sup>13</sup> Greater love has no one than this: to lay down one's life for one's friends. <sup>14</sup> You are my friends if you do what I command. <sup>15</sup> I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

### ***Hebrews 13:1-5 (ESV)***

<sup>13</sup> Let brotherly love continue. <sup>2</sup> Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. <sup>3</sup> Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body. <sup>4</sup> Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. <sup>5</sup> Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

### ***James 5:19-20 (ESV)***

<sup>19</sup> My brothers, if anyone among you wanders from the truth and someone brings him back, <sup>20</sup> let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

## Session 7 - Choices

### *Joshua 24:14-15 (NIV)*

<sup>14</sup> “Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. <sup>15</sup> But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.”

### *Galatians 5:16-24 (ESV)*

<sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

### *Isaiah 55:6-9 (ESV)*

<sup>6</sup> “Seek the LORD while he may be found;  
call upon him while he is near;  
<sup>7</sup> let the wicked forsake his way,  
and the unrighteous man his thoughts;  
let him return to the LORD, that he may have compassion on him,  
and to our God, for he will abundantly pardon.  
<sup>8</sup> For my thoughts are not your thoughts,  
neither are your ways my ways, declares the LORD.  
<sup>9</sup> For as the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.

### *Ezekiel 18:30-32 (NIV)*

<sup>30</sup> “Therefore, you Israelites, I will judge each of you according to your own ways, declares the Sovereign LORD. Repent! Turn away from all your offenses; then sin will not be your downfall. <sup>31</sup> Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. Why will you die, people of Israel? <sup>32</sup> For I take no pleasure in the death of anyone, declares the Sovereign LORD. Repent and live!

## Session 8 - Pain

### *Psalms 3:1-6 (ESV)*

10 LORD, how many are my foes!  
Many are rising against me;  
2 many are saying of my soul,  
“There is no salvation for him in God.” *Selah*  
3 But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.  
4 I cried aloud to the LORD,  
and he answered me from his holy hill. *Selah*  
5 I lay down and slept;  
I woke again, for the LORD sustained me.  
6 I will not be afraid of many thousands of people  
who have set themselves against me all around.

### ***Luke 18:35-43 (NIV)***

35 As Jesus approached Jericho, a blind man was sitting by the roadside begging. 36 When he heard the crowd going by, he asked what was happening. 37 They told him, “Jesus of Nazareth is passing by.” 38 He called out, “Jesus, Son of David, have mercy on me!” 39 Those who led the way rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!” 40 Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him, 41 “What do you want me to do for you?” “Lord, I want to see,” he replied. 42 Jesus said to him, “Receive your sight; your faith has healed you.” 43 Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God.

### ***1 Corinthians 15:54-58 (ESV)***

54 When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: “Death is swallowed up in victory.” 55 “O death, where is your victory? O death, where is your sting?” 56 The sting of death is sin, and the power of sin is the law. 57 But thanks be to God, who gives us the victory through our Lord Jesus Christ. 58 Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

### ***Isaiah 11:2-5 (NIV)***

2 The Spirit of the LORD will rest on him—  
the Spirit of wisdom and of understanding,  
the Spirit of counsel and of might,  
the Spirit of the knowledge and fear of the LORD—  
3 and he will delight in the fear of the LORD.  
He will not judge by what he sees with his eyes,  
or decide by what he hears with his ears;  
4 but with righteousness he will judge the needy,  
with justice he will give decisions for the poor of the earth.  
He will strike the earth with the rod of his mouth;  
with the breath of his lips he will slay the wicked.  
5 Righteousness will be his belt  
and faithfulness the sash around his waist.

## Session 9 - Identity

### ***Colossians 3:1-17 (NIV)***

3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory. 5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 you used to walk in these ways, in the life you once lived. 8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

### ***Romans 6:3-11 (ESV)***

3 Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? 4 We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. 5 For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. 6 We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. 7 For one who has died has been set free from sin. 8 Now if we have died with Christ, we believe that we will also live with him. 9 We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. 10 For the death he died he died to sin, once for all, but the life he lives he lives to God. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

### ***Galatians 3:23-27 (ESV)***

23 Now before faith came, we were held captive under the law, imprisoned until the coming faith would be revealed. 24 So then, the law was our guardian until Christ came, in order that we might be justified by faith. 25 But now that faith has come, we are no longer under a guardian, 26 for in Christ Jesus you are all sons of God, through faith. 27 For as many of you as were baptized into Christ have put on Christ. 28 There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus. 29 And if you are Christ's, then you are Abraham's offspring, heirs according to promise.

### ***1 John 3:1-3 (NIV)***

3 See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. 2 Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, [a] we shall be like him, for we shall see him as he is. 3 All who have this hope in him purify themselves, just as he is pure.

## Session 10 - Reload

### ***Matthew 11:27-30 (ESV)***

<sup>27</sup> All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy, and my burden is light.”

### ***Hebrews 4:9-12 (NIV)***

<sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God’s rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience. <sup>12</sup> For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

### ***Mark 6:31-32 (ESV)***

<sup>31</sup> And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.<sup>32</sup> And they went away in the boat to a desolate place by themselves.

### ***Psalms 127:1-2 (NIV)***

<sup>1</sup> Unless the LORD builds the house,  
the builders labor in vain.  
Unless the LORD watches over the city,  
the guards stand watch in vain.  
<sup>2</sup> In vain you rise early  
and stay up late,  
toiling for food to eat—  
for he grants sleep to those he loves.

### ***Philippians 4:6-7 (ESV)***

<sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.