

**LIFE
TRANSFORMATION
DAY BY DAY**

A 31-DAY DEVOTIONAL

Sample

DEBORA BARR

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PREFACE

The Bible is not just an ancient history book. It contains the very words of God that we desperately need to hear today. It reveals God's plan from the beginning of time to restore sinful humanity to Him through the sinless life, substitutionary death, and bodily resurrection of Jesus Christ. The Scriptures also bring us comfort and correction,

*“For the word of God is living and powerful,
and sharper than any two-edged sword,
piercing even to the division of soul and spirit,
and of joints and marrow, and is a discerner
of the thoughts and intents of the heart.”*

(Hebrews 4:12).

When I first surrendered my life to Jesus Christ, I began reading the Bible every day to learn more about this God who pursued me with His love when I was living in open rebellion to Him. I not only read the Bible, but I began to apply the Word to my life and was astonished again and again, as I experienced transformation in so many areas of my life. At one point, I shared with my pastor that I felt like my DNA had changed.

I encourage you to participate in this 31-day devotional with a friend or prayer partner. Talk about the daily devotion and your answers to the questions at the end of each topic to receive even greater insight into what God is communicating to you that day. After you complete all 31 lessons, I challenge you to start over at the beginning of this book and slowly repeat the lessons. This time feel free to take more than a day to meditate on each devotion as you interact with the Scriptures and with God through prayer.

Life transformation is possible for you!

*Therefore, if anyone is in Christ, he is a new creation; old things
have passed away; behold, all things have become new.*

(2 Corinthians 5:17)

Sample

Day 1

GOD'S WORD IS LIFE- GIVING



*But his delight is in the law of the Lord,
And in His law he meditates day and night.
He shall be like a tree
Planted by the rivers of water,
That brings forth its fruit in its season,
Whose leaf also shall not wither;
And whatever he does shall prosper.*

Psalm 1:2–3

God speaks to us today through his written Word, which has the amazing power to transform your life if you read and study it daily. In fact, the Bible is the best-selling book of all time and has stood the test of time. It was written by more than 40 men over approximately 1,300 years from about 1000 BC to 100 AD. It is full of stories about real people who will make you think about your own life, teach you life lessons, encourage you, and sometimes correct your thinking.

It is living and powerful and discerns the thoughts and intents of our hearts (Hebrews 4:12–13). It is inspired by God and equips us for the work God has for our lives (2 Timothy 3:16–17). There are numerous Scriptures in the Bible in which God tells us about the power of His Word to transform our lives:

Joshua 1:8 — This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Jeremiah 23:29 — *“Is not My word like a fire?” says the Lord, “And like a hammer that breaks the rock in pieces?”*

1 Peter 1:23 — *...the word of God ... lives and abides forever.*

1 Thessalonians 2:13 — *For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also effectively works in you who believe.*

John 17:17 — *Sanctify them by Your truth. Your word is truth.*

Acts 20:32 — *So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified.*

God's Word makes us prosperous and successful. It breaks up sin in our lives, lives and abides forever, effectively works in our lives, brings truth, builds us up, and gives us an eternal inheritance. What awesome power and amazing promises!

God's Word will transform your life only if you apply what you learn to your life.

James 1:21-25 — *Therefore, lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.*

We will be walking a journey together through the Word of God to learn how He transforms lives and brings hope and healing

to His children who desire to know Him more intimately. God loves you, and He demonstrates His love all throughout the Bible, which is His written Word of hope for all people. Let's begin our journey together and see what He has in store for you.

Sample

Questions for Reflection:

What does Psalm 1:2–3 say will be the result if I meditate or spend time day and night thinking about God's Word?

How often do I spend time reading and meditating on Scripture? What excuses do I use to avoid spending quality time reading, studying, and meditating on the Word of God?

Application: What change am I willing to make in my daily life to spend more time meditating on God's Word?

Prayer: *Lord, forgive me for neglecting your Word and increase my desire to read and meditate on your Holy Scriptures. Help me overcome any fear I may have about what You might say to me and help me to understand Your Word and apply it to my life. Amen.*

Day 2

GOD'S LOVE



*The Lord has appeared of old to me, saying:
“Yes, I have loved you with an everlasting love;
Therefore with lovingkindness I have drawn you.”*

Jeremiah 31:3

God loves you. Did you hear me? God loves you. It does not matter what you have done in your life, no matter how bad you think you are or how far you have strayed from God. He loves you. He loves you so much that He sent his only Son to die on a cross and take the punishment for your sins upon Himself, so you can be reconciled or reconnected to God. John 3:16 says, “God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” That is great news! God not only loves you, He knows every tiny detail about you because He created you just the way you are.

There is an enemy in this world whose intent is separating us from God. Sin entered the world in the Garden of Eden when Satan tempted Adam and Eve to rebel against God by doing the one thing God instructed Adam not to do. And they failed the test. (Read Genesis 2 and 3.) As a result, we were all born sinners (Romans 3:10; 3:23).

Satan has been trying to destroy you since you were born. The Bible says your enemy, the devil, prowls around like a roaring lion seeking someone to destroy (1 Peter 5:8). He is also referred to as the thief who comes to steal, kill and destroy (John 10:10). All the negative things people have said to you or about you over the years were messages from the one who did not want to