



FREED

TO
LIVE
A

**BETTER
STORY**

A BETTER STORY

The worldly story is an exhausting one – we are presented with so many messages telling us we can be better, do better, or showing us how much better others are than us.

We're bombarded with 8000 ad messages a day, telling us how much better our lives would be with whatever the latest thing is; we all struggle with choice anxiety – when we go to the supermarket for a jar of mayonnaise, we're faced with 57 different types to choose from. It's exhausting, and distracting, and ultimately leads us away from God.

But Jesus not only gives us a better story, he gives us the freedom from the world to live it.

**DO NOT CONFORM TO THE
PATTERN OF THIS WORLD,
BUT BE TRANSFORMED BY
THE RENEWING OF YOUR
MIND. - ROMANS 12:2**

HABITS OF THE HEART

*For where your treasure is,
there your heart will be also.
- Matthew 6:21*

Our habits are ingrained in our hearts - they often show us where our hearts are. When our habits are shaped by the worldly story, we become anxious, discontented, and inward focussed.

What would it take to reshape our habits within the framework of the better story Jesus gives us? When we want to change our heart, habits are a key way to relearn 'new loves'. If we want to conform to a better story, we need to start living it!

It takes time change a habit. Over the next 12 weeks, this diary will help you examine your habits and put in place things to help you change them. It's not about perfection, but about progress. It's not about trying to be good, but training to be Godly.

The 12 weeks are split into 3 week blocks: Detox, Encouragement, Actions, and Review. The ultimate aim is that this won't end at week 13, but the process can start again. We hope you find it useful.

HAVE NOTHING
TO DO WITH
GODLESS MYTHS
AND OLD WIVES'
TALES; **RATHER,
TRAIN YOURSELF
TO BE GODLY.
FOR PHYSICAL
TRAINING IS OF
SOME VALUE,
BUT GODLINESS
HAS VALUE FOR
ALL THINGS,
HOLDING PROMISE
FOR BOTH THE
PRESENT LIFE AND
THE LIFE TO COME.**
- 1 TIMOTHY 4:7-8

1 REST

WHAT MAKES YOU WEARY?

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| ● | ● |
| ● | ● |
| ● | ● |

THIS
WEEK
I WILL
REST BY:

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TICK EACH DAY YOU
ACHIEVE YOUR GOAL

**GOD IS THE ONE
WHO GIVES US
TRUE REST.**

WHAT IS THE BIGGEST
THING THAT TAKES YOU
AWAY FROM HIM?

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COME TO ME ALL
YOU WHO ARE
WEARY
AND BURDENED
AND I WILL
GIVE THEM
REST
MATTHEW
11:28



DETOX T I M E

HOW MUCH TIME
DO YOU SPEND
ON YOUR PHONE?

THIS WEEK
I WILL
SPEND
LESS TIME:



TIME SPENT

CHECK OUT

DIGITAL WELLBEING

FOR GOOGLE USERS

SCREEN TIME

FOR APPLE USERS

THERE ARE PLENTY OF OTHER
APPS THAT DO
SIMILAR AS WELL



THERE ARE
PLENTY OF
OTHER
THINGS WE
CAN WASTE
OUR TIME ON.
FEEL FREE TO
USE THIS TO
TRACK
SOMETHING
ELSE IF YOU
WANT

TICK EACH DAY YOU
ACHIEVE YOUR GOAL



**AS LONG AS
IT IS DAY, WE
MUST DO
THE WORKS
OF HIM WHO
SENT ME.
NIGHT IS
COMING,
WHEN NO
ONE CAN
WORK.
JOHN 9:4**

REFLECT AND PRAY ABOUT AREAS THAT YOU STRUGGLE WITH

A NEW STORY FOR YOUR TIME

WHAT IS YOUR PLAN FOR
DAILY BIBLE READING AND
PRAYER? PLAN OUT A NEW
STORY FOR YOUR TIME
USING THE HABIT TRACKER
IN THE MIDDLE OF THE
DIARY



DETOX YOUR MONEY

HOW MUCH MONEY DO YOU SPEND ON THINGS YOU REALLY DON'T NEED?

THIS WEEK
I WILL
SPEND
LESS ON:



DRINKS

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SNACKS

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DINNER OUT

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CLOTHING

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BODY

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OTHER

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TICK EACH DAY YOU
ACHIEVE YOUR GOAL

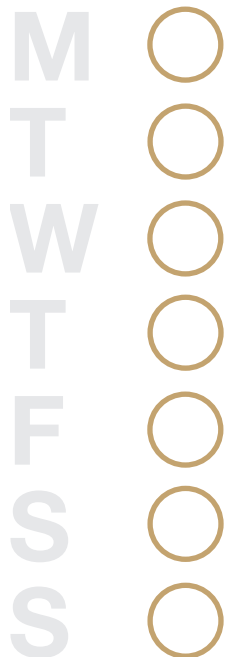
**SPENDING LESS ON THINGS WE DON'T
ACTUALLY NEED MEANS WE CAN LIVE MORE
GENEROUSLY. GIVING MORE FREELY TO THOSE
IN NEED AND TO THE WORK OF THE GOSPEL**

HONOUR THE LORD WITH
YOUR WEALTH, WITH THE
FIRSTFRUITS OF ALL YOUR
CROPS PROVERBS 3:9



A NEW STORY FOR YOUR MONEY

WHAT IS YOUR PLAN FOR WEEKLY GIVING? PLAN
OUT A NEW STORY FOR YOUR MONEY USING THE
HABIT TRACKER IN THE MIDDLE OF THE DIARY



ALL THE BELIEVERS WERE
TOGETHER AND HAD EVERYTHING IN
COMMON. **THEY SOLD PROPERTY AND
POSSESSIONS TO GIVE TO ANYONE
WHO HAD NEED.** EVERY DAY THEY
CONTINUED TO MEET TOGETHER
IN THE TEMPLE COURTS. THEY BROKE
BREAD IN THEIR HOMES AND ATE
TOGETHER WITH GLAD AND SINCERE
HEARTS, **ACTS 2:44-46**

REFLECT AND PRAY ABOUT AREAS THAT YOU STRUGGLE WITH

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FREED TO IMAGINE

- YOU WOULD HAVE NOTICED IN THE MIDDLE OF THIS BOOKLET A HABIT TRACKER.
- IF YOU HAVEN'T ALREADY STARTED USING IT HAVE A THINK AND PRAY ABOUT STARTING.
- BREAKING OR ESTABLISHING HABITS IS ALWAYS LABORIOUS, AND WE HOPE THIS IS A WAY FOR YOU TO BE ENCOURAGED BY BEING ABLE TO SEE YOUR PROGRESS.
- WE HAVE LEFT IT ESSENTIALLY BLANK BECAUSE WE ALL LIVE VERY DIFFERENT LIVES AND HAVE DIFFERENT STUFF TO WORK ON.
- HOWEVER PRAYER AND BIBLE READING HAVE BEEN INCLUDED. THESE ARE IMPORTANT FOR US ALL.



IT IS INDEED A COMFORTING THOUGHT, AS I BOW IN WORSHIP BEFORE THE MAJESTY OF GOD, TO KNOW THAT HE IS ALSO MY GUIDE AND IS EVER WATCHING OVER AND PROTECTING ME, AND - IF I AM WILLING TO BE LED - LEADING ME IN HIS OWN PATHS OF RIGHTEOUSNESS¹



REFLECT AND PRAY ABOUT AREAS THAT YOU STRUGGLE WITH

NOW TO HIM WHO
IS ABLE TO DO
IMMEASURABLY
**MORE THAN ALL
WE ASK OR
IMAGINE,
ACCORDING TO HIS
POWER THAT IS AT
WORK WITHIN US,**
TO HIM BE GLORY IN
THE CHURCH AND
IN CHRIST JESUS
THROUGHOUT ALL
GENERATIONS, FOR
EVER AND EVER!
AMEN.
EPHESIANS 3:20-21



FREED FROM ADDICTION

**ALCOHOL. TOBACCO.
DRUGS. GAMBLING.
PORNOGRAPHY.**

THESE ARE THE KIND OF THINGS THAT NORMALLY COME TO MIND WHEN THINKING OF ADDICTIONS. WHILE THESE ARE IMPORTANT TO WORK THROUGH IF THEY ARE WHAT WE STRUGGLE WITH, THERE ARE MANY OTHER THINGS WE ARE ADDICTED TO.

**SOCIAL
MEDIA.
GAMES.
WORK.
FOOD.
LOVE &
RELATIONSHIPS.
SHOPPING.
EXERCISING.**



IF I ALLOW MYSELF TO GET SLACK AND LAZY, BOTH MY HEALTH AND STRENGTH WILL DETERIORATE, SO A WISE DISCIPLINE REGULARLY FOLLOWED WILL BRING A CORRESPONDING REWARD. IT IS JUST THE SAME WITH MY MENTAL, MORAL, AND SPIRITUAL STRENGTH. I NEED TO TAKE APPROPRIATE MEASURES, AND IF I NEGLECT THEM, DETERIORATION WILL AGAIN FOLLOW IN EACH OF THESE SPHERES. THEY THAT RUN IN A RACE TO OBTAIN A PRIZE MUST STEADFASTLY FOLLOW THE RULES OF TRAINING, AND THEY WHO WOULD PLEASE GOD MUST FOLLOW GOD'S LAWS.²

A NEW STORY FOR YOUR MONEY

WHAT IS YOUR PLAN FOR WEEKLY GIVING? PLAN OUT A NEW STORY FOR YOUR MONEY



GOAL


AIM FOR MY WEEKLY GIVE:

ACTUAL WEEKLY GIVING

| | |
|---------|----|
| WEEK 1 | \$ |
| WEEK 2 | \$ |
| WEEK 3 | \$ |
| WEEK 4 | \$ |
| WEEK 5 | \$ |
| WEEK 6 | \$ |
| WEEK 7 | \$ |
| WEEK 8 | \$ |
| WEEK 9 | \$ |
| WEEK 10 | \$ |
| WEEK 11 | \$ |
| WEEK 12 | \$ |

A NEW STORY FOR YOUR TIME


WHAT IS YOUR PLAN FOR DAILY BIBLE READING AND PRAYER? PLAN OUT A NEW STORY FOR YOUR TIME



GOAL

AIM FOR DAILY BIBLE READING:

MINUTES



AIM FOR DAILY PRAYER:

MINUTES

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|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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MARK OFF THE DAYS YOU REACHED YOUR GOAL

21 DAY HABIT TRACKER

IT TAKES TIME TO CHANGE A HABIT. AS YOU WORK THROUGH THE 12 WEEK CHALLENGE, WRITE DOWN ANY HABITS YOU WANT TO WORK ON, AND MARK OFF THE DAYS YOU WORKED ON THEM.

[illegible]

REFLECT AND PRAY ABOUT AREAS THAT YOU STRUGGLE WITH

FOR WE DO NOT HAVE A HIGH
PRIEST WHO IS UNABLE TO
EMPATHIZE WITH OUR
WEAKNESSES, **BUT WE HAVE ONE**
WHO HAS BEEN
TEMPTED IN EVERY WAY, JUST AS
WE ARE—YET HE DID NOT SIN.
LET US THEN APPROACH GOD’S
THRONE OF GRACE WITH
CONFIDENCE, SO THAT WE MAY
RECEIVE MERCY AND FIND GRACE
TO HELP US
IN OUR TIME OF NEED.
HEBREWS 4:15-16



FREED FROM DISCONTENT

**WHAT ARE
YOU
THANKFUL
FOR?
THANK
GOD FOR
IT ALL!**

...MY NEEDS FROM HIM, AS SUMMED UP BY SAYING: “ALL THE BLESSINGS OF THIS LIFE”. I AM AMAZED WHEN I REALISE HOW GREAT AND MANY THESE ARE, AND WHEN I THINK OF THEM MY HEART OVERFLOWS IN GRATITUDE AND THANKSGIVING. I SHALL NEVER KNOW DISCONTENT IF I COUNT MY BLESSINGS ONE BY ONE, BUT RATHER I SHALL FIND FLOWING OUT FROM MY HEART AND MIND A JOYOUS SONG OF PRAISE.³

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**FIGHT DISCONTENT
WITH GRATITUDE**

NOW THERE IS GREAT GAIN IN
GODLINESS WITH CONTENTMENT,
**FOR WE BROUGHT NOTHING
INTO THE WORLD, AND WE
CANNOT TAKE ANYTHING OUT
OF THE WORLD.** BUT IF WE HAVE
FOOD AND CLOTHING, WITH THESE
WE WILL BE CONTENT.

1 TIMOTHY 6:6-8

REFLECT AND PRAY THANKING GOD FOR ALL YOU HAVE, AND ASK FOR HELP BEING CONTENT

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ACTION

BECAUSE OF GRACE

BE MOTIVATED
BY THE...

HORRIFIC ACT

...THAT
SAVED YOU
FROM THE
FATAL DEBT
YOU COULD
NEVER
REPAY

**READ THE CRUCIFIXION
AND DEATH OF JESUS
IN JOHN 19:16-37**

ONLY THROUGH REALISING
THE BIG-NESS OF OUR SIN,
CAN WE TRULY KNOW THE
BIG-NESS OF HIS SACRIFICE



FAITH SHOWN BY **ACTION**

PAY IT FORWARD

AFTER REALISING THE EXTENT OF
GOD'S LOVE FOR US, HOW CAN WE
NOT PAY IT FORWARD?

LIST HERE SOME WAYS YOU WILL PAY IT FORWARD THIS WEEK...

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WHAT GOOD IS IT, MY
BROTHERS AND SISTERS, IF
SOMEONE CLAIMS TO HAVE
FAITH BUT HAS NO DEEDS?
CAN SUCH FAITH SAVE THEM?
SUPPOSE A BROTHER OR A
SISTER IS WITHOUT CLOTHES
AND DAILY FOOD. IF ONE OF YOU
SAYS TO THEM, “GO IN PEACE;
KEEP WARM AND WELL FED,”
BUT DOES NOTHING ABOUT
THEIR PHYSICAL NEEDS, WHAT
GOOD IS IT? IN THE SAME WAY,

**FAITH BY
ITSELF, IF
IT IS NOT
ACCOMPANIED
BY ACTION, IS
DEAD.**

BUT SOMEONE WILL SAY, “YOU
HAVE FAITH; I HAVE DEEDS.”
SHOW ME YOUR FAITH WITHOUT
DEEDS, AND I WILL SHOW YOU
MY FAITH BY MY DEEDS.

JAMES 2:14-18



- I TRUST:**

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TWO ARE BETTER THAN
ONE, BECAUSE THEY HAVE
A GOOD RETURN FOR THEIR
LABOUR: **IF EITHER OF
THEM FALLS DOWN, ONE
CAN HELP THE OTHER
UP. BUT PITY ANYONE
WHO FALLS AND HAS NO
ONE TO HELP THEM UP.**
ALSO, IF TWO LIE DOWN
TOGETHER, THEY WILL
KEEP WARM. BUT HOW CAN
ONE KEEP WARM ALONE?
THOUGH ONE MAY BE
OVERPOWERED, TWO CAN
DEFEND THEMSELVES. A
CORD OF THREE STRANDS
IS NOT QUICKLY BROKEN.
ECCLESIASTES 4:9-12

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HOW HAVE YOU DONE?

LOOKING BACK OVER THE LAST 9 WEEKS, THINK ABOUT THE AREAS IN YOUR CHRISTIAN WALK THAT YOU'VE BEEN WANTING TO WORK ON. HOW DO YOU THINK YOU'VE DONE?

LIST THE AREAS YOU'VE BEEN WORKING ON, AND SHADE THE FACE THAT REFLECTS HOW YOU THINK YOU'VE DONE

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BE DILIGENT IN THESE MATTERS;
GIVE YOURSELF WHOLLY TO THEM,
SO THAT **EVERYONE MAY SEE YOUR
PROGRESS.** - 1 TIMOTHY 4:15



WHERE HAVE I MADE PROGRESS?

LIST THE AREAS YOU'VE MADE PROGRESS OVER THE LAST 12 WEEKS, AND REFLECT
ON WHY YOU THINK YOU'VE DONE WELL IN THESE AREAS



I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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I HAVE MADE PROGRESS:

SIGNS OF MY PROGRESS

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WHERE COULD I MAKE MORE PROGRESS?

LIST THE AREAS YOU FEEL YOU HAVE MADE LESS PROGRESS IN OVER THE LAST 12 WEEKS,
AND REFLECT ON WHAT YOU THINK HAS HELD YOU BACK



I NEED MORE PROGRESS:.....

WHAT HAS BEEN HOLDING ME BACK?

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I NEED MORE PROGRESS:.....

WHAT HAS BEEN HOLDING ME BACK?

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I NEED MORE PROGRESS:.....

WHAT HAS BEEN HOLDING ME BACK?

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I NEED MORE PROGRESS:.....

WHAT HAS BEEN HOLDING ME BACK?

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12 NEXT STEPS

AND NOW, DEAR
CHILDREN,
CONTINUE IN HIM,
SO THAT WHEN HE
APPEARS WE MAY
BE CONFIDENT AND
UNASHAMED BEFORE
HIM AT HIS COMING. -
1 JOHN 2:28

OUR HOPE IS THAT YOUR PROGRESS
DOESN'T STOP AFTER WEEK 12.

WHAT ARE THE NEXT STEPS YOU
CAN TAKE?

- 1 REVIEW YOUR REFLECTIONS
FROM WEEK 10, AND
CELEBRATE!
- 2 REVIEW YOUR REFLECTIONS
FROM WEEK 11, AND PICK UP A
FRESH 12 WEEK DIARY TO START
YOUR JOURNEY ON THESE
AREAS.
- 3 TALK TO A SAFE PERSON TO SEE
IF THERE ARE ANY OTHER AREAS
YOU COULD BE WORKING ON.

A NEW STORY FOR YOUR TIME AND MONEY

REVISIT YOUR "BIBLE AND PRAYER" AND "WEEKLY
GIVING PLAN" FROM WEEK 2 AND 3. HOW DO YOU
FEEL YOU HAVE GONE MAKING PROGRESS WITH
THESE PLANS?



WHAT ARE YOU GOING TO DO TO MAKE SURE YOU KEEP MAKING PROGRESS?

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SPEND THE WEEK REFLECTING ON YOUR PROGRESS OVER THE LAST 12 WEEKS,
AND THINKING OF NEXT STEPS YOU CAN TAKE

