FREED TO LIVE 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
WHAT MAKES YOU WEARY?

GOD IS THE ONE WHO GIVES US TRUE REST.

WHAT IS THE BIGGEST THING THAT TAKES YOU AWAY FROM HIM?
COME TO ME ALL YOU WHO ARE WEARY AND BURDENED AND I WILL GIVE THEM REST

MATTHEW 11:28
2 Detox Your Time

How Much Time do You Spend on Your Phone?

This week I will spend less time:

There are plenty of other things we can waste our time on. Feel free to use this to track something else if you want.

Check Out Digital Wellbeing for Google users and Screen Time for Apple users. There are plenty of other apps that do similar as well.
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

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

THIS WEEK I WILL SPEND LESS ON:

- Drinks
- Snacks
- Dinner Out
- Clothing
- Body
- Other

How much money do you spend on things you really don’t need?

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.

Progress

How do you think you’ve been going?
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 righteousness.
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
5 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

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A GOAL
AIM FOR DAILY BIBLE READING:

AIM FOR DAILY PRAYER:

MARK OFF THE DAYS YOU REACHED YOUR GOAL

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:

AIM FOR DAILY PRAYER:
## 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.

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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.  

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
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
I PRAY THAT OUT OF HIS GLORIOUS RICHES HE MAY STRENGTHEN YOU WITH POWER THROUGH HIS SPIRIT IN YOUR INNER BEING, SO THAT CHRIST MAY DWELL IN YOUR HEARTS THROUGH FAITH. AND I PRAY THAT YOU, BEING ROOTED AND ESTABLISHED IN LOVE, MAY HAVE POWER, TOGETHER WITH ALL THE LORD’S HOLY PEOPLE, TO GRASP HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST, AND TO KNOW THIS LOVE THAT SURPASSES KNOWLEDGE—THAT YOU MAY BE FILLED TO THE MEASURE OF ALL THE FULLNESS OF GOD.

EPHESIANS 3:16-19
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...
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
ACTIONS SUSTAINED WITH LOVE

AS IRON SHARPENS IRON, SO ONE PERSON SHARPENS ANOTHER. PROVERBS 27:17

- BEING ACCOUNTABLE TO SOMEONE YOU TRUST IS A GREAT WAY TO PROGRESS IN YOUR HABITS.
- WHO DO YOU TRUST? HOW COULD YOU ASK THEM TO HELP YOU?

I TRUST:

I WILL ASK THEM TO HELP ME:

HOW I WILL ASK THEM TO HELP ME:

I WILL ASK THEM TO HELP ME BY (DATE):

.Tick when you’ve asked for help
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
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: ........................................
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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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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