

# TAKE BACK YOUR LIFE

A 40-DAY INTERACTIVE JOURNEY TO  
THINKING RIGHT SO YOU CAN LIVE RIGHT

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LEVI + LUSKO

A PDF COMPANION TO THE AUDIOBOOK

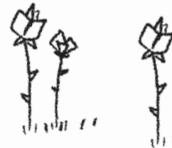
Day 1

1

## HIDING IN PLAIN SIGHT



BREATHE, THINK, AND LIVE



- xx Has anything given you the sense there is more going on around you than meets the eye? Is that hard or easy for you to believe?
- xx How would you describe the story of your life right now? Is it a story you like? How do you feel about it?
- xx Where would you like your story to go?
- xx How would you describe your faith right now? Does anything keep you from accepting that God has plans for you that will involve a shift in your vision?
- xx What do you need to take back your life from? What's clouding your vision and making you focus on the here and now?

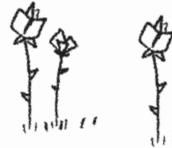
Day 2

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## IDENTITY CRISIS



BREATHE, THINK, AND LIVE

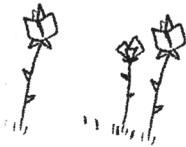


- ✘ Think of times when you felt the war within yourself. When you caved under pressure. When you did something you did not want to do, like Paul. (I know it's depressing, but I promise it'll get better.)
- ✘ In what situations do you most often tend to blow it?
- ✘ How does it feel to chew on the idea that God loves you *exactly as much* in those times as he does when you're doing awesome?
- ✘ What do you tend to do to put good-behavior stars on your star chart in heaven?
- ✘ How does it feel to know that God loves you *exactly as much* then as he does when you are blowing it in the worst way?
- ✘ What are some direct consequences being "in Christ" can have on your self-image? Will it make you more \_\_\_\_\_? Or less \_\_\_\_\_? (Fill in the blanks.)
- ✘ What are you most looking forward to about developing that mental edge when you're battling with yourself? What do you hope will change?

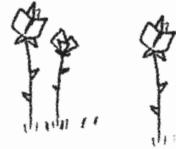
Day 3



## YOU MATTER MORE THAN YOU KNOW



BREATHE, THINK, AND LIVE



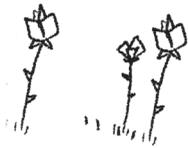
- xx When you read that you're special or one of a kind, what's your gut reaction? Hope? Excitement? Relief? Disbelief? Embarrassment? Did you roll your eyes? Get honest about the degree to which you believe you are actually, legitimately a big deal and that you matter. Reflect on why you react the way you do.
- xx When in your life have you felt you weren't made in the image of God? Think of a specific time someone told you that you were broken, funny looking, a screwup, fundamentally flawed. How does the fact that *you were made in the image of God* change any lies you may be holding onto from that time?
- xx When have you felt helpless, like you didn't have free will or a choice? How does the fact that *you have autonomy* change that?

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- xx When have you felt you were temporary or that the things you do now just won't matter in the future? How does the fact that *you are immortal* change that?
  - xx When have you felt you weren't worth much, that you were expendable, cheap, or disposable? How does knowing that *you were expensive* change that?
  - xx When have you felt weak or powerless? How does knowing *you have power* change that?
  - xx When have you felt average, dull, or untalented? How does the fact that *you are gifted* change that?
  - xx When have you felt aimless, stuck, or ineffectual? How does that fact that *you have an epic mission* change that?
  - xx Accepting the fact that you are wildly unordinary is the first step to taking back your life. From today, which *truth* hits you the hardest? Take the scriptures from that truth, maybe find even more, and dig in. Absorb them. Hang on to them for dear life as we move forward.

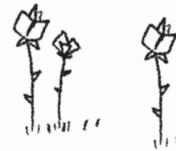
Day 4

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## TORTURED GENIUS



BREATHE, THINK, AND LIVE

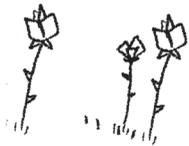


- xx How do you react to the news that you're a genius? Why do you think that is?
- xx What might you be a genius at? What comes naturally to you? Even if you're not creative in an artsy sort of way, how do you display the qualities of bringing something out of nothing, order out of chaos? (This doesn't necessarily have to be in your job or career.)
- xx What kind of resistance have you faced in creating? What struggles do you deal with in the bad-news part of being a genius?
- xx When you think about taking back your life from the things that drain it away, how does the idea of getting over the hump help you? What humps do you need to get over to find the determination to see things through?
- xx How might this "go down swinging" attitude apply to your faith as well as life? How can you remind yourself of it as you go through this journey?

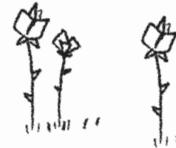
Day 5



## IF YOU SAY SO



BREATHE, THINK, AND LIVE



- ✘ Have you gotten so good at listening to yourself that you've forgotten to speak to yourself? If so, in what situations have you noticed this?
- ✘ When have you noticed yourself using words to hurt, tear down, or complain about yourself in your day-to-day life? What would it mean to use them to build and heal in those areas?
- ✘ If you were your own personal coach, pumping yourself up to become the person you want to be, how would that change your world? Walk yourself through a typical day, hour by hour, and think about what this coach would whip into shape:
  - at home
  - at work
  - in your relationships
  - in your head

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- ✕ Assuming oatmeal, candles, and author glasses aren't your thing (or even if they are), what small physical reminders can you choose to prompt you to speak positively and powerfully? To remind you that you are that person you need to be?
  - ✕ Identify three negative things you find yourself saying in the mirror on a regular basis. These are things that keep you from showing up and getting to work.

Now write out your own positive responses.

The next time you find these negative thoughts running through your head, *speak your comeback out loud*. Force it out if you have to. Have no mercy on your internal critic.

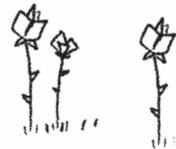
Day 6

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## MASK OFF



BREATHE, THINK, AND LIVE



- xx What's your favorite mask? Do you have situational masks? What are they?
- xx Have you ever gotten into a job, relationship, or social situation where you started out inauthentic and then had to work to keep it up? How did that go?
- xx What do you think that mask is hiding? (You might have to think way back here to your childhood days.) A certain kind of insecurity? Pain? Shame?
- xx Thinking about what the mask is hiding, can you see any ways God might want to bring healing to that area? How does keeping the mask on keep that healing from happening?
- xx What would you look like if you dropped the mask? How would you interact differently with people? With yourself? With God?

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✕ Your mask may be impressive, but it's nothing compared to the fearfully and wonderfully made authentic *you* that God made in his image and as his masterpiece. Pray that God will show you what that masterpiece really looks like the next time you're tempted to cover it up.

Day 7

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## PERMISSION SLIP



BREATHE, THINK, AND LIVE

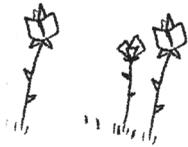


- xx How have you seen vulnerability work in life? In relationships?  
In work?
- xx Have you ever been burned by vulnerability? What would it look like to get up and try again? What would that require of you?
- xx Would you consider yourself a courageous or brave person? Why or why not? How could vulnerability be an act of bravery as you step into your identity and calling?
- xx We have *all* made the choice for fear or cowardice at some point in our lives. Have you ever started to identify with fearfulness or cowardice? If so, in what way?
- xx How does it affect you to know that you are not identified with fear? That it's a wrong fit for you, not part of you, and you don't have to keep it?
- xx What did God breathe into you instead? How can you keep going back for more of that breath?

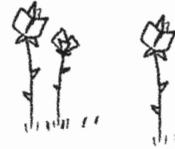
Day 8



## JESUS TURNS OFF THE DARK



BREATHE, THINK, AND LIVE



- ✘ Every life is visited by darkness, and it is with great care I ask you to revisit yours. At what moments do you recall being stopped short by darkness or loss? What effect did it have on you?
- ✘ Can you discern how your calling in life may have been affected by this darkness or loss?
- ✘ What honest reactions do you have to the idea that suffering is not an obstacle to being used by God?
- ✘ What could it mean that your specific calling is not only unable to be stopped by darkness but may even be strengthened by it?
- ✘ What does it mean to you that Jesus has defeated death, our final enemy?

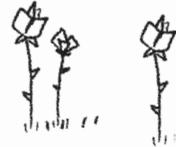
Day 9



## NOT FINISHED YET



BREATHE, THINK, AND LIVE

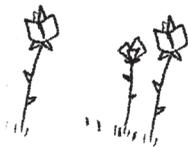


- xx Does anything about Jesus' grief surprise you?
- xx How does the fact that Jesus was angry enough to do something about death free us to feel our pain?
- xx How has your fear of death manifested in your life? What about grief? How do people typically gloss over it in ways that aren't effective?
- xx What about Jesus' attitude toward death could inform those reactions?
- xx How does the fact that our sadness doesn't go away make our triumph more powerful?
- xx Take a moment and reflect on what you believe about Jesus. Is there room for you to live deeper into the invitation he gives you?
- xx How does the idea that God is not finished yet in abolishing death power us forward?

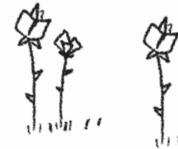
Day 10



## LENYA LENSES



BREATHE, THINK, AND LIVE

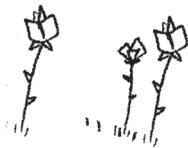


- ✘ In what way has loss hit you the hardest? Have you experienced God's goodness through the strangely wrapped present that is grief?
- ✘ On what occasions have you longed for something greater than what this world offers? How does your heart cry out for heaven?
- ✘ Thinking of eternity and heaven, do you perceive that anything has clouded your lenses? What keeps you from feeling heaven is near?
- ✘ Do you think of heaven as a real place or struggle to grasp why it matters?
- ✘ As a Christian, how can you move from the head knowledge that heaven is in the future toward the kind of knowledge that matters here and now? How can we allow it to make the things of earth seem dim?
- ✘ How can our attitude toward heaven affect the work we still have to do here?

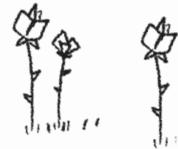
Day 11



## BREAD AND CIRCUSES



BREATHE, THINK, AND LIVE

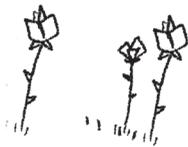


- xx Does the fact that you have an enemy targeting you freak you out or light a fire under you? Why? How so?
- xx What causes us to be ignorant of Satan's devices?
- xx Have you seen the Enemy act in your life? How so? How did you know?
- xx How does keeping our lenses on, looking toward eternity and heaven, place us in relation to our Enemy?
- xx Have you ever heard the excuse "the devil made me do it" (literally or in essence)? How does the fact that the devil can't make you, as a child of God, do anything actually free you to deal with the real problems?
- xx Look, we've all fallen for the "bread and circuses" trap. How do you most commonly fall for it in your daily life? What are you handing over when you choose an anesthetic over what is real and eternal?
- xx How can we keep good things from becoming distractions? What does it mean to live on a higher level?

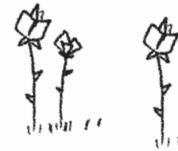
Day 12



## THE HARM OF BEING A HYBRID



BREATHE, THINK, AND LIVE



- xx Have you ever felt like a weaker hybrid between the world and Jesus or like you were less effective because you were trying to play both fields? What caused you to feel this way? What did you lose in the process?
- xx How do you see a culture around us that has its belly as its god? What is the most common way this comes up in your daily life and interactions?
- xx What's it like to be in a place where you aren't a citizen? If you've experienced this or know others who have, how might that affect your choices and actions?
- xx If you've been issued a death certificate for this world and a birth certificate for the next, how does that change your identity?
- xx Practically, what does it mean for you to be in but not of the world?
- xx When do you feel a false sense of home? What kinds of things make you uneasy, like you belong elsewhere?

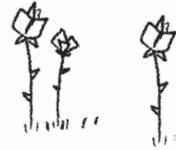
Day 13



## PAIN IS A MICROPHONE



BREATHE, THINK, AND LIVE

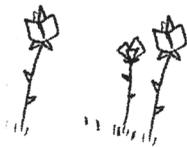


- xx Has anyone ever given you a gift by sharing their painful experience? Walked you through something? Lent support? (This could be someone you know personally or someone in the public sphere.) How was that a gift to you?
- xx Has your personal pain ever positioned you to influence others? How can you or have you shared it in a way that lifts others up?
- xx What places have you gained access to through circumstances you wouldn't have asked for and wouldn't otherwise have come near?
- xx Who might be listening closer if you were to open up and share your experience of God through your pain? Why is that?
- xx If you're a grain of wheat that has to be crushed to grow, what beautiful thing might be growing out of the husk of the past?

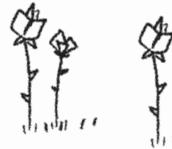
Day 14



## THE WAR ON DARKNESS



BREATHE, THINK, AND LIVE



- xx What part of darkness, personal or general, are you absolutely fed up with?
- xx What would it mean for you to declare war on that thing? On darkness in general?
- xx Knowing Jesus has already defeated darkness in an eternal sense, how does that empower you to participate in turning it off around you?
- xx Let's look inside your head. If your thoughts are like trains, where would they be taking you?
- xx Do you find yourself looking where you don't want to go in terms of your thought life? List three places where that happens.
- xx In those places, how can you avoid getting on the train in the first place?
- xx What thought will you replace it with?

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- ✕ Seek out a scripture that addresses these trains you don't want to get on and memorize it. Look for worship songs to sing or a prayer you can repeat when those trains pull up to your station.
  - ✕ What excites you about declaring war? What worries you? Talk about these things with God and keep them in mind as we move forward.

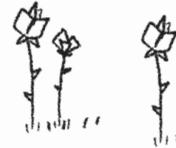
Day 15



OVER THE LINE



BREATHE, THINK, AND LIVE



Write down your declaration of war here:

The Things Holding Me Back

I DECLARE WAR

On this day \_\_\_\_\_

At this time \_\_\_\_\_

Signed \_\_\_\_\_

- 
- ✘ What's the difference between the person you are now and the person you need to be as you come to your own barbed wire in this war?
  - ✘ How would you describe the person you need to be? What bullets are coming at you?
  - ✘ What areas of your thoughts, words, or habits are not in line with that person you need to be?
  - ✘ For Teddy Roosevelt, it was either muster that wolf within or lose the fight, possibly his life, and the lives of his men. Can you see how you're also facing the same kind of urgency as you battle the things that keep you from living the life God has for you?
  - ✘ Thinking with eternal lenses as we did last week, with all its great cosmic implications, how important is making that critical move across the barbed wire?
  - ✘ What are you hoping will be different about you after this process?

Day 16



## A HOSTAGE SITUATION



BREATHE, THINK, AND LIVE

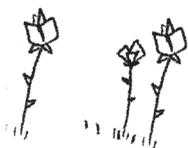


- xx Describe your last bad mood or two. What were the circumstances surrounding it?
- xx If you got in it, what kept you from getting out of it?
- xx What's your *Evilevi's* name? Describe what he or she is like.
- xx What's your typical threshold for giving up on a day? When do you call it a lost cause?
- xx What kinds of bad decisions usually accompany such a write-off?
- xx How, practically, can you approach God's throne of grace when a day has been tainted? I'm talking a quick emergency prayer you can say nine times or ninety-nine times a day to ask for grace to turn it around.
- xx How are your moods or internal battles more important and related to your external battles than you might have previously thought?
- xx What ways will you care for your spirit today? What's your emergency chill-out plan?

Day 17



## FLIP YOUR THOUGHTS



BREATHE, THINK, AND LIVE



- ✘ Have you ever scoffed at positive thinking or tried it and found it lacking? What do you think could be missing from your previous attempts that you're willing to try as you fight this battle in your mind?
- ✘ How and when do you typically find yourself getting negative? Name a few topics of conversation or situations that typically get your back up (like the dishwasher example).
- ✘ What counterphrase could you use to flip yourself from negative to positive?
- ✘ If negativity has worn down a groove in your brain, what phrase can you think up for yourself that's going to act like a Navy SEAL's "good times" to get you in a different groove? (A simple phrase, a Bible verse, anything could work. Just make it short and memorable.)
- ✘ What's your contingency plan for when people try to bust up your positive attitude? Think strategically. *Who* is likely to do this? *What* will they do? *When* will they do it? *Where* is this likely to go down? *Why* are they not going to succeed where they normally would? *How* are you going to stick up for a positive mindset?

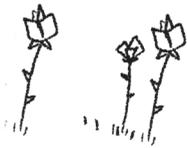
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x Gratitude, prayer, thanksgiving. How can you make these practices a part of your daily life so you can have them at hand when negativity strikes?

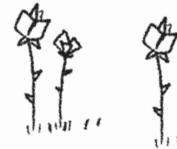
# Day 18



## MIND YOUR WORDS



BREATHE, THINK, AND LIVE



- xx How have you felt the impact of words? What are some words you can remember that have built you up or changed your life for the better?
- xx What about for the worse?
- xx What are some words you regret saying to others?
- xx List some things you say to yourself that tear you down.
- xx If we think of those words as “foul and dirty,” which opposing words could be a gift?
- xx Take a day to watch the way you talk. Keep a mental tab on your conversations and interactions, no matter how brief.
  - xx Are there any places you want to change course with your typical words?
  - xx Any places you want to insert more encouragement or gifts to people?
  - xx Any places that, rather than tearing down or building up, might be wasted opportunities to use good words?
  - xx Any places where you’re using nice words instead of truthful or difficult words said in love?

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✕ Think of your tongue as a rudder. Where's it steering you now? What kind of words might steer you where you want to go in life? How, where, and with whom will you use them to change your course?

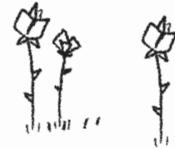
Day 19



## CHANGE THE OUTCOME



BREATHE, THINK, AND LIVE



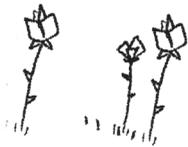
- ✘ Why do you think the centurion's words to Jesus were so impressive?
- ✘ Do you believe that with a word from Jesus, your situations can change? Why or why not?
- ✘ What percentage of the words you speak (inside or outside of church) pertain to faith in God and his goodness? How can you speak more in your daily life (with your mouth, not just your mind) in ways that bless God?
- ✘ What about words of humility and submission? Where could some of your words that give off meanness or sarcasm make a critical swap to words that acknowledge that God is sovereign?
- ✘ What about words of hopelessness or defeat? Where could you exchange them for words of expectancy and excitement?

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- Sit down with a Bible and something to take notes with. We're going to find some words to help you move mountains in you. Do you believe God is for you? If so, why? Write down words to express that here and state them out loud. Find scripture to back that up, and say, "Amen. Let it be."
  - Do you believe God is working even the crappy situations in your life for good? Put it in words, speak them, add a scripture to seal them, and say, "Amen. Let it be."
  - Do you believe that God is good? Put it in your words, speak them, find scriptures, and say, "Amen. Let it be."
  - Do you believe God empowers you to take back your life from the things that hold you down? You know the drill. Use your words and find backup in the Word of God. Make it a habit and a commitment to speak words of life in this battle you're fighting.

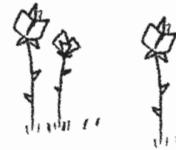
Day 20



## TAKE BACK THE CONTROLS



BREATHE, THINK, AND LIVE



- ✕ Think about your autopilot habits and the little decisions you make over and over again. Where are you on autopilot to a place you don't really love?
  - Relationally?
  - Financially?
  - Physically?
- ✕ What are your screen habits like? Include phone, computer, TV, tablet—anything glowy. Experiment with time tracking (there are apps for this) and give yourself a reality check. How could you cut down?
- ✕ What simple pleasures do you want to make into habits just because they're nice? How can those replace screen time?
- ✕ Think of the things you're peripherally interested in. What would you get into in life if you had an extra, say, *fourteen years* to spend on it?
- ✕ Think of the idea that time only deepens habits. What are you doing now that you don't want to be part of future you?
- ✕ What are you not doing that you *do* want to be part of future you?

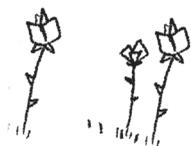
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✕ Take a moment and make five to ten habit goals. Commit them to paper and post them somewhere you can see them. How can you let these large goals start influencing your small autopilot decisions?

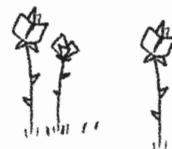
Day 21



## COMPOUND INTEREST



BREATHE, THINK, AND LIVE



- ✘ Be honest and write down some of your bad habits. Places you don't have self-control. Places you feel numb or run to when you don't want to feel your feelings. Write down as many as you can think of here.
- ✘ Why were your bad habits created? Were they emulating a bad example? A response to pain? Maybe a feeling of being unsettled? Where did they come from?
- ✘ Some bad habits are just ineffective routes to something you really need (to relax, to celebrate, to feel soothed, etc.). What are the real goals of some of your bad habits?
- ✘ What other better habits could get you to that final goal?
- ✘ Think about the power of compound interest. Is there a habit in your life (good or bad) that you're seeing the fruit of compound interest in right now? How do you see that going in the future?
- ✘ What do you wish had been different about your habits? Why?
- ✘ Why is now the best time to start changing them?

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✕ For your top three bad habits, identify a first step toward changing the motions you go through. It can be the tiniest baby step. What will push you out of inertia? Where will you zig where you used to zag?

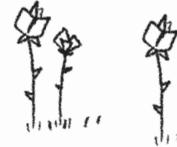
Day 22



## THE NEAREST LION



BREATHE, THINK, AND LIVE



- xx In what circumstances do you feel that panicky fight-or-flight sensation when you want to run away? For example:
  - x When certain topics of conversation come up
  - x When you're asked to perform a certain kind of task
  - x In some of the reflections about waging war on your thoughts, words, or habits
  - x When you think of a past event
  - x When you consider something you want to do in the future
- xx Is there anything in life that acts like a booby trap for you, sending you down a tunnel of fear?
- xx Do any of these have to do with a calling you feel on your life?
- xx In your past, can you identify any decisions you made based on fear? If so, did it feel good in the moment? What could you have missed? (This is not to bum you out but to help you recognize a key battleground so you can run toward the roar next time.)

- 
- ✕ What are some decisions you've made to move toward a fear? How did they work out? Did you find them rewarding ultimately?
  - ✕ From your thoughts above, identify some small roars (things that give you a tinge of nervousness/fear), some medium roars (things that give you a pit in your stomach), and some deafening roars (things that make you want to run like your hair is on fire). To strengthen your faith muscle, start by facing down one of your small roars. Do these one at a time. It could be one every day or every couple of days. Seriously, get out your calendar. Then as you find yourself getting bolder, amp up the challenge.

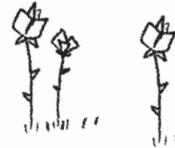
Day 23



LET IT GO



BREATHE, THINK, AND LIVE

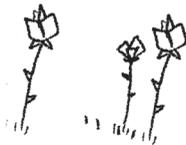


- ✘ Do you ever feel ashamed of being afraid? How does that complicate things?
- ✘ How does knowing that Jesus experienced fear empower us?
- ✘ Refer to your list of fears (and add to it if you're so inclined). What biblical sentries or verses can you find to talk back to those terrors with an "It is written . . . "?
- ✘ Might you be leaving out any food (aka mental junk) that could attract bugs? Attract terror and worry?
- ✘ Take a moment and bring your list of fears to God with a "not my will but yours be done" approach, like Jesus did. How does knowing that almighty God is on top of your fears relieve loneliness?
- ✘ Identify your backup crew—people you can call for prayer and support. If you don't have such people, commit to pray for them to come into your life, and ask for discernment and wisdom as you purposefully put yourself deeper into Christian community. How can you begin to reach out to your people as you face your fears?

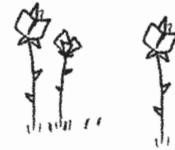
Day 25



## A TRIP TO THE DUMP



BREATHE, THINK, AND LIVE



- ✕ Think back to when you identified some stinking thinking or junk thoughts that attract fears and darkness. How can you get motivated to take that to the dump?
- ✕ How is avoiding confession of our sins like avoiding our fears? Why do we not have to worry about fear of failure when it comes to confessing our sins to God?
- ✕ After Jesus has washed us once and for all, he's still there for a spot clean. What kinds of things accumulate on you on a day-to-day basis that need to be sponged off? Where do they come from?
- ✕ What are the advantages of doing this daily rather than periodically?
- ✕ How can you practically make a confessional trip to the dump a part of your daily routine? Make a plan for folding these things into your life:
  - When and how will you spend time in his Word? In the book itself, through Bible apps, through streaming it, and so on.

- 
- When can you check in for quick prayer throughout the day?  
Rather than depend on your fears as they come up to trigger prayer, take advantage of regular events such as commutes, coffee breaks, or even setting reminders on your phone.
  - Do some research on podcasts and worship media to start feeding your ears.
  - How can you serve more in your church and community?

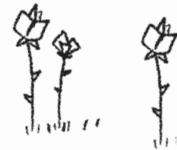
Day 26



## USE WHAT YOU'VE GOT



BREATHE, THINK, AND LIVE



- xx What are the dangers of trying to slog through this process of freedom on our own?
- xx Why is it important to stay “in the suit”?
- xx Is anything stopping you from fully believing the promise that you have everything you need in the power of Christ? If so, what’s at the bottom of that?
- xx How is it a relief knowing we war with God’s power, not ours?
- xx By now, you’ve probably started to identify some strongholds in your life. They might have to do with your regular fears, things that always bring you to your knees. Or maybe they’re bad actions, habits, or flat-out sins that are a constant pull in the wrong direction. From our journey thus far, what jumps out at you as the top strongholds you’re warring against?
- xx For each of them, go through the steps we outlined today.
  - 1) **SPOT:** Ask God to open your eyes to how this is affecting you in your blind spots.
  - 2) **RENOUNCE:** Say no to that stronghold and resolve to act against it.
  - 3) **PAINT:** Slap a bull’s-eye on the target and pray in the name of Jesus.

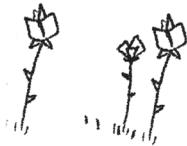
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- 4) **CALL:** Bring in the squad. You need them as much in your strongholds as you do in your fears. Keep those connections strong.
  - 5) **BUILD:** What could replace this stronghold? What's your new plan to build on the mind space this thing used to take up?

Remember, this is all done with Jesus' power. Stay close to him and use the code word (his name) whenever you need to.

Day 27



## THE BEST DEFENSE IS A GOOD OFFENSE

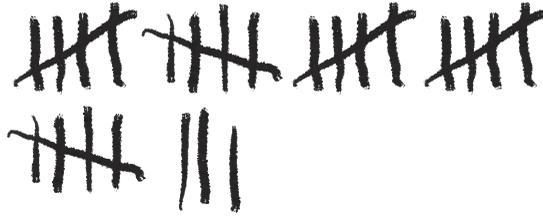


BREATHE, THINK, AND LIVE

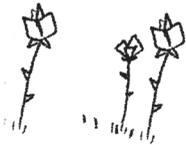


- xx Now that we know the Enemy has tipped his hand, revisit your fears and your strongholds.
- xx Knowing what you know, how are these things exciting?
- xx Use your new diagnostic tools. What are the opposites of all these fears and strongholds?
- xx Do any of them light you up inside? Do they seem like a calling? How can you possibly double or triple down on these opposites?
- xx Reload on Scripture, worship, prayer, and community. You have so much ammunition. What role will you give these things in not only defending yourself but playing offense by building something new?

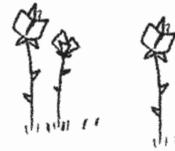
Day 28



HOPE HAS A ROPE



BREATHE, THINK, AND LIVE



- xx How would you describe your relationship with the Holy Spirit—God living within you?
- xx How does knowing you're connected to Jesus through the rope of the Holy Spirit give you hope?
- xx How is hope the opposite of fear? Of your particular fears?
- xx How is hope deadly to strongholds? And your particular strongholds?
- xx In the separations of life, between earth and heaven, and even between us and the version of ourselves that we know God made us to be, how does hope become essential? How does it connect us to the goodness of God?
- xx How are all the weapons and tactics we've discussed this week really ways to tighten your connection to the Holy Spirit?
- xx Think of your roots in your local church. If you have them, how can you strengthen them? If you don't, how will you commit to planting them and winning ugly rather than losing pretty?

Day 29



## STAY IN THE PACK



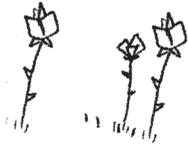
- ✘ What are the dangers of going it alone, of being a lone wolf? What protection does the pack provide?
- ✘ What kinds of things cause you to shrink back from community? How can you run toward them?
- ✘ How is your platform directly tied to other people?
- ✘ Do you see yourself as a nurturer? What kinds of things are you uniquely equipped to nurture in others?
- ✘ Which people need your nurturing? How can you put yourself more in contact with them?
- ✘ If you are in a church community pack, how do you perceive your position in that community? Not as a way of ranking from alpha to omega, per se, but to reinforce what you bring to the pack.
- ✘ Do you think of your contribution as valuable?
- ✘ If you were to shrink back from the group, what might be lost?

- 
- ✕ Think of the five people you're closest to. In what ways are you an average of them? How would you describe the direction you are going in together?
  - ✕ Do you want to raise your average? How could that be done?
  - ✕ Think about the health of your pack right now and the pack you'll need beside you if you are going to live out your destiny. In what ways can you strengthen your bonds and have each other's backs? For Christian community in particular, how can you encourage each other?

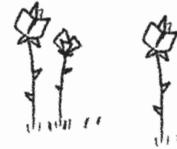
Day 30



## THE POWER OF THE HOWL



BREATHE, THINK, AND LIVE

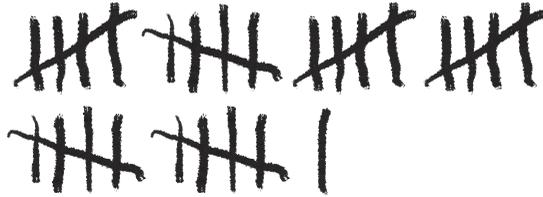


- xx What are some of the most affirming words someone in your community has ever given you? How did they strengthen your bond?
- xx How do you and those closest to you encourage each other on a daily basis? What's most encouraging about your communication? Least encouraging?
- xx When has someone given you grace in their communication? When have you seen it in action? How is it powerful?
- xx What's the value of saying hard things with grace? What's the hardest thing someone's said to you that you've appreciated?
- xx Think of your circles, your pack (or packs), your daily interactions. Where do they need to rally?

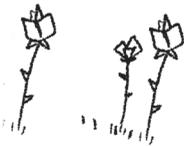
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xx Today, and for the days that follow, target specific people in your pack and send them a howl by text, a quick word, a note—anything. Determine which words of life you're going to speak to them. Put a reminder on your calendar if that helps. Use some of the words above or words from quotes or scriptures or words tailored to that person and situation. Whatever you do, start the howl, and see how the group is strengthened.

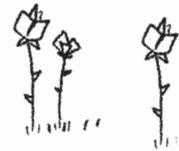
Day 31



## DON'T KICK THE BEEHIVE



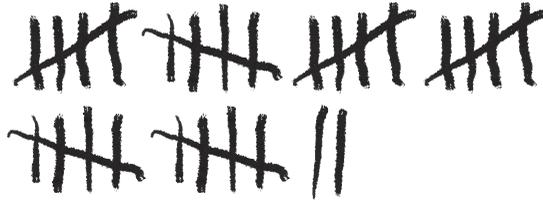
BREATHE, THINK, AND LIVE



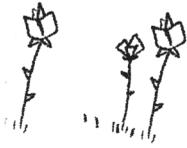
- xx Who do you fight with who you don't want to fight with? How does that start?
- xx What tends to push your buttons? Why do you tend to want to push other people's buttons?
- xx Think about a time you were treated rudely. What was the aftermath of that? How did it affect you then and even now?
- xx Think about a time you were rude to someone else. What was the fallout? For you? For them, if you know?
- xx Now, how about a time you *witnessed* rudeness. What did that do to the general vibe? To you personally? To the aggressor and the recipient?
- xx This may sound obvious, but it's important to drill it in: In what way does rudeness affect your pack's morale? What does the recovery time look like? What could you be doing with that time instead?

- 
- ✘ Think about a time you had good intentions but ended up forcing wrath. What happened to those good intentions?
  - ✘ In what situations could keeping yourself from being provoked leave you with the upper hand? What are the benefits to this?
  - ✘ If you are responsible for the impact you have on the world, what kinds of choices can you make in dicey interactions that will preserve that impact? Or strengthen it?

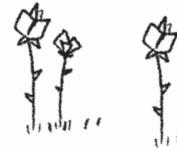
Day 32



## FOUR SQUARES FOR A BETTER YOU



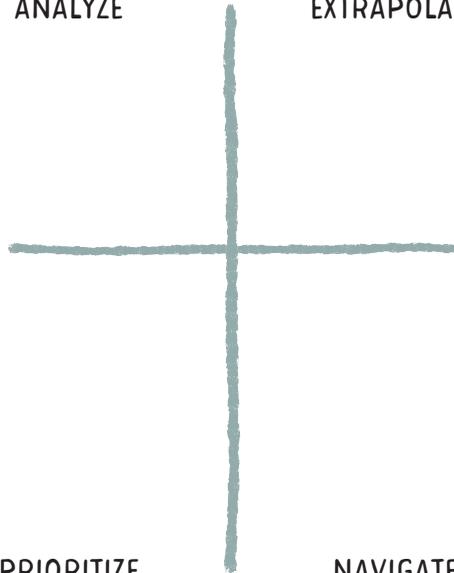
BREATHE, THINK, AND LIVE



xx Here's a test graphic for you. Think of a recent time you wanted to lay into a member of your pack, and fill this out as practice.

ANALYZE

EXTRAPOLATE



PRIORITIZE

NAVIGATE

---

✕✕ Analyze: I want to . . .

—✕ What do you feel like doing?

—✕ What are the emotions behind that?

—✕ When it comes to feeling those emotions, what makes you want to avoid those feelings? What would happen if you let them hit you instead?

—✕ How do you feel after writing them down?

✕✕ Extrapolate: If I do this, then this will happen . . .

—✕ How will this escalate?

—✕ What are the long-term and short-term impacts on

•✕ my family?

•✕ my kids?

•✕ my reputation?

•✕ my career?

✕✕ Prioritize: What I really want to happen is . . .

—✕ What's the ideal ending? What do you want for you? For them?

—✕ Would you trade that ending or outcome for the satisfaction of a swift kick?

—✕ What are the benefits of not kicking the beehive—that is, the honey, so to speak?

✕✕ Navigate: What I need to do to get there is . . .

—✕ What's the opposite of what you wanted to do in quadrant 1?

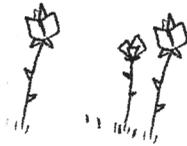
—✕ How do things look different when you see the situation from their eyes?

—✕ What would the best version of me do here?

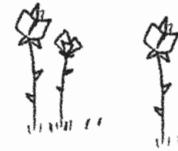
Day 33



## RISE HIGH, BOW LOW



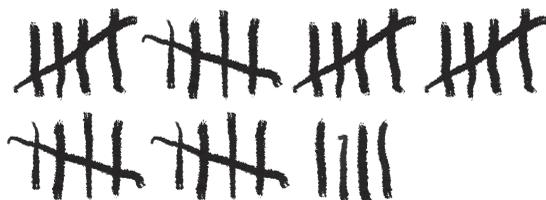
BREATHE, THINK, AND LIVE



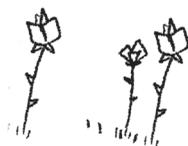
- xx How would you describe your physical posture when you're around people? Pay attention today to the signals you're giving. What are they?
- xx How do you think those signals affect people? How have you seen this in action?
- xx Think of someone who you know and admire who has good bearing. What do they do?
- xx How does it affect people? What kinds of reactions do they typically get?
- xx Think about your facial expressions. In what ways can you go from "back off" to "welcome"?
- xx Think back to the work we did surrounding your identity and calling. In the posture of your body and your heart, what do you think a noble bearing would look like? What do you think its effect would be on yourself and on others?
- xx Watch the Amy Cuddy TED talk and experiment with the Wonder Woman position. What do you find?
- xx Think about your most stressful moments. How was your posture? Inside? Outside?

- 
- ✕ How do acts of worship bond us as a community? How do they make us healthier in body and soul?
  - ✕ What does Jesus' posture tell us about his nobility? How do we relate to him in this way?
  - ✕ What can you do going forward to help you mind your posture in all ways?

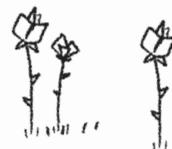
Day 34



## TWO STEPS TO THE LEFT



BREATHE, THINK, AND LIVE

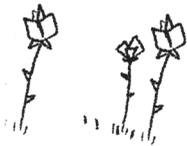


- xx In your relationships, are there any areas you're over-relying on self-power to make things better—that is, any areas you're feeling drained, hopeless, or discouraged?
- xx How can relying on the spirit in these situations change things?
- xx Reflect on the attitude “It’s no longer about you.” When it comes to your pack and the people in your life, how could this attitude spur you to do more instead of less when things get tough?
- xx Think about poor Zerubbabel and his crew. Have you ever had an interpersonal situation where you were laboring and nothing was working? How would you invite the Holy Spirit into that situation? How could you be more open to his leading?
- xx Think about the cry, “Grace! Grace!” Pray and ask the Spirit to bring his grace and power into every area of relationship in your life. How might it change things to take two steps toward him?
- xx What are the Spirit’s rumble strips in your life and relationships? How can you be more sensitive to his getting you back on course?
- xx How will you signal yourself to turn back to the Spirit again and again?

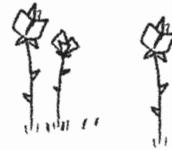
Day 35



## PENCILS DOWN



BREATHE, THINK, AND LIVE



- ✘ Has death ever felt close to you? When have you realized that your life is like a vapor?
- ✘ How might this realization empower you as you take back your life and live out your destiny in community?
- ✘ If what we do here affects what we experience in heaven, why is complacency so dangerous?
- ✘ Have you already experienced the perishability of potential in your life? How does thinking about it on a larger scale change your motivation to act?
- ✘ Think about the people in your life, in your pack, on your path, whom you can affect for the better. What can you do *right now* for them?
- ✘ If today were your last day, who would you talk to? What would you do for them or say to them?
- ✘ How can you bring that into the now?

- 
- ✕ In what situations do you tend to put things off with people? Things like facing conflict, expressing love, giving, ministering, helping, having difficult conversations, sacrificing? What things have you ever put off that you regret?
  - ✕ It's time to *carpe diem*. What will you do today that will echo into eternity?

Day 36



## EMBRACE THE STRUGGLE



BREATHE, THINK, AND LIVE



- xx How would you describe your calling? Is it fuzzy? Clear? How are you wrestling with it?
- xx Look back to your reflections on week 1, “Look in the Mirror.” I’m hoping you’ve been through a sort of identity and calling crisis that is making you think about yourself differently. How would you say that has progressed over the last few weeks?
- xx Do you think any differently about your identity and who you are than you did thirty-five days ago?
- xx If discerning God’s calling is more about *who* you’re becoming than *where* you’re going, what calling do you see yourself moving toward as you’ve been changing internally? Who do you hope you are becoming? What does that mean for the actions you take?
- xx Describe the effect on your calling of being *in* Christ.
- xx Do you feel any closer to realizing your status as a genius? How might your struggle in a cocoon be honing your genius?

- 
- ✕ Look back at day 4, at the attributes God gave you. How do those empower you to wrestle with the splinter in your soul? How do they give you the faith to dare to try something new or risky?
  - ✕ How might the concept of vulnerability and authenticity keep you walking toward God's calling on your life?
  - ✕ How have the words you say about yourself changed in this journey? How do you hope they change moving forward?

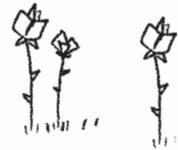
Day 37



## STAND ON TIPTOES



BREATHE, THINK, AND LIVE



- xx How have you experienced the tension of Saturday, where you know what's broken but you've not yet seen new life? How about in the context of...
  - your war within yourself?
  - your relationships?
  - your work or achievements?
  - your faith?
- xx Think back to week 2, “Turn Off the Dark.” How does our hope of heaven change the way we operate here on earth?
- xx How does it change the way we view our Saturdays?
- xx How do you feel the groan right now? How can you lean into that?
- xx What can you do to build a sense of earnest expectation for what's to come? How can you get on your tiptoes and cultivate your sense of longing? Consider this in the context of...

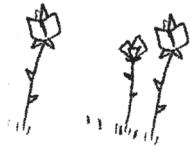
- 
- praise
  - simple moments in nature, observing creation
  - gratitude
  - letting your pain into your worship
  - prayer

- xx How can the hope of heaven keep you from becoming paralyzed by all you have to deal with?
- xx In what ways has Jesus turned off the dark for you during this journey? How have you changed in your views of the eternal?
- xx Reflect on your views and feelings toward death. Have they evolved during this journey? How can your new lenses make you braver?
- xx How have you committed to keep bread and circuses from distracting you from things eternal? What do you refuse to give away?
- xx Have your views on the Enemy, Satan, changed at all during this journey? How does seeing under the veil affect your priorities?
- xx Have you seen any opportunities to use your pain as a microphone over the last few weeks?
- xx How does your knowledge of the war in the invisible (spiritual) inform your daily fight as you fight the war within yourself to take back your life? How does knowing your enemy and knowing who has got your back spur you on toward Sunday?

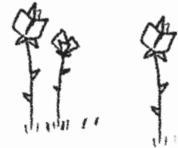
Day 38



## NEVER BRING A HORSE TO A TANK FIGHT



BREATHE, THINK, AND LIVE



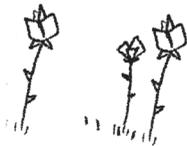
- xx What's your experience been with self-help? How are you finding that God's help is making a difference in the outcomes you're experiencing?
- xx How does it give you hope that you don't have to do all this in your own power?
- xx Think back to week 3, "Cross the Barbed Wire." In what ways are you, like Paul, not practicing what you would like to do yet?
- xx In what ways can that drive you toward Jesus?
- xx How are you going from *try* to *trust* in your interpretation of the gospel?
- xx What get-up action is he calling you toward?
- xx In your commitment to stop letting life happen to you and start happening to your life, what has changed in you over the course of this journey?

- 
- ✖✖ How can you continue to declare war every day?
  - ✖✖ Going forward, in what ways are you going to stop holding yourself hostage?
  - ✖✖ How has your approach to your thinking and the health of your thoughts and mind changed during this journey? How do you hope you will continue to grow from low-level to high-level thinking?
  - ✖✖ How has your approach to words changed? How do you hope it will continue to change?
  - ✖✖ How will you continue to speak words of faith in your life?
  - ✖✖ How have your habits changed? How do you hope they'll keep changing? Revisit your goals. What is going to drive you toward them?
  - ✖✖ Look back on the concept of compound interest. What are you investing in today? In the future, what will you invest in?

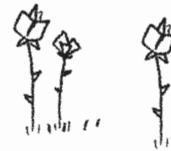
Day 39



## FIGHT THE FEAR



BREATHE, THINK, AND LIVE



- xx Revisit week 4, “Run Toward the Roar.” How has your attitude toward your fears changed over this process?
- xx Try 8–8–8 for a few days. How does it change things?
- xx In what ways has your fight been practical as well as spiritual? How do those two things go hand in hand?
- xx What fears or anxieties typically keep you up at night? Which shanks can you hide under your mattress to deal with those? Pick some from the scripture bank in the appendix and commit them to memory.
- xx In what ways have you found yourself running toward the roar recently? In what ways do you still want to make that your automatic response?
- xx What has your fight-or-flight instinct been telling you in the weeks of this journey? How will you dig in?
- xx How are you letting go of fear of failure? In what ways will you run toward the roar and go for the jugular?

- 
- ✕ How have your strongholds been affected by this journey? In your experience, what have been the most lethal weapons in that fight?
  - ✕ How have you experienced the effects of confession or bringing your junk to the dump? What has God been teaching you through it?
  - ✕ How do other people and serving the church play a role in running toward your roar? What role would you like them to have going forward?
  - ✕ In what ways has the Devil tipped his hand with your fears? How will you continue to pursue this?

Day 40



GET UP AND SHOW UP



- xx What tends to numb you and stop you from this fight?
- xx How are you going to keep up the dogged determination to keep going?
- xx What are the Leathermans in your pocket that can get you out of whatever hole you're in?
- xx How does the fact that you could be someone's Leatherman change the way you look at your setbacks and failures?
- xx Look back at week 5, "Be the Difference." How do you see your pack growing and strengthening through this process?
- xx How have you been letting people in? How do you hope to keep doing that in the future?
- xx In what ways can you seek out encouragement from your pack to keep going in this journey? How can you set up a multi-wolf pregame howl to keep you amped in this fight to take back your life?
- xx What are you most excited about when you think about the encouragement you could contribute and the role you could play in the lives of those around you?

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- ✘ Think about using your words and self-management for the good of the pack. How have facing issues of anger, irritation, rudeness, and interpersonal messes changed the way you look at those around you?
  - ✘ How is staring down and addressing those issues better than avoiding them? What new pathways might this open up in your relationships?
  - ✘ How is your posture changing, internally and externally? How do you hope it will continue to change?
  - ✘ If you've asked the Holy Spirit into your relationships, how are you finding the path? How will you continue to go to the source for your power?



## APPENDIX: SCRIPTURE TO MEMORIZE

Here are some incredible passages to focus on when you need to evict troublesome thoughts. Each will fill your mind with peace and force out the thoughts you are trying to remove in the same way that pouring water into a pitcher forces out all the air.

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer. (Romans 12:9–12)



Love never gives up.  
Love cares more for others than for self.  
Love doesn't want what it doesn't have.  
Love doesn't strut,  
Doesn't have a swelled head,  
Doesn't force itself on others,

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Isn't always "me first,"  
Doesn't fly off the handle,  
Doesn't keep score of the sins of others,  
Doesn't revel when others grovel,  
Takes pleasure in the flowering of truth,  
Puts up with anything,  
Trusts God always,  
Always looks for the best,  
Never looks back,  
But keeps going to the end. (1 Corinthians 13:4-7 THE MESSAGE)



But the fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. There is no law against things of that kind. Those who belong to Christ Jesus have nailed their sinful desires to his cross. They don't want these things anymore. (Galatians 5:22-24 NIRV)



For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without

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partiality and without hypocrisy. Now the fruit of righteousness is sown in peace by those who make peace. (James 3:16–18)



O God, You are my God;  
Early will I seek You;  
My soul thirsts for You;  
My flesh longs for You  
In a dry and thirsty land  
Where there is no water.  
So I have looked for You in the sanctuary,  
To see Your power and Your glory.

Because Your lovingkindness is better than life,  
My lips shall praise You.  
Thus I will bless You while I live;  
I will lift up my hands in Your name.  
My soul shall be satisfied as with marrow and fatness,  
And my mouth shall praise You with joyful lips.

When I remember You on my bed,  
I meditate on You in the night watches.  
Because You have been my help,  
Therefore in the shadow of Your wings I will rejoice.

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My soul follows close behind You;  
Your right hand upholds me. (Psalm 63:1-8)



But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. (2 Peter 1:5-8)



Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the

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flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. (Ephesians 6:10–18 NIV)



For your obedience has become known to all. Therefore I am glad on your behalf; but I want you to be wise in what is good, and simple concerning evil. And the God of peace will crush Satan under your feet shortly.

The grace of our Lord Jesus Christ be with you. Amen. (Romans 16:19–20)



Since Jesus died and broke loose from the grave, God will most certainly bring back to life those who died in Jesus.

And then this: We can tell you with complete confidence—we have the Master's word on it—that when the Master comes again to get us, those of us who are still alive will not get a jump on the dead and leave them behind. In actual fact, they'll be ahead of us. The Master himself will give the command. Archangel thunder! God's trumpet blast! He'll come down from heaven and the dead in Christ will rise—they'll go first.

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Then the rest of us who are still alive at the time will be caught up with them into the clouds to meet the Master. Oh, we'll be walking on air! And then there will be one huge family reunion with the Master. So reassure one another with these words. (1 Thessalonians 4:14–18 THE MESSAGE)



The Lord is my shepherd;  
I shall not want.  
He makes me to lie down in green pastures;  
He leads me beside the still waters.  
He restores my soul;  
He leads me in the paths of righteousness  
For His name's sake.

Yea, though I walk through the valley of the shadow of death,  
I will fear no evil;  
For You are with me;  
Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies;  
You anoint my head with oil;  
My cup runs over.  
Surely goodness and mercy shall follow me  
All the days of my life;

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And I will dwell in the house of the LORD  
Forever. (Psalm 23:1-6)



Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know. (John 14:1-4)