

The 40-Day Challenge

Study Guide

lookUp2him



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Note of introduction

This study guide is intended to help participants maximize the time they spend in continuous communication with God during the forty day **look-up2him** text-messaging program. The following statement expresses our foundational goal:

“The mission of LookUp Ministries is to help people develop and maintain a lifestyle of ongoing communication with God.”

When you participate in this program, we believe that your life will begin to change and you will experience a new and revitalized relationship with God. As with all worthwhile things in life, the more you put into it, the more you get out of it. This study guide is just one way to help you make the most of your **lookup2him** experience.

If you are involved in this program as a group, the added benefit is that you can share the experience with others. Churches have found that the impact is significant when a large part of the congregation participates. This is literally the first time in human history that churches have the opportunity for all of their members to “successfully” seek God throughout the day. You can only imagine the spiritual fire of unity that will result from such an activity.

Whether you participate as part of a church congregation or as an individual, the results will be the same—God works through the life of each person on an intimate level and if you invite him in, he will reveal himself to you. We help by sending text message reminders so that you can connect with God throughout the day. You are going to love the journey.

This study guide contains the Scripture verses you will receive each day and a list of key questions to help you process the experience each week. Here are three suggestions to help you maximize your time with God:

1) Take time to communicate with God right where you are when you receive a text message containing Scripture.

The 40-Day Challenge

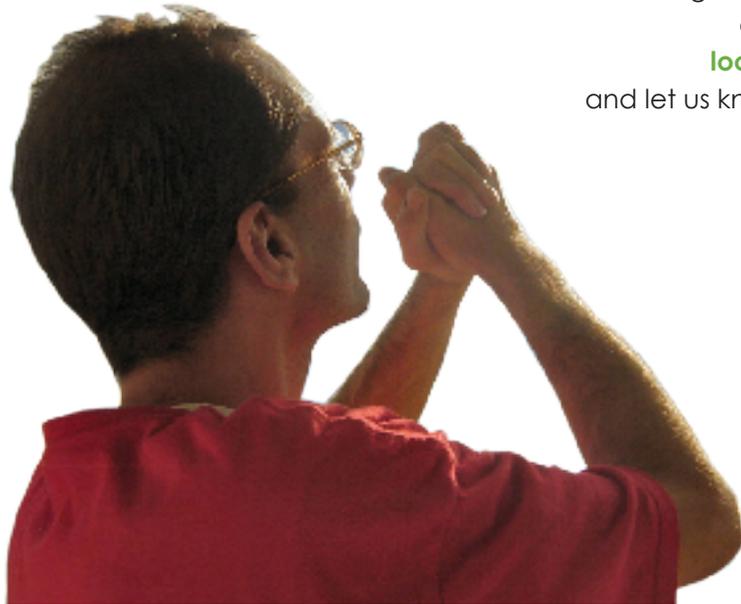
2) Journal your thoughts at the end of the day. We know some people don't like the idea of doing this, but we ask that for the next forty days you spend a few minutes putting your thoughts and prayers on paper. You will be surprised at the revelations you will experience when you take the time to journal.

3) Read through the verses in the study guide but be sure to read surrounding verses in your Bible for a better understanding of the complete context. Also, take the time to answer the short questions at the end of each week. Ideally you'll do this in a small group of fellow participants, even if it's over the phone.

Enjoy your time with this, and remember that you are free to forward to others the text messages you receive. Our desire is to spread the good news of Scripture, and we hope you will take time to explain what lookup2him is about and direct friends to our website so that they get a better understanding of this process.

Have fun!

Please go to "Contact Us" on our website, lookup2him.com, and let us know about your experience.



Text Message Words or Themes:

day	theme
1	LOVE
2	TRUST
3	TRUTH
4	HOPE
5	LIGHT
6	KINGDOM
7	RIGHTEOUS
8	THE WORD
9	NO ONE
10	WORLD
11	HEAVEN
12	SATAN & DEVIL
13	ANGEL & ANGELS
14	DEMONS
15	SOUL
16	HOLY SPIRIT
17	SPIRIT
18	EVIL
19	SIN
20	BELIEVE

day	theme
21	FAITH
22	HEART
23	GRACE
24	PEACE
25	SEEK
26	FIND
27	MERCY
28	FORGIVENESS
29	SUBMISSION
30	PRAISE
31	SAVE
32	LISTEN
33	WALK
34	PRAY
35	WISE
36	WISDOM
37	GLORY
38	FREEDOM
39	WORSHIP
40	THE WAY

day 1

LOVE

He who pursues righteousness and **LOVE** finds life, prosperity and honor.
Proverbs 21:21

The LORD is gracious and compassionate, slow to anger and rich in **LOVE**.
Psalms 145:8

Let those who **LOVE** the LORD hate evil, for he guards the lives of his faithful ones and delivers them from the hand of the wicked.
Psalms 97:10

The entire law is summed up in a single command: "**LOVE** your neighbor as yourself." *Galatians 5:14*

LOVE must be sincere. Hate what is evil; cling to what is good.
Romans 12:9

Jesus replied: **LOVE** the Lord your God with all your heart and with all your soul and with all your mind. *Matthew 22:37*

day 2

TRUST

Those who know your name will **TRUST** in you, for you, LORD, have never forsaken those who seek you. *Psalms 9:10*

Do not let your hearts be troubled. **TRUST** in God; **TRUST** also in me.
John 14:1

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I **TRUST**." *Psalms 91:2*

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day 2 cont.

TRUST

Do not put your **TRUST** in princes, in mortal men, who cannot save.
Psalms 146:3

May the God of hope fill you with all joy and peace as you **TRUST** in him.
Romans 15:13

TRUST in the LORD with all your heart and lean not on your own understanding. *Proverbs 3:5*

day 3

TRUTH

The man who says, "I know him," but does not do what he commands is a liar, and the **TRUTH** is not in him. *1 John 2:4*

They exchanged the **TRUTH** of God for a lie, and worshiped and served created things rather than the Creator. *Romans 1:25*

But when he, the Spirit of **TRUTH**, comes, he will guide you into all **TRUTH**.
John 16:13

Jesus answered, I am the way and the **TRUTH** and the life. No one comes to the Father except through me. *John 14:6*

Jesus replied, I tell you the **TRUTH**, everyone who sins is a slave to sin. *John 8:34*

day 4

HOPE

Know also that wisdom is sweet to your soul; if you find it, there is a future **HOPE** for you. *Proverbs 24:14*

You are my refuge and my shield; I have put my **HOPE** in your word. *Psalm 119:114*

Be strong and take heart, all you who **HOPE** in the LORD. *Psalm 31:24*

Be joyful in **HOPE**, patient in affliction, faithful in prayer. *Romans 12:12*

Now faith is being sure of what we **HOPE** for and certain of what we do not see. *Hebrews 11:1*

In his name the nations will put their **HOPE**. *Matthew 12:21*

day 5

LIGHT

Your word is a lamp to my feet and a **LIGHT** for my path. *Psalm 119:105*

The eye is the lamp of the body. If your eyes are good, your whole body will be full of **LIGHT**. *Matthew 6:22*

Everyone who does evil hates the **LIGHT**, and will not come into the **LIGHT** for fear that his deeds will be exposed. *John 3:20*

Put your trust in the **LIGHT** while you have it, so that you may become sons of **LIGHT**. *John 12:36*

For you were once darkness, but now you are **LIGHT** in the Lord. Live as children of **LIGHT**. *Ephesians 5:8*

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day 5 cont.

LIGHT

This is the message we have heard from him and declare to you: God is **LIGHT**; in him there is no darkness at all. *1 John 1:5*

day 6

KINGDOM

Your **KINGDOM** is an everlasting **KINGDOM**, and your dominion endures through all generations. *Psalm 145:13*

In reply Jesus declared, *I tell you the truth, no one can see the **KINGDOM** of God unless he is born again.* *John 3:3*

He said to them, *When you pray, say: Father, hallowed be your name, your **KINGDOM** come.* *Luke 11:2*

But if I drive out demons by the finger of God, then the **KINGDOM** of God has come to you. *Luke 11:20*

The time has come, he said. The **KINGDOM** of God is near. Repent and believe the good news! *Mark 1:15*

Therefore, whoever humbles himself like this child is the greatest in the **KINGDOM** of heaven. *Matthew 18:4*

1. After the first week, have the text messages helped you begin to have a more continuous relationship with God? In what way?
2. Did you experience a feeling of reluctance or resistance as you began this? Explain.
3. Was there a particular verse or theme that intrigued you or stuck in your mind? Share the verse and how it impacted you.
4. Did anything special happen this week that you sensed was God's communication to you?
5. Did you remember to write about your experiences in a journal each day? Did writing reveal anything unique to you?
6. What goals do you have for the coming weeks regarding your relationship with God?



Remember to journal! Your words in a journal may leave a legacy behind for your family.

Instruct a wise man and he will be wiser still; teach a **RIGHTEOUS** man and he will add to his learning. *Proverbs 9:9*

For surely, O LORD, you bless the **RIGHTEOUS**; you surround them with your favor as with a shield. *Psalms 5:12*

*I have not come to call the **RIGHTEOUS**, but sinners to repentance.*
Luke 5:32

The truly **RIGHTEOUS** man attains life, but he who pursues evil goes to his death. *Proverbs 11:19*

For man's anger does not bring about the **RIGHTEOUS** life that God desires. *James 1:20*

The prayer of a **RIGHTEOUS** man is powerful and effective. *James 5:16*

For **THE WORD** of the LORD is right and true; he is faithful in all he does. *Psalms 33:4*

As for God, his way is perfect; **THE WORD** of the LORD is flawless. *Psalms 18:30*

Do not merely listen to **THE WORD**, and so deceive yourselves. Do what it says. *James 1:22*

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept **THE WORD** planted in you, which can save you. *James 1:21*

He replied, Blessed rather are those who hear **THE WORD** of God and obey it. *Luke 11:28*

Consequently, faith comes from hearing the message, and the message is heard through **THE WORD** of Christ. *Romans 10:17*

The LORD redeems his servants; **NO ONE** will be condemned who takes refuge in him. *Psalms 34:22*

Great is the LORD and most worthy of praise; his greatness **NO ONE** can fathom. *Psalms 145:3*

In reply Jesus declared, I tell you the truth, **NO ONE** can see the kingdom of God unless he is born again. *John 3:3*

I have come into the world as a light, so that **NO ONE** who believes in me should stay in darkness. *John 12:46*

When tempted, **NO ONE** should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone. *James 1:13*

NO ONE has ever seen God; but if we love one another, God lives in us and his love is made complete in us. *1 John 4:12*

For God so loved the **WORLD** that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. *John 3:16*

When he comes, he will convict the **WORLD** of guilt in regard to sin and righteousness and judgment. *John 16:8*

Do not conform any longer to the pattern of this **WORLD**, but be transformed by the renewing of your mind. *Romans 12:2*

For God did not send his Son into the **WORLD** to condemn the **WORLD**, but to save the **WORLD** through him. *John 3:17*

The **WORLD** and its desires pass away, but the man who does the will of God lives forever. *1 John 2:17*

Who is it that overcomes the **WORLD**? Only he who believes that Jesus is the Son of God. *1 John 5:5*

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of **HEAVEN**. *Matthew 5:10*

Whoever acknowledges me before men, I will also acknowledge him before my Father in **HEAVEN**. *Matthew 10:32*

But whoever disowns me before men, I will disown him before my Father in **HEAVEN**. *Matthew 10:33*

Therefore, whoever humbles himself like this child is the greatest in the kingdom of **HEAVEN**. *Matthew 18:4*

However, do not rejoice that the spirits submit to you, but rejoice that your names are written in **HEAVEN**. *Luke 10:20v*

Jesus said to him, *Away from me, **SATAN!** For it is written: 'Worship the Lord your God, and serve him only.'* *Matthew 4:10*

Then **SATAN** entered Judas, called Iscariot, one of the Twelve. *Luke 22:3*

As soon as Judas took the bread, **SATAN** entered into him. "What you are about to do, do quickly," Jesus told him. *John 13:27*

Submit yourselves, then, to God. Resist the **DEVIL**, and he will flee from you. *James 4:7*

Be self-controlled and alert. Your enemy the **DEVIL** prowls around like a roaring lion looking for someone to devour. *1 Peter 5:8*

The great dragon was hurled down—that ancient serpent called the **DEVIL**, or **SATAN**, who leads the whole world astray. *Revelation 12:9*

Praise the LORD, you his **ANGELS**, you mighty ones who do his bidding, who obey his word. *Psalms 103:20*

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The **ANGEL** of the LORD encamps around those who fear him, and he delivers them. *Psalms 34:7*

The **ANGEL** answered, I am Gabriel. I stand in the presence of God, and I have been sent to speak to you and to tell you this good news. *Luke 1:19*

But he who disowns me before men will be disowned before the **ANGELS** of God. *Luke 12:9*

Are not all **ANGELS** ministering spirits sent to serve those who will inherit salvation? *Hebrews 1:14*

Do not forget to entertain strangers, for by so doing some people have entertained **ANGELS** without knowing it. *Hebrews 13:2*

1. Compared to the first week, did you notice a change in your experience communicating with God this week? If so, explain it.
2. Is there a specific verse or daily theme that seemed to speak to you most? How did God use it in your life?
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3. Did journaling reveal something deeper to you as you reflected back on the day?
4. How do you see this process of communicating with God shaping your days?
5. Have you found a greater sense of peace lately? Explain.
6. List some things that would help you experience more of God in a typical day.



Remember to Journal! Journaling can reveal inspiring perspectives that you would not ordinarily see.

And when the **DEMON** was driven out, the man who had been mute spoke. *Matthew 9:33*

Jesus rebuked the **DEMON**, and it came out of the boy, and he was healed from that moment. *Matthew 17:18*

But if I drive out DEMONS by the Spirit of God, then the kingdom of God has come upon you. *Matthew 12:28*

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by **DEMONS**. *1 Timothy 4:1*

When Jesus had called the Twelve together, he gave them power and authority to drive out all **DEMONS** and to cure diseases. *Luke 9:1*

So he (Jesus) traveled throughout Galilee, preaching in their synagogues and driving out **DEMONS**. *Mark 1:39*

My **SOUL** finds rest in God alone; my salvation comes from him. *Psalms 62:1*

A fool's mouth is his undoing, and his lips are a snare to his **SOUL**. *Proverbs 18:7*

Do not be afraid of those who kill the body but cannot kill the SOUL. *Matthew 10:28*

Jesus replied: **Love the Lord your God with all your heart and with all your SOUL and with all your mind.** *Matthew 22:37*

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What good is it for a man to gain the whole world, yet forfeit his **SOUL**? *Mark 8:36*

Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your **SOUL**. *1 Peter 2:11*

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the **HOLY SPIRIT**.

Matthew 28:19

But whoever blasphemes against the **HOLY SPIRIT** will never be forgiven; he is guilty of an eternal sin. *Mark 3:29*

Jesus, full of the **HOLY SPIRIT**, returned from the Jordan and was led by the Spirit in the desert. *Luke 4:1*

Then Peter and John placed their hands on them, and they received the **HOLY SPIRIT**. *Acts 8:17*

While Peter was still speaking these words, the **HOLY SPIRIT** came on all who heard the message. *Acts 10:44*

Do you not know that your body is a temple of the **HOLY SPIRIT**?
1 Corinthians 6:19

Into your hands I commit my **SPiRIT**; redeem me, O LORD, the God of truth.
Psalms 31:5v

Create in me a pure heart, O God, and renew a steadfast **SPiRIT** within me.
Psalms 51:10

Then Jesus was led by the **SPiRIT** into the desert to be tempted by the devil.
Matthew 4:1

Watch and pray so that you will not fall into temptation. The **SPiRIT** is willing, but the body is weak. *Matthew 26:41*

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in **SPiRIT** and troubled.
John 11:33

Turn from **EVIL** and do good; seek peace and pursue it. *Psalms 34:14*

Do not be wise in your own eyes; fear the LORD and shun **EVIL**.
Proverbs 3:7

But for those who are self-seeking and who reject the truth and follow **EVIL**, there will be wrath and anger. *Romans 2:8*

Therefore do not let sin reign in your mortal body so that you obey its **EVIL** desires. *Romans 6:12*

When tempted, no one should say, "God is tempting me." For God cannot be tempted by **EVIL**, nor does he tempt anyone. *James 1:13*

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day 18 cont.

EVIL

As obedient children, do not conform to the **EVIL** desires you had when you lived in ignorance. *1 Peter 1:14*

day 19

SIN

The evil deeds of a wicked man ensnare him; the cords of his **SIN** hold him fast. *Proverbs 5:22*

For if you forgive men when they **SIN** against you, your heavenly Father will also forgive you. *Matthew 6:14*

Jesus replied, *I tell you the truth, everyone who sins is a slave to **SIN**.*
John 8:34

Therefore do not let **SIN** reign in your mortal body so that you obey its evil desires. *Romans 6:12*

Then, after desire has conceived, it gives birth to **SIN**; and **SIN**, when it is full-grown, gives birth to death. *James 1:15*

If we claim to be without **SIN**, we deceive ourselves and the truth is not in us. *1 John 1:8*

day 20

BELIEVE

I write these things to you who **BELIEVE** in the name of the Son of God so that you may know that you have eternal life. *1 John 5:13*

continued >>

day 20 cont.

BELIEVE

Whoever **BELIEVES** and is baptized will be saved, but whoever does not **BELIEVE** will be condemned. *Mark 16:16*

"Yes, Lord," she told him, "I **BELIEVE** that you are the Christ, the Son of God, who was to come into the world." *John 11:27*

Then Jesus cried out, *When a man believes in me, he does not **BELIEVE** in me only, but in the one who sent me.* *John 12:44*

This righteousness from God comes through faith in Jesus Christ to all who **BELIEVE**. *Romans 3:22*

For it is with your heart that you **BELIEVE** and are justified, and it is with your mouth that you confess and are saved. *Romans 10:10*

1. What changes in your life have occurred since you began receiving the text message reminders?
2. Have you felt any resistance from within yourself or from any other source this past week? Why do you think that might have occurred?
3. Has anyone noticed a difference in your attitude since you began this journey? Explain.
4. Which daily theme or verse this week spoke most directly to you and what do you think God was saying to you through it?
5. Did journaling reveal any issues of deep significance to you? Explain.
6. For the weeks ahead, what do you think you could do to add to the impact of this process?



Remember to Journal! Journaling lets you revisit your personal walk with God any time in the future.

Therefore, since we have been justified through **FAITH**, we have peace with God through our Lord Jesus Christ. *Romans 5:1*

In him and through **FAITH** in him we may approach God with freedom and confidence. *Ephesians 3:12*

Now **FAITH** is being sure of what we hope for and certain of what we do not see. *Hebrews 11:1*

In the same way, **FAITH** by itself, if it is not accompanied by action, is dead. *James 2:17*

This righteousness from God comes through **FAITH** in Jesus Christ to all who believe. *Romans 3:22*

We live by **FAITH**, not by sight. *2 Corinthians 5:7*

Delight yourself in the LORD and he will give you the desires of your **HEART**. *Psalms 37:4*

Create in me a pure **HEART**, O God, and renew a steadfast spirit within me. *Psalms 51:10*

Trust in the LORD with all your **HEART** and lean not on your own understanding. *Proverbs 3:5*

Above all else, guard your **HEART**, for it is the wellspring of life. *Proverbs 4:23*

For out of the **HEART** come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. *Matthew 15:19*

For where your treasure is, there your **HEART** will be also. *Luke 12:34*

For the law was given through Moses; **GRACE** and truth came through Jesus Christ. *John 1:17*

The God of peace will soon crush Satan under your feet. The **GRACE** of our Lord Jesus be with you. *Romans 16:20*

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's **GRACE**. *Ephesians 1:7*

For it is by **GRACE** you have been saved, through faith—and this not from yourselves, it is the gift of God. *Ephesians 2:8*

Each one should use whatever gift he has received to serve others, faithfully administering God's **GRACE** in its various forms. *1 Peter 4:10*

GRACE and peace be yours in abundance through the knowledge of God and of Jesus our Lord. *2 Peter 1:2*

I will lie down and sleep in **PEACE**, for you alone, O LORD, make me dwell in safety. *Psalms 4:8*

Turn from evil and do good; seek **PEACE** and pursue it. *Psalms 34:14*

Therefore, since we have been justified through faith, we have **PEACE** with God through our Lord Jesus Christ. *Romans 5:1*

The mind of sinful man is death, but the mind controlled by the Spirit is life and **PEACE**. *Romans 8:6*

If it is possible, as far as it depends on you, live at **PEACE** with everyone. *Romans 12:18*

Grace and **PEACE** be yours in abundance through the knowledge of God and of Jesus our Lord. *2 Peter 1:2*

Those who know your name will trust in you, for you, LORD, have never forsaken those who **SEEK** you. *Psalms 9:10*

God looks down from heaven on the sons of men to see if there are any who understand, any who **SEEK** God. *Psalms 53:2*

Blessed are they who keep his statutes and **SEEK** him with all their heart. *Psalms 119:2*

Ask and it will be given to you; **SEEK** and you will find; knock and the door will be opened to you. *Matthew 7:7*

For the Son of Man came to **SEEK** and to save what was lost.

Luke 19:10

God did this so that men would **SEEK** him and perhaps reach out for him and find him, though he is not far from each one of us. *Acts 17:27*

How priceless is your unfailing love! Both high and low among men **FIND** refuge in the shadow of your wings. *Psalms 36:7*

FIND rest, O my soul, in God alone; my hope comes from him.

Psalms 62:5

But small is the gate and narrow the road that leads to life, and only a few **FIND** it. *Matthew 7:14*

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will **FIND** rest for your souls. *Matthew 11:29*

For whoever wants to save his life will lose it, but whoever loses his life for me will **FIND** it. *Matthew 16:25*

So I say to you: Ask and it will be given to you; seek and you will **FIND**; knock and the door will be opened to you. *Luke 11:9*

Turn to me and have **MERCY** on me, as you always do to those who love your name. *Psalms 119:132*

He who conceals his sins does not prosper, but whoever confesses and renounces them finds **MERCY**. *Proverbs 28:13*

Blessed are the merciful, for they will be shown **MERCY**. *Matthew 5:7*

When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have **MERCY** on me!" *Mark 10:47*

Therefore God has **MERCY** on whom he wants to have **MERCY**, and he hardens whom he wants to harden. *Romans 9:18*

1. How would you feel if the text reminders stopped coming in?
2. Do the messages help keep you connected to God? Explain.
3. Describe a situation or setting where God spoke to you through a specific verse or theme this week.
4. Was there a daily theme that seemed to create any unrest in your heart? If so, why?
5. Did journaling reveal something of great significance to you this week?
6. In the remaining weeks, how do you want to see yourself grow in this life of continual communication with God?



Remember to Journal! Journaling often reveals awesome things about your life that you otherwise miss.

For the sake of your name, O LORD, **FORGIVE** my iniquity, though it is great. *Psalm 25:11*

Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the **FORGIVENESS** of your sins." *Acts 2:38*

Therefore, my brothers, I want you to know that through Jesus the **FORGIVENESS** of sins is proclaimed to you. *Acts 13:38*

But if you do not **FORGIVE** men their sins, your Father will not **FORGIVE** your sins. *Matthew 6:15*

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. **FORGIVE**, and you will be **FORGIVEN**. *Luke 6:37*

If we confess our sins, he is faithful and just and will **FORGIVE** us our sins and purify us from all unrighteousness. *1 John 1:9*

SUBMIT to God and be at peace with him; in this way prosperity will come to you. *Job 22:21*

The seventy-two returned with joy and said, "Lord, even the demons **SUBMIT** to us in your name." *Luke 10:17*

The sinful mind is hostile to God. It does not **SUBMIT** to God's law, nor can it do so. *Romans 8:7*

SUBMIT to one another out of reverence for Christ. *Ephesians 5:21*

Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you **SUBMIT** to its rules?

Colossians 2:20

SUBMIT yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7

I will **PRAISE** you, O LORD, with all my heart; I will tell of all your wonders.

Psalms 9:1

In God, whose word I **PRAISE**, in God I trust; I will not be afraid. What can mortal man do to me? *Psalms 56:4*

Out of the same mouth come **PRAISE** and cursing. My brothers, this should not be. *James 3:10*

PRAISE be to the God and Father of our Lord Jesus Christ. *Ephesians 1:3*

How can you believe if you accept **PRAISE** from one another, yet make no effort to obtain the **PRAISE** that comes from the only God?

John 5:44

Accept one another, then, just as Christ accepted you, in order to bring **PRAISE** to God. *Romans 15:7*

For whoever wants to **SAVE** his life will lose it, but whoever loses his life for me will find it. *Matthew 16:25*

For the Son of Man came to seek and to **SAVE** what was lost.

Luke 19:10

For God did not send his Son into the world to condemn the world, but to **SAVE** the world through him. *John 3:17*

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to **SAVE** sinners. *1 Timothy 1:15*

Therefore he is able to **SAVE** completely those who come to God through him, because he always lives to intercede for them.

Hebrews 7:25

What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith **SAVE** him? *James 2:14*

Hear my prayer, O God; **LISTEN** to the words of my mouth. *Psalms 54:2*

LISTEN, my son, accept what I say, and the years of your life will be many.

Proverbs 4:10

My son, pay attention to my wisdom, **LISTEN** well to my words of insight.

Proverbs 5:1

LISTEN to advice and accept instruction, and in the end you will be wise.

Proverbs 19:20

We know that God does not **LISTEN** to sinners. He **LISTENS** to the godly man who does his will. *John 9:31*

My dear brothers, take note of this: Everyone should be quick to **LISTEN**, slow to speak and slow to become angry. *James 1:19*

Blessed is the man who does not **WALK** in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. *Psalms 1:1*

Even though I **WALK** through the valley of the shadow of death, I will fear no evil, for you are with me. *Psalms 23:4*

Teach me your way, O LORD, and I will **WALK** in your truth; give me an undivided heart, that I may fear your name. *Psalms 86:11*

Blessed are they whose ways are blameless, who **WALK** according to the law of the LORD. *Psalms 119:1*

He holds victory in store for the upright, he is a shield to those whose **WALK** is blameless. *Proverbs 2:7*

I am the light of the world. Whoever follows me will never **WALK** in darkness, but will have the light of life. *John 8:12*

But I tell you: Love your enemies and **PRAY** for those who persecute you. *Matthew 5:44*

Watch and **PRAY** so that you will not fall into temptation. The spirit is willing, but the body is weak. *Mark 14:38*

I **PRAY** for them. I am not praying for the world, but for those you have given me, for they are yours. *John 17:9*

So what shall I do? I will **PRAY** with my spirit, but I will also **PRAY** with my mind. *1 Corinthians 14:15*

Dear friend, I **PRAY** that you may enjoy good health and that all may go well with you, even as your soul is getting along well. *3 John 2*

1. What has been the greatest obstacle as you seek to experience an on-going relationship with God?
2. Take a moment right now to ask God how he views this obstacle.
3. Because God is concerned with the attitude of our hearts, what changes would you like to see in your own heart in response to your relationship with him?
4. Journaling does help optimize what God is teaching you through reflective time with him. What did you learn from journaling this past week?
5. Do you feel that your relationship with God has become closer? Do you want this relationship to continue to grow through the years?
6. How do you envision this happening?



Remember to Journal! Journaling can reveal inspiring perspectives that you would not ordinarily see.

Listen to my instruction and be **WISE**; do not ignore it. *Proverbs 8:33*

Instruct a **WISE** man and he will be wiser still; teach a righteous man and he will add to his learning. *Proverbs 9:9*

The fruit of the righteous is a tree of life, and he who wins souls is **WISE**. *Proverbs 11:30*

He who walks with the **WISE** grows **WISE**, but a companion of fools suffers harm. *Proverbs 13:20*

Wine is a mocker and beer a brawler; whoever is led astray by them is not **WISE**. *Proverbs 20:1*

Be very careful, then, how you live—not as unwise but as **WISE**. *Ephesians 5:15*

Is not **WISDOM** found among the aged? Does not long life bring understanding? *Job 12:12*

To God belong **WISDOM** and power; counsel and understanding are his. *Job 12:13*

The mouth of the righteous man utters **WISDOM**, and his tongue speaks what is just. *Psalms 37:30*

For the LORD gives **WISDOM**, and from his mouth come knowledge and understanding. *Proverbs 2:6*

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For the foolishness of God is wiser than man's **WISDOM**, and the weakness of God is stronger than man's strength. *1 Corinthians 1:25*

If any of you lacks **WISDOM**, he should ask God, who gives generously to all without finding fault, and it will be given to him. *James 1:5*

The heavens declare the **GLORY** of God; the skies proclaim the work of his hands. *Psalms 19:1*

GLORY to God in the highest, and on earth peace to men on whom his favor rests. *Luke 2:14*

If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his **GLORY**. *Luke 9:26*

Then Jesus said, "Did I not tell you that if you believed, you would see the **GLORY** of God?" *John 11:40*

For all have sinned and fall short of the **GLORY** of God. *Romans 3:23*

The Son is the radiance of God's **GLORY** and the exact representation of his being, sustaining all things by his powerful word. *Hebrews 1:3*

I run in the path of your commands, for you have set my heart **FREE**. *Psalms 119:32*

So if the Son sets you **FREE**, you will be **FREE** indeed. *John 8:36*

Live as **FREE** men, but do not use your **FREEDOM** as a cover-up for evil; live as servants of God. *1 Peter 2:16*

In him and through faith in him we may approach God with **FREEDOM** and confidence. *Ephesians 3:12*

You, my brothers, were called to be **FREE**. But do not use your **FREEDOM** to indulge the sinful nature. *Galatians 5:13*

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is **FREE-DOM**. *2 Corinthians 3:17*

WORSHIP the LORD in the splendor of his holiness; tremble before him, all the earth. *Psalms 96:9*

WORSHIP the LORD with gladness; come before him with joyful songs. *Psalms 100:2*

True worshipers will **WORSHIP** the Father in spirit and truth, for they are the kind of worshipers the Father seeks. *John 4:23*

God is spirit, and his worshipers must **WORSHIP** in spirit and in truth. *John 4:24*

Offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of **WORSHIP**. *Romans 12:1*

Let us be thankful, and so **WORSHIP** God acceptably with reverence and awe. *Hebrews 12:28*

For the LORD watches over **THE WAY** of the righteous, but **THE WAY** of the wicked will perish. *Psalms 1:6*

I have chosen **THE WAY** of truth; I have set my heart on your laws. *Psalms 119:30*

Do not set foot on the path of the wicked or walk in **THE WAY** of evil men. *Proverbs 4:14*

THE WAY of a fool seems right to him, but a wise man listens to advice. *Proverbs 12:15*

In **THE WAY** of righteousness there is life; along that path is immortality. *Proverbs 12:28*

Jesus answered, I am **THE WAY** and the truth and the life. No one comes to the Father except through me. *John 14:6*

1. This was the last week of the lookup2him 40-day challenge. What was the greatest impact on your life during this time?
2. How would you say your walk with God has changed since the beginning?
3. Do you think you will be able to maintain the level of intimacy you have experienced while receiving the text reminders?
4. How do you see your relationship with God growing in the years ahead?
5. What do you intend to do to keep God first in your life?
6. Do you feel that God has pointed you down a new path as a result of the time you have spent with him? If so, explain where he is pointing you.



Remember to Journal! Journaling often reveals awesome things about your life that you otherwise miss.

“A pencil in the hand of God”

The symbol of **lookup2him** is a pencil. When Mother Theresa was asked about her great work in India, she replied that she was merely “a pencil in the hand of God.”

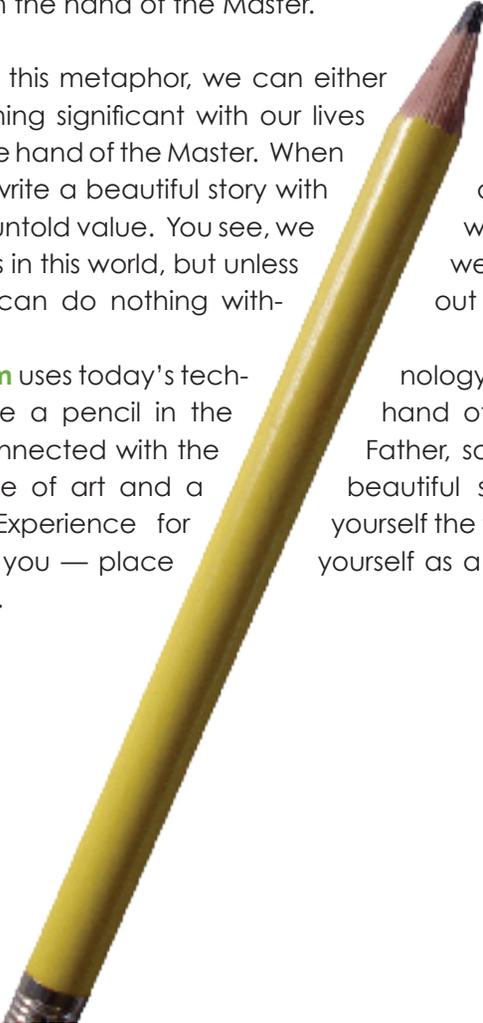
Her response was humble and accurate; it reflects Christ's words in John 15:5: “If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.” When we begin to find ourselves communicating with God throughout the day, we are, in essence, placing ourselves in the hand of the Master.

Expanding this metaphor, we can either doing nothing significant with our lives ourselves in the hand of the Master. When can then write a beautiful story with picture of untold value. You see, we instruments in this world, but unless hand we can do nothing with-

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