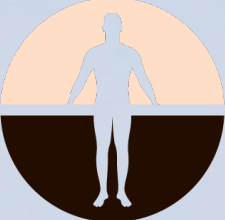


5-WEEK DEVOTIONAL
& READING PLAN

Every  Body



Step 1 For the next 5 weeks we invite you to scan the QR codes below and dive into these video, audio & written resources...

WEEK 1 • AT WAR WITH MY BODY

How God Made Us Good



Grace/Truth The Jesus Way



Worldview Intensive Panel



WEEK 2 • FLESH & DESIRE

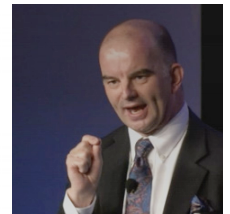
Fasting - John Mark Comer



When Image Bearers Fall



Loss of Humanity

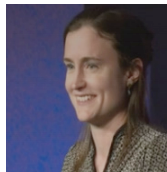


WEEK 3 • IMAGE, IDENTITY & DESTINY

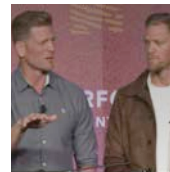
The Idea of Imago Dei



How Imago Dei Changed the World



Seeing Imago Dei in Everyone

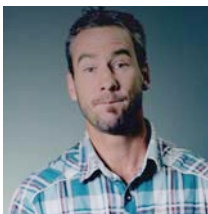


Calling: The Inward Journey

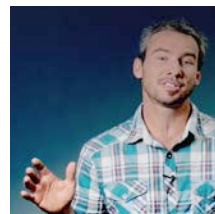


WEEK 4 • SEXUALITY, SELF & FREEDOM

Sexuality & the Bible, Pt 1



Sexuality & the Bible, Pt 2

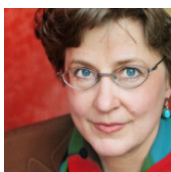


Faith, Sexuality & Gender



WEEK 5 • NEW BODY & BODY IMAGE

Dr. Nancy Percy on Loving Your Body



Discovering Your Identity & Calling



How We Change: Spiritual Formation



Dreams: Different, Harder, Longer, Better



Exposing the Devil's Strategy & Encountering Truth*

Step 2 ...Then spend some time after you've watched, listened to or read the resources, to **work through this worksheet** and journal your answers.

1. What's the lie that I'm believing?
(about God, myself, or the good life?)

2. What truth is Jesus calling me to believe?
(about God, myself, or the good life?)

3. What's the disordered desire of my flesh behind that lie?


4. What's the re-ordered desire of the Spirit for my life?


5. How is this lie normalized in our sinful society?


6. What is Jesus's Kingdom vision of a new normal?

Step 3

Finally, each week **discover a different spiritual practice or discipline** of the faith on the left, and **read through the Scripture reading plan** on the right.

WEEK 1	SPIRITUAL PRACTICE	SCRIPTURE READING PLAN
	Silence & Solitude	Day 1: Genesis 1 Day 2: Genesis 2 Day 3: Genesis 3 Day 4: Col. 1:15-17, Eph.2:1-10 Day 5: Psalms 8 Day 6: John 4:1-26 Day 7: Psalm 139

WEEK 2	SPIRITUAL PRACTICE	SCRIPTURE READING PLAN
	Fasting	Day 1: Galatians 5:1-12 Day 2: Galatians 5:13-26 Day 3: Romans 8:1-17 Day 4: 1 Corinthians 10:1-13 Day 5: Colossians 3 Day 6: Ephesians 6:10-20 Day 7: Romans 6:1-14

WEEK 3	SPIRITUAL PRACTICE	SCRIPTURE READING PLAN
	Image of God	Day 1: 2 Corinthians 5:1-10 Day 2: 2 Corinthians 5:11-21 Day 3: Galatians 2:11-21 Day 4: Ephesians 1:1-14 Day 5: 1 Cor. 12:12-30 Day 6: 1 Peter 2 Day 7: Romans 12

WEEK 4	SPIRITUAL PRACTICE	SCRIPTURE READING PLAN
Prayer Each day this week, follow the "ACTS" acronym for prayer.		Day 1: Genesis 2:18-25 Day 2: 1 Corinthians 7:1-27 Day 3: Proverbs 5:15-20, 1 Thessalonians 4:3-6 Day 4: John 8:1-11, Rom. 3:21-26 Day 5: 2 Cor. 5:16-21, Gal 5:16-24 Day 6: Proverbs 7:1-27 Day 7: 1 Corinthians 6:9-20

A = Adoration
Spend a few minutes praising God for who is He.

C = Confession
Ask God to convict you of sin. Be quick to repent & confess it to the Lord.

T = Thanksgiving
Thank God for what He has done in your life.

S = Supplication
Bring your needs and the needs of those in your life to God.

WEEK 5	SPIRITUAL PRACTICE	SCRIPTURE READING PLAN
Rest Take a nap, go for a walk, or do whatever calms you down and gives you life. Every day this week. Seriously!		Day 1: Romans 8:1-17 Day 2: Romans 8:18-30 Day 3: Romans 8:31-39 Day 4: 1 John 3:1-10 Day 5: 1 Cor. 15:35-58 Day 6: Phil. 3:1-14 Day 7: 1 Cor. 9:24-27

ADDITIONAL RECOMMENDED RESOURCES

BOOKS

Embodied
Preston Sprinkle
People to Be Loved
Preston Sprinkle
Live No Lies
John Mark Comer

Love Thy Body
Nancy Pearcey
Out of a Far Country
Christopher Yuan
Messy Grace
Caleb Kaltenbach
The Language of Sex
Dr. Gary Smalley

The Secret Thoughts of an Unlikely Convert
Rosaria Butterfield
Have a New Sex Life by Friday
Dr. Kevin Leman
Love-ology
John Mark Comer

Sheet Music
Dr. Kevin Leman

PODCASTS

Theology in the Raw
Preston Sprinkle
Live No Lies
John Mark Comer

DWELL AUDIO BIBLE APP

Hear this reading plan on Dwell!
Sign up FREE:
jacobswellchurch.church/dwell