

ROOTED IN CHRIST · SEVEN-DAY DEVOTIONAL

Grow in freedom, one faithful step at a time.

Connect grace with everyday choices, practical change and trustworthy support.

Full Bible passages · Guided prayer · A practical step each day

A little encouragement before you begin. Begin with one habit and one useful replacement. Growth can include honest help and a fresh start.

[Everyday discipleship](#) · Rooted in Christ · 7-day journey

For believers seeking change in habits, speech, relationships or private conduct, without a cycle of secrecy and shame. Connect grace with repentance, identify a practical replacement habit, and build accountable support that respects dignity and safety.

[Begin the study](#) · [Begin seven days of prayer and practice](#)

For the grace of God has appeared, bringing salvation to all men,

Titus 2:11, World English Bible

Go deeper: the Bible study and group discussion

Grace welcomes us and teaches us

Read Titus 2:11–14 and Romans 6:1–14 below. Grace is not permission to harm ourselves or others; it brings us into a new way of living. Repentance means turning towards God with an honest intention to change, not performing self-hatred. Name conduct accurately, acknowledge its effects, and receive forgiveness through Christ. You cannot repair a habit you keep renaming, but you need not make that habit your permanent identity.

Replace the practice, not only the intention

Read Ephesians 4:22–32 below. Paul connects putting off destructive behaviour with putting on a constructive alternative: truthful speech, useful work, generosity and words that build up. Identify when the habit usually occurs, what makes it easier, and what action you will practise instead. Removing one opportunity for harm is often wiser than repeatedly testing your willpower. Build a plan small enough to use on an ordinary difficult day.

Bring change into the light safely

Read Galatians 6:1–5 below. Restoration should be gentle and responsible. Choose support that combines compassion with clear accountability rather than humiliation, intrusive

surveillance or spiritual threats. Some patterns involve addiction, trauma or mental illness and need qualified help alongside pastoral care. Confession does not cancel consequences, erase another person's boundaries or make a harmed person responsible for your recovery.

Discuss and apply

1. How does Titus connect grace with change?
2. Which behaviour needs an honest name rather than an excuse?
3. What constructive alternative appears in Ephesians 4?
4. Who could support change without controlling or humiliating you?
5. What repair is appropriate, and what boundaries must you respect?

Your practical exercise: Write a one-week change plan: When I notice this situation, I will pause and take this alternative action. Remove one easy route to the harmful behaviour and arrange one supportive check-in. Add a repair step only where it is safe and welcomed. Record what happened without exaggerating success or hiding difficulty. Adjust the plan after seven days rather than abandoning it after one setback.

For leaders and supporters: Do not demand public confession or collect intimate details. Never advise abrupt withdrawal from alcohol, drugs or prescribed medicines; medical assessment may be needed. Respond to abuse or illegal harm through safeguarding procedures, not a private spiritual accountability arrangement. A harmed person is not required to reconcile.

Seven days of Bible reading and prayer

Full daily passages are printed below. The declarations are optional, Scripture-shaped expressions of trust and commitment, not new revelation or guaranteed results. Readings use the public-domain World English Bible British Edition, except Titus 2, which uses the World English Bible.

Day 1: Grace that trains

Read Titus 2:11-14 — World English Bible.

¹¹ For the grace of God has appeared, bringing salvation to all men, ¹² instructing us to the intent that, denying ungodliness and worldly lusts, we would live soberly, righteously, and godly in this present age; ¹³ looking for the blessed hope and appearing of the glory of our great God and Savior, Jesus Christ, ¹⁴ who gave himself for us, that he might redeem us from all iniquity and purify for himself a people for his own possession, zealous for good works.

Reflect: Grace does more than pardon a past mistake. It teaches a different way to live now. Do not confuse conviction about a behaviour with contempt for yourself. Receive God's mercy and name one concrete change it invites. You can take responsibility without accepting shame as your identity.

Consider: What change is grace teaching you to make?

Pray: Father, thank you for mercy that welcomes and transforms. Give me honesty about my conduct and courage to take responsibility today. Amen.

Declare: In Christ, grace is teaching me to turn from harm and practise what is good.

Practise: Name one behaviour clearly, without excuses or self-insults.

Day 2: A new allegiance

Read Romans 6:1-14.

¹ What shall we say then? Shall we continue in sin, that grace may abound? ² May it never be! We who died to sin, how could we live in it any longer? ³ Or don't you know that all of us who were baptised into Christ Jesus were baptised into his death? ⁴ We were buried therefore with him through baptism into death, that just as Christ was raised from the dead through the glory of the Father, so we also might walk in newness of life.

⁵ For if we have become united with him in the likeness of his death, we will also be part of his resurrection; ⁶ knowing this, that our old man was crucified with him, that the body of sin might be done away with, so that we would no longer be in bondage to sin. ⁷ For he who has died has been freed from sin. ⁸ But if we died with Christ, we believe that we will also live with him, ⁹ knowing that Christ, being raised from the dead, dies no more. Death no longer has dominion over him! ¹⁰ For the death that he died, he died to sin one time; but the life that he lives, he lives to God. ¹¹ Thus consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord.

¹² Therefore don't let sin reign in your mortal body, that you should obey it in its lusts. ¹³ Also, do not present your members to sin as instruments of unrighteousness, but present yourselves to God as alive from the dead, and your members as instruments of righteousness to God. ¹⁴ For sin will not have dominion over you, for you are not under law, but under grace.

Reflect: Paul describes believers as belonging to Christ rather than remaining under sin's rule. New allegiance calls for daily choices about the use of our bodies and attention.

Feeling tempted is not proof that nothing has changed. Decide what faithfulness looks like at the next choice, not only in an imagined perfect future.

Consider: Where will your next small choice occur?

Pray: Jesus, help me live from my belonging to you. Teach me to offer my attention, speech and actions for what is right. Amen.

Declare: Sin does not have the final claim on me; I belong to Christ.

Practise: Plan a constructive action for one predictable moment of temptation.

Day 3: A way through temptation

Read 1 Corinthians 10:12-13.

¹² Therefore let him who thinks he stands be careful that he doesn't fall. ¹³ No temptation has taken you except what is common to man. God is faithful, who will not allow you to be tempted above what you are able, but will with the temptation also make the way of escape, that you may be able to endure it.

Reflect: Paul warns against overconfidence and points towards God's faithfulness in temptation. Look for a wise way out instead of moving closer to the edge to prove strength. This promise about temptation must not be used to tell a traumatised person that every burden is manageable alone. Receiving help can be the responsible step.

Consider: Which avoidable situation makes change harder?

Pray: Faithful God, make me alert to wise alternatives. Give me humility to leave risky situations and receive support before harm grows. Amen.

Declare: I will look for the faithful next step rather than trusting in my own invulnerability.

Practise: Remove or limit one trigger you can safely change.

Day 4: Put on the alternative

Read Ephesians 4:22-32.

²² that you put away, as concerning your former way of life, the old man that grows corrupt after the lusts of deceit, ²³ and that you be renewed in the spirit of your mind, ²⁴

and put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.

²⁵ Therefore, putting away falsehood, speak truth each one with his neighbour, for we are members of one another. ²⁶ “Be angry, and don’t sin.” Don’t let the sun go down on your wrath, ²⁷ and don’t give place to the devil. ²⁸ Let him who stole steal no more; but rather let him labour, producing with his hands something that is good, that he may have something to give to him who has need.

²⁹ Let no corrupt speech proceed out of your mouth, but only what is good for building others up as the need may be, that it may give grace to those who hear. ³⁰ Don’t grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, outcry, and slander be put away from you, with all malice. ³² And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you.

Reflect: The passage pairs change with replacement. Stop falsehood and practise truth; stop destructive speech and learn to build up. Merely saying no leaves a gap. Choose a specific yes that serves the same moment differently. Growth becomes visible in repeated ordinary acts, not only in a dramatic resolution.

Consider: What healthy practice will replace the old one?

Pray: Holy Spirit, renew the way I think and act. Teach me an alternative that honours God and protects the people around me. Amen.

Declare: By God’s help I will replace harmful patterns with truthful and life-giving actions.

Practise: Write an if-then plan using one clear replacement behaviour.

Day 5: Confession without hiding

Read 1 John 1:5-10.

⁵ This is the message which we have heard from him and announce to you, that God is light, and in him is no darkness at all. ⁶ If we say that we have fellowship with him and walk in the darkness, we lie and don’t tell the truth. ⁷ But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus Christ his Son cleanses us from all sin. ⁸ If we say that we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness. ¹⁰ If we say that we haven’t sinned, we make him a liar, and his word is not in us.

Reflect: Walking in the light means refusing to pretend that sin is absent. Confession opens us to God's forgiveness; it does not require broadcasting private details to everyone. Speak truthfully to God and an appropriate trusted person. Where others were harmed, accountability must include respecting their safety, choices and boundaries.

Consider: What truth have you been avoiding?

Pray: God of light, help me stop hiding and receive your forgiveness. Guide me towards honest accountability and responsible repair without further harm. Amen.

Declare: I can confess truthfully because Christ's mercy is greater than my need to hide.

Practise: Choose a safe, appropriate person for a confidential support conversation.

Day 6: Gentle restoration

Read Galatians 6:1-5.

¹ Brothers, even if a man is caught in some fault, you who are spiritual must restore such a one in a spirit of gentleness, looking to yourself so that you also aren't tempted. ² Bear one another's burdens, and so fulfil the law of Christ. ³ For if a man thinks himself to be something when he is nothing, he deceives himself. ⁴ But let each man examine his own work, and then he will have reason to boast in himself, and not in someone else. ⁵ For each man will bear his own burden.

Reflect: Restoration is described as gentle, with helpers aware of their own vulnerability. Good accountability neither excuses harm nor humiliates the person seeking change. Ask for support with a clear purpose and agreed boundaries. You remain responsible for your decisions while others help you carry what should not be carried alone.

Consider: What would helpful accountability include and exclude?

Pray: Lord, give me humble companions and a teachable heart. Help us speak truth with gentleness and take responsibility without taking control. Amen.

Declare: I will seek restoration that joins truth, gentleness and responsibility.

Practise: Agree one realistic check-in and the information you freely choose to share.

Day 7: Keep walking

Read Philippians 3:12-14.

¹² Not that I have already obtained, or am already made perfect; but I press on, that I may take hold of that for which also I was taken hold of by Christ Jesus. ¹³ Brothers, I don't regard myself as yet having taken hold, but one thing I do: forgetting the things which are behind and stretching forward to the things which are before, ¹⁴ I press on towards the goal for the prize of the high calling of God in Christ Jesus.

Reflect: Paul does not claim to have arrived. He continues towards Christ. Review the week honestly: what helped, what failed and what needs stronger support? A setback is a reason to respond promptly, not to conceal the problem. Progress includes learning, repair and seeking qualified help where the pattern exceeds self-help.

Consider: What is the next adjustment rather than the next grand promise?

Pray: Jesus, keep me moving towards you with humility. Help me learn from this week and take the next responsible step in freedom. Amen.

Declare: I am not finished growing; with Christ's help I will continue in truth and hope.

Practise: Review your plan and choose one change for the coming week.

Your next step

Continue with a [trusted pastoral conversation](#) or appropriate specialist support. Explore [the Holy Spirit resources](#) for character that sustains change, and [Trusting God When Faith Feels Small](#) for honest encouragement.

Original ANCC Rooted in Christ study. Scripture: [World English Bible British Edition](#) and [Titus 2, World English Bible](#), public domain. Full daily passages appear above. Use your browser's Print menu to print or save this page as a PDF.