

# “DEVIL TALK”

**DON'T  
CROSS  
THE  
LINE**  
THE PARADOX OF FREEDOM

## 1. Watch the Message:

- Go back and watch the message from this week.
- Pause the video and take notes.
- Refer to the scriptures mentioned and read them for yourself.  
( 1Tim. 4, Galatians 3)

## 2. Reflect on Acceptance:

- Understand and internalize that you are accepted and received by Him.
- Remind yourself of this truth throughout the week.

## 3. Journaling Exercise: What came up while watching the message?

- Two-Day Reflection (Day 1 and Day 2)
  - Write down every negative statement or thought you have during prayer or throughout the day.
- Two-Day Reflection (Day 3 and Day 4)
  - Take your journal to a mirror and speak a positive affirmation out loud for everything negative you wrote.
  - Add "because of the Lord Jesus" to each affirmation to reinforce your faith.

Example: If you wrote, "I am nothing," counter it with, "I am everything because of the Lord Jesus."

#### 4. Mailing and Affirmations (Day 5)

- Visit a local mailing center and get two manila envelopes.
- Put your current journal of negative thoughts and put it in an envelope.
- Address the envelope to yourself but write "The Old Me" as the recipient and mail this envelope to yourself immediately.



- Upon returning home:

- Start a new journal focusing only on what God says about you.
- Write affirmations such as, "I am the head, not the tail," "I am somebody," "The Lord Jesus made me special."
- Counter every negative thought with a positive, faith-based affirmations

#### 5. Mailing (Day 6)

- Continue writing affirmations and the truth about who you are.
- Before the end of the day place this new journal into the second manila envelope.
- Address it to yourself, writing "The New Me" as the recipient.
- Mail this envelope to yourself as well.



#### 6. Compare and Reflect:

- When you receive the envelopes, compare the two journals.
- Reflect on the differences between your old and new affirmations.