

FREEDOM DEVOTIONAL

SINS OF THE WILL

AUTHOR

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SINS OF THE WILL

MEMORY VERSE

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2

DAY 1

Today, we come with open hearts, ready to dive deeper into the freedom that God is graciously leading us toward. We look to the Holy Spirit to show us how our personal will and thoughts shape our everyday lives. Our dependence is entirely on our Lord and Savior to reveal the truths that will allow us to experience the freedom Christ died to give us. We step forward in faith, trusting that with God's help, we are being made into a new creation.

PAUSE

Let's take a moment to pray. Begin by pausing, breathing deeply, and meditating on God's truth, allowing it to travel through your mind, will, and emotions. As you slowly inhale, focus on God's goodness and faithfulness. As you exhale, release anxieties, worries, and fears that may have already crept into your day.

As you still your mind, reflect on Romans 12:2,

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

REFLECT

Every day, our minds process over 70,000 thoughts—thoughts about the past, present, and the “what ifs” of the future. Thoughts about our hurts, traumas, and pain. Even “good” thoughts about our desires, wants, and needs. And each one of these thoughts either aligns with God’s truth or it doesn’t. God has given us the gift of free will, which means we have the ability to choose what we believe and think. What we believe will ultimately shape our destiny. Consider these lines:

If you accept a belief, you reap a thought.

If you sow a thought, you reap an attitude.

If you sow an attitude, you reap an action.

If you sow an action, you reap a habit.

If you sow a habit, you reap a character.

If you sow a character, you reap a destiny.

Can you see now why God desires for our minds to be renewed?
Because what we believe and think affects everything!

ASK

Take a moment to quietly come before the Lord and ask Him to reveal any lies you might be believing. Listen closely and write down what He shows you.

- *God, I have so many thoughts every day. Help me focus on just one right now. What is ONE thought that is not in agreement with You?*
- *Lord, search my heart and guide my thoughts. In what area does my mind need renewal and transformation?*

YIELD

Lord, according to Your Word in Romans 12:2, I submit to the process of being transformed by the renewing of my mind. I know this is a lifelong journey, but I pray that You would change me as quickly as I can handle, so I can reflect You more and more. Thank You for creating me in Your image and for wanting to set me free from all negative ways in which I see myself, others, and You. I commit my thought life to You, trusting that You will establish my steps and guide my mind.

I receive Your mind, Lord Jesus. I declare that I am redeemed, forgiven, and sanctified. I belong to Christ, my body is a temple of the Holy Spirit, and I will have victory today as I submit to this renewing and transforming process—in the authority and name of Jesus Christ. Amen.

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DAY 2

Today, we continue to approach God with a willing heart, ready to explore more deeply the freedom He desires to lead us into. We invite the Holy Spirit to help us recognize how our personal will and thoughts influence our everyday lives. Our complete reliance is on Jesus to bring us to the truths that will allow us to walk in the freedom He died to give us. We move forward believing that, with God's help, we are being transformed into a new creation.

PAUSE

Let's take a moment to pray. Begin by pausing, breathing deeply, and meditating on God's truth, allowing it to travel through your mind, will, and emotions. As you slowly inhale, focus on God's goodness and faithfulness. As you exhale, release anxieties, worries, and fears that may have already crept into your day.

As you still your mind, reflect on Romans 12:2,

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

REFLECT

Would you like to know God's perfect will for your life? Of course—we all do! Whether it's a major decision or a seemingly small concern, we want to be aligned with God's good, pleasing, and perfect will. But how do we get there? We get there by renewing our minds. As our way of thinking is transformed, we start to think more like God. We begin to see things as He does, understanding what is on His heart, how He wants us to pray, where He wants us to go, and what He wants us to do.

This is how we begin to move in His good, pleasing, and perfect will. Proverbs 3:5-7 (NLT) reminds us:

“Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.”

As we walk forward in this journey of healing and mind renewal, we grow in trust and confidence in God. This growth allows us to better hear His voice and understand His will. Once we know His good, pleasing, and perfect will, we can choose to align our will with His.

ASK

Let's come quietly before the Lord and ask Him to reveal any lies we've been believing. Listen closely and write down what He shows you.

- *God, it's a new day, and I have so many thoughts running through my mind. What is ONE thought that needs to be replaced with Your truth today?*
- *Lord, would You search my heart and invade my thought life? In what area am I relying on my own understanding instead of trusting in You?*

YIELD

Lord, according to Your Word in Romans 12:2, I choose to submit to the process of being transformed by the renewing of my mind. I surrender this one thought, this lie I've been holding onto, and I receive Your truth in its place. Thank You for creating me in Your image and for wanting to set me free from every negative way I view myself, others, and You. I commit my thoughts to You, Lord, trusting that You will establish my steps and lead me forward.

I receive Your mind, Lord Jesus. I declare that I am redeemed, forgiven, and sanctified. I belong to Christ, my body is a temple of the Holy Spirit, and I will have victory today as I submit to this renewing and transforming process—on the authority and in the name of Jesus Christ. Amen.

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DAY 3

Today, we continue with open hearts, ready to explore more deeply the freedom God is leading us to. We look to the Holy Spirit for help in understanding how our personal will and thoughts shape our daily lives. As we rely completely on Jesus, we believe that He will reveal truths that lead us into the freedom He died to give us. With confidence, we step forward, trusting that we are being transformed into a new creation.

PAUSE

Let's take a moment to pray. Begin by pausing, breathing deeply, and meditating on God's word.

Read Philippians 4:8 from the Amplified Bible:

"Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]."

REFLECT

Every day, we make countless decisions—some almost automatically, like choosing what to eat for breakfast or which shoes to wear. These decisions don't take much thought. But others require us to consciously weigh our options—like whether or not we'll put our best effort into our work today. These choices often stem from beliefs deeply rooted in our hearts, beliefs we might not even realize we hold.

Remember the progression from the poem earlier this week? From a belief comes a thought. From a thought, an attitude. If we pay attention to our attitudes, they can reveal judgments we've made about ourselves, others, or even God.

Let me share an example: For me, I tend to have a bad attitude whenever I visit the doctor. In my experience, nearly every visit has ended with hard news that leaves me feeling discouraged and weary. My thoughts often sound like this: "Doctors always give me bad news. I'm never going to be well. God doesn't want me to be healed." Can you see the judgments I've made here? Living with these kinds of thoughts can wear down a tender heart and cause us to pull away from God.

When our thoughts aren't aligned with God's Word, and we repeat them over and over, they form judgments in our hearts. But when we start to renew our minds and replace those thoughts with God's truth, we begin to transform into the new creation He's promised.

ASK

Let's come quietly before the Lord and ask Him to reveal any lies or unhealthy beliefs we've been holding onto. Take time to listen and write down what He shows you.

- *God, in what area of my life do I have a “bad” attitude?*
- *Lord, would You invade my thought life and show me a thought that doesn't agree with Your Word?*
- *Over this past week, where have I made a judgment about myself, someone else, or even You?*

YIELD

Lord, I choose to submit my thoughts to You and embrace Your truth. Thank You for creating me in Your image and for desiring to set me free from every negative way I view myself, others, and You, God. I commit my thoughts to You, knowing that You will guide and establish them according to Your will.

I declare that I have been redeemed, forgiven, and sanctified. I belong to Christ; my body is a temple of the Holy Spirit. I will walk in victory today as I submit to this renewing and transforming process—on the authority and in the name of Jesus Christ. Amen.

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DAY 4

Today, we continue our journey with open hearts, allowing God to lead us into deeper freedom. We look to the Holy Spirit to help us see how our personal will and thoughts shape our everyday lives. Relying fully on Jesus, we trust Him to reveal truths that bring us the freedom He died for. With faith, we believe that God is transforming us into a new creation.

PAUSE

Take a moment to still your heart and mind. Breathe deeply and let God's truth fill you. As you inhale, focus on the goodness and faithfulness of our God. As you exhale, release any anxieties, worries, or fears that have crept in today.

As you still your mind, reflect on John 13:35:

"By this all people will know that you are my disciples, if you have love for one another."

REFLECT

When we've experienced hurt or betrayal, our instinct is often to protect our hearts from further pain. While this self-protection seems like wisdom, it can quickly become a hidden vow—an inner promise that says, “I will never let anyone get close to me because I can't risk getting hurt again.” This mindset keeps us from truly connecting with others in love, which is exactly what Jesus commands us to do in John 13:35.

Dr. Larry Crabb, in his book “Inside Out”, explains it well: “We were designed by a God who wants us to trust His love enough to freely love others, not protect our longings (for relationship) from further injury. Yet we love so poorly. Why? We refuse to come to God in our thirst (for receiving love) by abandoning our commitment to self-protection.”

This form of self-protection blocks us from moving toward others in love. The security we think we're building around our hearts is actually a wall that isolates us. We must change the way we think about dealing with our deep longings for love and security.

ASK

When we come quietly to the Lord, we can ask Him to reveal the lies that keep us trapped. Take time to listen and write down what He shows you.

- *God, what is one way I've been trying to protect myself this week?*
- *Lord, when have I "dug a broken well," turning to people, distractions, or achievements instead of coming to You with my need for love and acceptance?*
- *God, where do I truly believe life is found? Is it in avoiding pain, or in choosing to love You and others freely? Why do I believe this?*

YIELD

Lord, I choose to submit my thoughts to You and replace self-protection with Your truth. Thank You for creating me in Your image and for desiring to set me free from every negative way I see myself, others, and You, God. I commit my way to You, knowing You will establish my thoughts. Help me to let go of my need to shield myself from pain and to trust You fully.

I declare that I have been redeemed, forgiven, and sanctified. I belong to Christ; my body is a temple of the Holy Spirit. I will walk in victory today as I submit myself to this renewing and transforming process—on the authority and in the name of Jesus Christ. Amen.

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DAY 5

Today, we continue our journey with willing hearts, seeking the deeper freedom that God is graciously leading us into. We look to the Holy Spirit to show us how our thoughts and will shape our lives. We trust Jesus to reveal truths that allow us to experience the freedom He died to give us. With God's help, we believe we are being transformed into a new creation.

PAUSE

Take a moment to still your heart and mind. Breathe deeply and let God's truth fill you. As you inhale, focus on the goodness and faithfulness of our God. As you exhale, release any anxieties, worries, or fears that have crept in today.

As you still your mind, reflect on John 13:35:

"By this all people will know that you are my disciples, if you have love for one another."

REFLECT

We all have stories of hurt and heartbreak. One of mine was the end of a long-term relationship, marked by betrayal and distrust. The pain was so overwhelming that I vowed to never experience it again. I spent years repeating a lie to myself: “I have a black heart. I cannot fully love anyone, and I will not let anyone fully love me. It’s too risky.”

This lie shaped my identity, affecting how I viewed myself, others, and even God. It wasn’t until I began paying attention to my thoughts and bringing them before God that I realized I’d been believing a lie that was keeping me in bondage. The Holy Spirit led me to the truth of who I really am in Christ.

“God, who is love, can and will teach me to enter into 1 Corinthians 13 love. With His help, I choose to let down my guard and enter into His kind of love.”

That decision to embrace the truth was a turning point. I had to choose between continuing to protect myself or trusting Jesus to guard my heart. I began the slow process of replacing self-protection with trust in His perfect love.

ASK

When we come quietly to the Lord, we can ask Him to reveal the lies we've been believing. Take time to listen and write down what He shows you.

- *God, would you search my heart and invade my thought life? What is one wrong belief I am living with right now? How was this belief formed?*
- *Lord, is there an area in my life where I am subtly sinning against You?*
- *God, would You reveal Your truth to me?*

YIELD

Lord, I'm sorry for believing these lies and making vows in my heart that don't align with Your truth. I need Your help to see clearly and to know the truth that sets me free. I choose to submit my thoughts to You, replacing these false beliefs with Your Word. Thank You for creating me in Your image and for setting me free from every negative way I view myself, others, and You, God. I commit my thoughts and ways to You, trusting that You will establish my mind according to Your will.

I declare that I have been redeemed, forgiven, and sanctified. I belong to Christ; my body is a temple of the Holy Spirit, and I will walk in victory today as I submit to the renewing and transforming process, in the authority and name of Jesus Christ. Amen.

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DAY 6

Today, we continue our journey with willing hearts, seeking the deeper freedom that God is graciously leading us into. We look to the Holy Spirit to reveal how our thoughts and will shape our daily lives. We trust Jesus to uncover truths that allow us to experience the freedom He died to give us. With God's help, we believe we are being transformed into a new creation.

PAUSE

Take a moment to still your heart and mind. Breathe deeply and let God's truth fill you. As you inhale, focus on the goodness and faithfulness of our God. As you exhale, release any anxieties, worries, or fears that have crept in today.

As you still your mind, reflect on 1 John 1:9 from the English Standard Version:

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

REFLECT

One single event can have multiple effects on our hearts. Yesterday, I shared a story about a heartbreak that led me to believe a lie, which then shaped how I interacted with people. This same painful experience also led me to make a harsh judgment. In that season, I primarily listened to my feelings. My emotions were saying, “This person hurt you! They deserve to be punished!” and I felt justified in holding onto that anger.

But as we’ve learned this week, our feelings can’t always be trusted. In an effort to shield myself from pain and to avoid expressing the rage I felt, I built a “prison” deep in my heart, and in that prison was the person who hurt me. At the time, I was completely unaware that I had done this. It wasn’t until years later, when I sought God’s perspective on that event, that He gently showed me I had arrogantly placed myself in the Judge’s seat—a seat that belongs to God alone. By doing this, I revealed that I didn’t trust God to be just or handle things as I thought He should.

This realization brought me to my knees. Through tears, I confessed my sin of judgment and pleaded for God’s forgiveness. He, in His abounding grace and loving-kindness, forgave me, freeing me from the prison I had unknowingly built. Listen again to 1 John 1:9 from the Amplified Bible:

“If we [freely] admit that we have sinned and confess our sins, He is faithful and just and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action].”

Our freedom in Christ is a journey, not a destination. The Lord is continually cleansing us from all unrighteousness and renewing our minds to think and act more like Jesus.

ASK

When we come quietly before the Lord, we can ask Him to reveal areas where we've been holding on to judgment. Listen and write down what He shows you:

- *God, are there places in my heart where I'm judging others—or even myself?*
- *Lord, what do I need to address within myself in order to change my attitude and approach to others?*
- *God, when have I wrongfully put myself in the seat of Judge?*

YIELD

Lord, You alone are the righteous Judge. I confess my sin of judgment and ask for Your forgiveness. I surrender my thoughts and motives to You and choose to believe in Your truth. Thank You for creating me in Your image and for setting me free from negative patterns that affect how I see myself, others, and You. I commit my ways to You, trusting that You will establish my thoughts and guide me toward true freedom.

I declare that I have been redeemed, forgiven, and sanctified. I belong to Christ; my body is a temple of the Holy Spirit, and I will walk in victory today as I submit to this renewing and transforming process, in the authority and name of Jesus Christ. Amen.

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Romans 12:2

DAY 7

Today, we continue our journey with willing hearts, seeking the freedom our God is graciously leading us into. We look to the Holy Spirit to show us how our thoughts and will shape our everyday lives. We rely on Jesus to uncover the truths that allow us to experience the freedom He died to give us. With His help, we believe we are being transformed into a new creation.

PAUSE

Take a moment to still your heart and mind.

Reflect on Ephesians 3:17-19

"Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."

REFLECT

Today, I simply want to encourage you. Walking in freedom is often challenging, confusing, and even messy at times if we're being honest. But facing the subtle ways we sin against ourselves, others, and God can lead us to a deep repentance that opens up a new dimension of love. This love is rich and penetrating, and the truth is, it's already in you, waiting to be released.

The Spirit of God has placed something alive, clean, good, and whole in your heart. There is good soil beneath the surface—beneath the hurts and lies—but we need the courage to face what's there to uncover it.

Read again to Ephesians 3:17-19 from the Living Bible:

“And I pray that Christ will be more and more at home in your hearts, living within you as you trust in him. May your roots go down deep into the soil of God’s marvelous love; and may you be able to feel and understand, as all God’s children should, how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it. And so at last you will be filled up with God himself.”

No matter what your present circumstances are—your painful memories, your emotional hurts, your moral failures, or your internal struggles—God's love covers it all. His love isn't just a comforting blanket; it's a life-giving force that heals and restores.

ASK

When we come quietly before the Lord, we can ask Him to help us see the places in our hearts where unbelief, fear, or self-reliance have crept in. Listen and journal what you hear:

- *God, would you search my heart and invade my thoughts?*
- *Lord, help my unbelief where it's holding me back from living in Your love.*
- *Father, in what areas of my life have I allowed my own will to take control instead of trusting You?*

YIELD

Father, I confess that I've allowed my own will to drive me for far too long. I need Your wisdom and understanding to guide me. I need Your protection, not my own best efforts. I hand over all my hurts to You today, Lord. I choose to submit my thoughts to You and believe in Your truth. Thank You for creating me in Your image and for setting me free from every negative way I view myself, others, and You, God. I commit my ways to You, trusting that You will establish my thoughts.

I declare that I have been redeemed, forgiven, and sanctified. I belong to Christ; my body is a temple of the Holy Spirit, and I will walk in victory today as I submit myself to this renewing and transforming process, in the authority and name of Jesus Christ. Amen.

BONUS: PRACTICAL APPLICATIONS

Take Time for “Pausing Prayers”

What to do: Throughout the day, set aside intentional moments to pause, breathe deeply, and invite God into your thoughts and emotions—especially during stressful or challenging moments.

Outcome: Cultivating this habit will help you stay connected to God’s presence and truth, even when distractions or worries threaten to take over.

Identify and Replace Lies with Truth

What to do: In a journal or on a note in your phone, write out a list of any negative beliefs or lies you recognize about yourself, others, or God.

Outcome: Regularly doing this exercise renews your mind and aligns your identity more closely with how God sees you.

Practice Confession and Surrender

What to do: Make confession a daily habit by bringing your thoughts and attitudes to God.

Outcome: This practice keeps your heart soft and open to God’s correction and healing.

Extend Grace and Forgiveness

What to do: When you catch yourself holding a grudge, silently judge someone, or make assumptions, pause and ask, “God, help me see this person through Your eyes.”

Outcome: Practicing forgiveness and releasing judgment brings freedom and opens your heart to experience more of God’s love.