

the end of me

JOURNAL



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Published in Louisville, Kentucky, by City on a Hill Studio.

Additional copies of this guide along with other *The End of Me* study resources may be purchased online at **www.cityonahillstudio.com**.

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WEEK ONE

the end of me

WEEK 1

DAY 1

*“Draw near to God
and he will draw near to you.”
James 4:8*

Anytime one embarks on a new journey, there must be a destination set. In other words, we must know where we are going. This concept is understood for the most part by all of us when we talk about going on a trip, whether we are planning a trip around the world or just running up to the grocery store. However, it is something that we often overlook when it comes to the spiritual journeys we endeavor. Many times, we just jump in without having a destination in mind. Unfortunately, this often keeps us from getting all the benefits from the journey.

Today, as we start our journey and start moving towards getting to the end of ourselves, we want to set some goals. These goals will serve as our spiritual destinations. In the space below, write a note to God. Explain to Him why you have decided to take part in this study. Then share with Him what you hope to get out of this study. **Take some time and reflect on how you would like to be different at the end of this series. Then write**

that down in your note to God as well.

Take some time to pray over the things you just wrote. Pray that God would lead, direct, and transform you in the next few weeks. Pray that you would have an open heart and an attentive mind to God's spirit moving in your heart and mind.

WEEK 1

DAY 2

*“Give thanks to the Lord,
for he is good: his love endures forever.”*

Psalm 107:1

Jesus told us in John 14 that He has given us a guide in His Holy Spirit who lives in us. Jesus has also promised that He will never leave us or forsake us. He has told us over and over in the Gospels that He is always with us. Therefore, we know that we are never alone on our journeys. We know God is always with us, guiding and leading us. As great as that sounds, this is often a hindrance to people when it comes being honest with their brokenness. The reason for this is we often have a misguided view of God. We feel that He is a rule keeper judge who is ready to strike down against us if we do anything wrong. Therefore, this often keeps us from being completely transparent with our brokenness.

Today, we want to get a proper view of God and especially His love for us. **Look up the verses below. In the space next to each verse write down what that verse reveals to you about God's character.**

John 3:16: _____

Romans 8:38-39: _____

Psalm 103:8: _____

Jeremiah 31:3: _____

Revelation 21:4: _____

Psalm 103:10-12: _____

Romans 5:8: _____

Spend a few minutes looking over God's love for you. Spend some time in prayer and thank Him for being so good. You may want to thank Him for times He has specifically shown you some of the attributes you wrote down. Pray that God would help you be more open about your brokenness knowing that He is a good and loving God.

WEEK 1

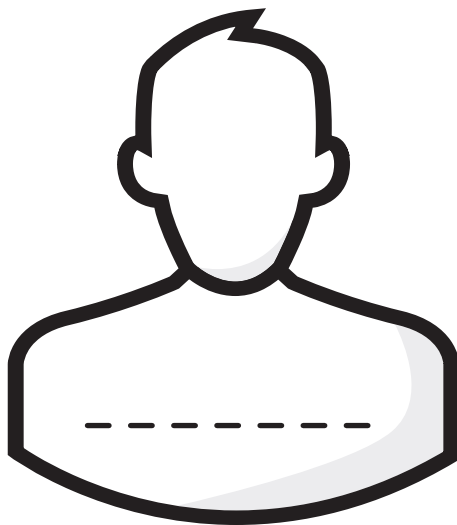
DAY 3

*“The LORD is near to the brokenhearted
And saves those who are crushed in spirit.”
Psalm 34:18*

Yesterday we set some goals for this series and this journey we are beginning through this series. Another important part of any journey is not only to know where you are going but to also know where you are. Many years ago most of us had a map in our cars and that is how we got around. Then came MapQuest and other online tools which mapped out your route for you. Today, most people have a GPS system either in their cars or on their phones. All you have to do is type in the address of your destination and it will guide you along the path. However, the address of your destination is only half of the vital information the GPS unit needs. The other half, and maybe the most important piece of information, is your current location. If the GPS unit does not know where you currently are located, it cannot help you get to your destination even when it knows the exact location of your destination. This same concept rings true in our spiritual journeys. Although we know where we want to go we must be honest with where we are. We will never get to where we want to go, if we do not know where we are.

Today, we are going to be honest about our current condition. This is the first step to getting to the “end of me”. As we learned in the study, we are all broken. However, it is only when we are honest with the state of our brokenness that we truly have a proper understanding of our current condition. Take a few minutes and spend some time in silence with God. As you are still, ask God to reveal your brokenness. Remember, God is the most loving, graceful, forgiving, etc., being in the universe and He loves you just the way you are.

When you are finished, move down to the outline below. The person outlined below represents you and your life. **Write your name on the line inside the person. Then write down words that would describe your current condition and the state of your current brokenness inside the person.** Again, this exercise is not meant to bring guilt or shame, rather help us be honest with God and ourselves so that we can plan out our journey to wholeness appropriately.



Spend a few minutes looking over your picture. Take some time as you pray and thank God for His love, grace, forgiveness and acceptance. Remember that those words do not define you and more importantly remember that those words will never make God love you any less!

WEEK 1

DAY 4

*“As the heavens are higher than
the earth, so are my ways higher than
your ways and my thoughts than your thoughts.”
Isaiah 55:9*

Perspective changes everything. Have you ever seen one of those images that are meant to play "tricks" on your eyes. They'll ask you - what do you see, an old lady, or a rabbit? At first, all you can see is one of the images. But if you change your focus, sometimes you can see the other.

Just like these images, we often only look at our lives through one perspective: our own. We don't realize that there is another perspective. There is a better perspective. An Eternal perspective. Today, we are going to look at our lives from God's point of view. You see the problem with our perspective is that it is limited. One way we limit ourselves is we often define

ourselves by the things we have done. This is not the way God sees us. Take some time and go over the verses below.

What God says about YOU:

God's **child** (John 1:12)

a **friend** of Jesus Christ (John 15:15)

justified (Romans 5:1)

united with the Lord

one with Him in spirit (1 Cor. 6:17)

a **member** of Christ's body (1 Cor. 12:27)

chosen and **adopted** (Ephesians 1:3-8)

redeemed and **forgiven** (Colossians 1:13-14)

complete (Colossians 2:9-10)

FREE from condemnation (Romans 8:1-2)

established, anointed, and sealed by God (2 Cor. 1:21-22)

hidden with Christ (Colossians 3:1-4)

a **citizen** of Heaven (Philippians 3:20)

the **branch** of Jesus Christ, the true vine, and a **channel** of His life (John 15:5)

chosen and **appointed** to bear fruit (John 15:16)

God's **temple** (1 Cor. 3:16)

a **minister** of reconciliation for God (2 Cor. 5:17-21)

seated with Jesus Christ (Ephesians. 2:6)

and **God's workmanship** (Ephesians. 2:10)

Take some time and reflect on each statement. This is how God sees you! In the space below write down your thoughts and feelings. How does it make you feel that God sees you like this?

How does seeing God's view of you change the way you see yourself?

How does understanding God’s view of you encourage you to live differently?

Take a few minutes and pray. Ask God to help you view yourself more like He views you. Ask Him to help you see others this way as well. Spend some time thanking God for His goodness.

WEEK 1

DAY 5

*“I, even I, am he who blots out your transgressions,
for my own sake, and remembers your sins no more.”*

Isaiah 43:25

Colossians 3:3 says “*your life is hidden in Christ.*” Since our lives are hidden in Christ, it means when God looks down on us, he sees Jesus. In theology there is a term called “double imputation.” The word imputation means that it has been placed upon you. For instance the Bible says when Jesus died on the cross, he took all of our sins and brokenness upon himself. In other words, when God looked down at Jesus on the cross, He saw Jesus as if He had lived your life. This is imputation. Our sins and lives was imputed on Jesus. Most Christians understand this concept since it a core belief of Christianity. However, one thing that is often overlooked is that there was another imputation. The Bible teaches us that at the same time as our brokenness was placed on Jesus, Jesus’ righteousness was placed on us. This is how we are hidden in Christ.

Grab a marker (preferably a red one). Revelation 1:5 says “...*Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood...*” It is because of Jesus' shed blood that we are now hidden in Him. Turn back to the picture with the broken words you wrote on Day 3. Take the marker, which represents Jesus, and color in yourself with Jesus. As you do this, let the truth that God has covered all your sins and brokenness resound in your mind. Take some time and reflect on the fact that all your junk, sins, and brokenness is covered by Jesus.

In the following space, answer the questions...

How does it make you feel that Jesus took upon Himself all your sins, shame, and brokenness?

How does it make you feel that you are hidden in Christ?

How does the fact that you are hidden in Christ, help you embrace your brokenness and ultimately come to the end of yourself?

WEEK 1

DAY 6

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 Corinthians 1: 3-4

“**G**od never wastes a hurt!” That is one of the greatest truths I have ever heard. As followers of Jesus, our brokenness is never in vain. Romans 8:28 tells us that God uses everything for good when we are His followers. It brings us hope knowing that God uses our pains to continue to mold us into the people we were always meant to be.

God also uses our brokenness to help others who are broken. 2 Corinthians 1:4 teaches us that God comforts us in our pains so that we can comfort others. Dealing with our pain and brokenness is never easy. However, one of the greatest ways God brings us encouragement in our brokenness is to use us to help others who are broken.

Think of someone who is broken. Since all of us are broken, this could be anyone. However, you may want to choose someone who is going through an especially hard time right now. **Get a piece of paper or a card and write a note of encouragement to that person.** In the note, remind them of how much God loves them. You can share with them how God has comforted you during difficult time. You may want to share some of the insights or verses you gave learned by going through this study.

Once you have completed your note, spend some time praying for that person. Pray that God would reveal His love to him/her in an incredible way. Pray that your card would help him/her embrace their brokenness and find God's love at the end of himself/herself.

WEEK 1

DAY 7

*“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.”*

Matthew 5:3

As we finish this first week of our study on the “End of Me”, today we are going to take some time to reflect on what God has been teaching us.

Take some time and go back through the first 6 days of this journal.

What is one thing you have learned about God this week?

What is one think you have learned about yourself this week?

What is one thing you can start to implement in your life in order to move toward the end of you?

Prayer is the foundation of a healthy and strong spirituality. One group of Christians who modeled the practice of prayer were the Puritans. It has been written about them that the strength of their character was forged through their lives of prayer and meditation. For the Puritans, prayer was of first importance to life and spirituality. Due to this foundation of prayer they often had very impactful and inspiring prayer. Below is a puritan prayer called “Yet I Sin.” This prayer very much embodies what this week has been all about. It is a prayer of coming to the end of ourselves and surrendering to God.

We are going to end every week by spending some time with God though the exercise of prayer. As you begin your prayer time, read the prayer below to God. Pray it to God as if it was your prayer to Him. Then spend 5-10 minutes in silence as you listen for God’s spirit to move within you. Finally end your time by wording your own prayer to God.

"Yet I Sin"

*Eternal Father,
Thou art good beyond all thought,
But I am vile, wretched, miserable, blind;
My lips are ready to confess,
but my heart is slow to feel,
and my ways reluctant to amend.
I bring my soul to thee;
break it, wound it, bend it, mould it.
Unmask to me sin's deformity,
that I may hate it, abhor it, flee from it.*

*My faculties have been a weapon of revolt
against thee;
as a rebel I have misused my strength,
and served the foul adversary of thy kingdom.
Give me grace to bewail my insensate folly,
Grant me to know that the way of transgressors
is hard, that evil paths are wretched paths,
that to depart from thee is to lose all good.*

*I have seen the purity and beauty of thy perfect law,
the happiness of those in whose heart it reigns,
the calm dignity of the walk to which it calls,
yet I daily violate and contemn its precepts.*

*Thy loving Spirit strives within me,
brings me Scripture warnings,
speaks in startling providences,*

*allures by secret whispers,
yet I choose devices and desires to my own hurt,
impiously resent, grieve,
and provoke him to abandon me.
All these sins I mourn, lament, and for them cry pardon.*

*Work in me more profound and abiding repentance;
Give me the fullness of a godly grief
that trembles and fears,
yet ever trusts and loves,
which is ever powerful, and ever confident;
Grant that through the tears of repentance
I may see more clearly the brightness
and glories of the saving cross.*

WEEK TWO



the end of me