

SIMPLY LIFE-CHANGING: A Four-Week Reading Plan

Twenty days of Scripture, reflection, and practical obedience. Read slowly, invite God to speak, and take one clear next step each day.

WEEK 1: ME FIRST

The first person Jesus wants to change in every conflict is me.

DAY 1: Examine Yourself First

READ: [Matthew 7:1-5](#)

DEVOTIONAL: Jesus does not forbid wise discernment. He confronts the habit of examining someone else while ignoring what is happening in us. The exaggerated picture of a plank and a speck exposes how easily we minimize our own sin and magnify another person's failure. Jesus calls us to begin with honest self-examination. When we let Him address our hearts first, we can see others more clearly and respond with humility instead of hypocrisy.

REFLECT: Where are you more aware of another person's faults than your own?

What attitude or action might Jesus want to change in you first?

APPLY: Before addressing anyone else today, pray: "Jesus, show me what You want to change in me."

DAY 2: Let God Search Your Heart

READ: [Psalm 139:23-24](#)

DEVOTIONAL: David invites God into the places that are hardest to see and easiest to defend. He asks God to examine his thoughts, anxieties, motives, and patterns. Honest self-examination is not unhealthy shame. It is trusting the God who knows us completely and still loves us deeply. We do not ask God to search us so we can condemn ourselves, but so He can lead us in His everlasting way.

REFLECT: What thoughts or reactions have you been reluctant to examine?

What recurring pattern may be pulling you away from God's way?

APPLY: Spend five quiet minutes with these verses. Write down whatever God brings to mind.

DAY 3: Stop Comparing

READ: [Romans 2:1-4](#)

DEVOTIONAL: It is easy to feel better about ourselves by noticing what is wrong with someone else. Paul warns that judging others can blind us to our own need for grace. God's kindness is meant to lead us to repentance, not give us permission to feel superior. Remembering how patiently God deals with us changes how we see the weaknesses and failures of others.

REFLECT: How has comparison helped you excuse something in your own life?

Where do you need to receive God's kindness and repent?

APPLY: Replace one critical thought about another person with an honest confession to God.

DAY 4: Test Your Own Actions

READ: [Galatians 6:1-5](#)

DEVOTIONAL: Paul describes restoration as the work of spiritually mature people who are gentle and watchful. We are called to help carry one another's burdens, but we must also test our own actions. Healthy community requires both responsibilities: compassionate care for others and honest responsibility for ourselves. Humility keeps correction from becoming condemnation.

REFLECT: When you correct someone, do they experience gentleness or superiority?

What action or motive do you need to test honestly?

APPLY: If a difficult conversation is needed, begin by naming your own responsibility and choosing a gentle tone.

DAY 5: Humility Changes Relationships

READ: [Philippians 2:1-5](#)

DEVOTIONAL: The mindset of Jesus moves us away from selfish ambition and toward humble concern for others. Humility does not mean pretending we have no needs or convictions. It means refusing to make ourselves the center of every disagreement. When Christ changes our thinking, we become less defensive, more teachable, and more willing to seek the good of the other person.

REFLECT: How does selfish ambition show up when you feel misunderstood?

What would it look like to value the other person in your current conflict?

APPLY: Take one humble step today: listen, apologize, ask a sincere question, or serve without seeking credit.

WEEK 2: FORGIVEN TO FORGIVE

Forgiven people become forgiving people.

DAY 1: Count the Cost of Grace

READ: [Matthew 18:21-27](#)

DEVOTIONAL: Peter wants to know the limit of forgiveness, but Jesus tells a story about a debt far beyond the servant's ability to repay. The king's decision is not an extended payment plan. The debt is canceled completely. Jesus begins here because we cannot understand forgiving others until we recognize the mercy God has shown us. Grace becomes life-changing when canceled debt moves from an idea to a personal reality.

REFLECT: What does the servant's unpayable debt teach you about your need for grace?

How does remembering God's mercy change your posture toward others?

APPLY: Thank God specifically for three ways He has shown you mercy through Jesus.

DAY 2: Recognize the Debt You Are Collecting

READ: [Matthew 18:28–30](#)

DEVOTIONAL: The forgiven servant immediately finds someone who owes him far less and demands payment. Hurt often creates a mental account of what another person owes us: an apology, an explanation, repayment, recognition, or regret. Some of those desires may be reasonable, but when we make our freedom dependent on collecting them, resentment becomes our jailer.

REFLECT: What do you believe someone owes you before you can move forward?
How is trying to collect that debt affecting your heart and relationships?

APPLY: Write the debt in one sentence: “I believe _____ owes me _____.” Bring it honestly to God.

DAY 3: Receive Mercy, Extend Mercy

READ: [Matthew 18:31–35](#)

DEVOTIONAL: The king expects received mercy to become extended mercy. The servant’s refusal reveals that grace has reached his circumstances but not transformed his heart. Jesus’ warning is serious because forgiveness is not a minor addition to discipleship. It is evidence that we understand the gospel. We forgive from the heart because God’s mercy is reshaping us from the inside out.

REFLECT: Where is there a gap between the mercy you celebrate and the mercy you extend?
What makes heart-level forgiveness difficult in this situation?

APPLY: Pray for willingness to forgive, even if your emotions have not caught up with that decision.

DAY 4: Release Revenge to God

READ: [Romans 12:17–21](#)

DEVOTIONAL: Forgiveness does not call evil good, remove healthy boundaries, or eliminate appropriate consequences. It means surrendering personal revenge and trusting God with justice. We are free to pursue peace and do good because we no longer have to settle every score. Evil is not overcome when we repeat it. It is overcome when the goodness of God directs our response.

REFLECT: Are you seeking healing and justice, or are you hoping the other person will hurt as you have hurt?

What would entrusting justice to God free you to do?

APPLY: Refuse one act of retaliation today. Choose a response consistent with the character of Jesus.

DAY 5: Practice Ongoing Forgiveness

READ: [Colossians 3:12–14](#)

DEVOTIONAL: Paul places forgiveness alongside compassion, kindness, humility, gentleness, and patience. Forgiveness is not always a single emotional moment. Sometimes it is a repeated decision to release the debt whenever the hurt returns. The pattern is clear: forgive as the Lord forgave you. Love holds these Christlike practices together and helps a community remain united.

REFLECT: Which quality in this passage do you most need in a difficult relationship?
What hurt do you need to release again today?

APPLY: Say aloud: "Because Jesus has forgiven me, I release my right to make _____ pay." Then take one peaceful next step.

WEEK 3: RADICAL FAITHFULNESS

Do not manage what Jesus is calling you to remove.

DAY 1: Take Sin Seriously

READ: [Matthew 5:27–30](#)

DEVOTIONAL: Jesus moves beyond outward behavior to the desires of the heart. His strong language is not a command to harm ourselves. It is a call to take decisive action against anything that repeatedly draws us away from faithfulness. We often prefer to manage temptation while keeping it nearby. Jesus calls us to remove access, interrupt patterns, and value spiritual health more than temporary comfort.

REFLECT: What temptation have you been trying to manage instead of remove? What does your response reveal about how seriously you view its influence?

APPLY: Identify one access point, habit, or environment you need to remove or change today.

DAY 2: Guard the Source

READ: [Proverbs 4:20–27](#)

DEVOTIONAL: Proverbs tells us to guard the heart because everything we do flows from it. Our direction is shaped long before a visible failure. What we watch, rehearse, desire, and excuse slowly forms us. Radical faithfulness pays attention to the source. It fixes its eyes on the right path and refuses to drift casually toward danger.

REFLECT: What input is shaping your desires in an unhealthy direction? Where have your eyes or feet begun to drift from God's path?

APPLY: Set one clear boundary around what you watch, follow, revisit, or allow into your mind.

DAY 3: Run Instead of Reasoning

READ: [2 Timothy 2:20–22](#)

DEVOTIONAL: Paul does not tell Timothy to debate youthful passions or prove that he can stand near temptation. He tells him to flee them and pursue righteousness with other believers. Faithfulness includes both removal and replacement. We run from what pulls us away from Christ, and we run toward what strengthens a pure heart.

REFLECT: Where do you keep reasoning with a temptation you should flee? What godly pursuit could replace the habit you are removing?

APPLY: Make an exit plan for one predictable temptation, and tell a trusted believer what you have decided.

DAY 4: Remove What Entangles You

READ: [Hebrews 12:1-3](#)

DEVOTIONAL: Some things that hinder us are obvious sins. Others are weights that may not be inherently wrong but keep us from running faithfully. The question is not only, "Is this allowed?" but also, "Is this helping me follow Jesus?" We lay aside what entangles us by fixing our eyes on Jesus, whose endurance gives us courage to keep going.

REFLECT: What weight is slowing your spiritual growth even if you would not label it sinful? How would focusing on Jesus change the decision you need to make?

APPLY: Lay aside one unnecessary weight for the next seven days and use that time or attention to pursue Jesus.

DAY 5: Make No Provision

READ: [Romans 13:11-14](#)

DEVOTIONAL: Paul calls believers to wake up, put aside the deeds of darkness, and clothe themselves with Jesus. His instruction is practical: do not make provision for sinful desires. Radical faithfulness plans ahead. Instead of assuming we will make a strong choice in a weak moment, we arrange our lives so obedience becomes clearer and temptation has less room to operate.

REFLECT: What provision have you unintentionally made for a recurring temptation? What decision can you make now before the next weak moment arrives?

APPLY: Change one setting, routine, relationship boundary, or device access that has been feeding temptation.

WEEK 4: WALK IN WISDOM

A life changed by Jesus is built through daily obedience.

DAY 1: Hear and Practice

READ: [Matthew 7:24-27](#)

DEVOTIONAL: Both builders hear the words of Jesus. The difference is what they do next. One puts His words into practice, while the other leaves them as information. Wisdom is not measured only by what we know, underline, or agree with. A wise life is built whenever we translate the teaching of Jesus into concrete obedience.

REFLECT: What teaching of Jesus do you know but have delayed putting into practice? What reason have you used to postpone obedience?

APPLY: Choose one clear teaching of Jesus and act on it before the day ends.

DAY 2: Ask God for Wisdom

READ: [James 1:5–8](#), [James 1:22–25](#)

DEVOTIONAL: God generously gives wisdom to those who ask, but James quickly connects hearing with doing. Biblical wisdom is not merely finding the best answer to a difficult question. It is receiving God's truth with trust and living it consistently. The person who looks into God's Word and acts on it experiences the freedom of an undivided life.

REFLECT: Where do you need God's wisdom right now?

Are you seeking direction while resisting something God has already made clear?

APPLY: Ask God for wisdom, then write the first obedient step you already know to take.

DAY 3: Build Through Small Choices

READ: [Luke 16:10–13](#)

DEVOTIONAL: Jesus teaches that faithfulness in small things reveals who we are becoming. We may wait for a dramatic opportunity to prove our devotion, but character is usually constructed through ordinary decisions no one applauds. Each truthful word, generous act, disciplined choice, and quiet obedience adds strength to the foundation of our lives.

REFLECT: Which small area of your life have you treated as spiritually unimportant?

What does your handling of that area reveal about your heart?

APPLY: Choose one small responsibility and complete it today with unusual faithfulness.

DAY 4: Let the Storm Reveal the Foundation

READ: [Psalm 1:1–6](#)

DEVOTIONAL: The person rooted in God's instruction is compared to a tree planted by streams of water. Stability is formed before drought and difficulty arrive. Storms do not create our foundations. They reveal what we have been building. Daily delight in God's Word sends roots deeper, giving us strength that does not depend on favorable circumstances.

REFLECT: What recent pressure has revealed about the condition of your foundation?

Which voices or influences are shaping you most consistently?

APPLY: Set a specific time and place for Scripture and prayer each day this week.

DAY 5: Keep Walking Carefully

READ: [Ephesians 5:15–17](#)

DEVOTIONAL: Paul tells believers to pay careful attention to how they live, making the most of every opportunity and understanding the Lord's will. Wisdom is a daily walk, not a one-time decision. A life changed by Jesus is built one obedient step at a time. We do not need to know every future step to take the faithful next one.

REFLECT: Where are you living carelessly or simply drifting?

What opportunity to obey, serve, reconcile, or speak truth is in front of you now?

APPLY: Name your next faithful step and take it today. End by asking Jesus to help you build tomorrow through obedience too.