

On Purpose Module 2: What gets in your way?

For each module, dedicate at least half an hour to doing the activity and reflecting on it. Then each day spend five to ten minutes contemplating the questions for daily reflection. To begin it is helpful to first ground/centre yourself through reading scripture, praying, and/or doing a short breathing or mindfulness activity.

You will get more out of these activities and reflections by setting some time to give them your full attention (put your phone on flight mode and find an area free from screens or other distractions). Writing things down on paper or in a journal will also help clarify your thinking.

Activity: Negative Reaction

For this activity, please download and read through the example below, before working through the steps for a situation from your own life.

[Download an example of this activity](#)

Questions for Daily Reflection

Spend five or ten minutes each day reflecting on these questions. Depending on your routine, you could do this at the end of the day, or the beginning of the next day.

What are you believing about yourself?

What is actually true about yourself?

Scriptural Reflection

You can use this scripture in your devotional time each day, or read it and pray before you answer the reflection questions.

So, my dear brothers and sisters, this is the point: You died to the power of the law when you died with Christ. And now you are united with the one who was raised from the dead. As a result, we can produce a harvest of good deeds for God. When we were controlled by our old nature, sinful desires were at work within us, and the law aroused these evil desires that produced a harvest of sinful deeds, resulting in death. But now we have been released from the law, for we died to it and are no longer captive to its power. Now we can serve God, not in the old way of obeying the letter of the law, but in the new way of living in the Spirit. (Romans 7:4-6, NLT)