

Aligned  
Living in Truth • Walking in Freedom • Moving in Purpose

Robin Bertram Ministries



**ALIGNED: A 16-Week Christian Coaching Workbook**

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**HOW TO USE THIS WORKBOOK**

Set aside 30–45 minutes, 3–5 days per week.

Begin each session in prayer: "Holy Spirit, lead me into truth and transformation. Open my eyes to Your Word and align my life with Your will."

**Week 1 – Identity in Christ**

**Theme:** Who am I in Christ?

**Key struggles to address:** low self-worth, shame, comparison, confusion about purpose.

**Core Scriptures:**

- 2 Corinthians 5:17 – New creation in Christ.
- Ephesians 1:3–6 – Chosen, adopted, accepted in the Beloved.
- 1 Peter 2:9–10 – A royal priesthood, God's own possession.
- Romans 8:1 – No condemnation for those in Christ.

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**Focus (summary):**

In Christ, your core identity is not your past, failures, or other people's opinions but what God declares over you. You live from acceptance, not for acceptance.

**Reflection questions:**

1. When you think "Who am I?" what words come to mind first (honestly)?
2. Which past labels or failures still define how you see yourself?
3. Read 2 Corinthians 5:17 and 1 Peter 2:9–10. Which phrase about your identity is hardest for you to believe? Why?
4. How would your choices change this week if you truly lived as "accepted and chosen" rather than "rejected and not enough"?
5. Who (or what) have you allowed to name you besides God (family, work, social media, church culture, etc.)?

**2 Corinthians 5:17**

*<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!*

**1 Peter 2:9-10**

*<sup>9</sup> But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. <sup>10</sup> Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.*

**Prayer exercise:**

Write a short prayer renouncing false labels (e.g., "failure," "unwanted," "too much," "not enough") and receiving God's names over you (beloved, chosen, forgiven, daughter/son).

**Strategy & plan for the week:**

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- Daily habit:
  - Read Ephesians 1:3–14 each day.
  - Underline or list every phrase about who you are in Christ.
- One step of obedience:
  - Choose one false identity statement you often think (e.g., “I’m a failure”) and replace it with a scripture-based truth every time it appears (e.g., “I am a new creation in Christ” – 2 Corinthians 5:17).
- Accountability:
  - Share your key identity verse with a trusted friend or your coach and ask them to remind you of it once this week.

**Week 2 – Surrender and Lordship**

**Theme:** Letting Jesus be Lord of all.

**Key struggles:** control, anxiety, fear of the future, reluctance to obey.

**Core Scriptures:**

- Romans 12:1–2 – Living sacrifice, renewed mind.
- Luke 9:23–24 – Deny self, take up your cross daily.
- Proverbs 3:5–6 – Trust in the Lord with all your heart.
- Matthew 6:33–34 – Seek first the kingdom.

**Focus:**

Following Jesus means moving from “Jesus as consultant” to “Jesus as Lord.” Surrender is not losing your life; it is trading your life for His better one.

**Reflection questions:**

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1. In what area of life do you feel the strongest need to stay in control (finances, family, health, career, reputation)?
2. What do you fear would happen if you fully surrendered this area to Jesus?
3. Read Romans 12:1–2. What would it look like, practically, to present your body as a living sacrifice this week?
4. Where are you leaning on your own understanding instead of trusting the Lord (Proverbs 3:5–6)?
5. How can seeking God’s kingdom first (Matthew 6:33) reorder your priorities this week?

**Prayer exercise:**

Open your hands physically and pray through each key area of your life, saying: “Lord Jesus, this belongs to You. Show me how to honor You here.”

**Strategy & plan for the week:**

- Daily habit:
  - Start each morning by praying Proverbs 3:5–6 and surrendering your schedule to God.
- One step of obedience:
  - Choose one practical decision you’ve been delaying and ask, “What does obedience look like?” Then take that step this week.
- Accountability:
  - Tell a trusted person which area you’re surrendering and ask them to check in mid-week.

**Romans 12:1-2 NIV**

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*12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

**Proverbs 3:5–6 NIV**

*<sup>5</sup> Trust in the Lord with all your heart and lean not on your own understanding;  
<sup>6</sup> in all your ways submit to him, and he will make your paths straight.*

**Week 3 – Healing from Wounds and Offense**

**Theme:** Jesus heals hearts.

**Key struggles:** bitterness, unforgiveness, church hurt, family wounds, self-hatred.

**Core Scriptures:**

- Psalm 34:18 – The Lord is near to the brokenhearted.
- Isaiah 61:1–3 – He binds up the brokenhearted.
- Ephesians 4:31–32 – Forgive as God in Christ forgave you.
- Matthew 18:21–22 – Forgiveness without limit.

**Focus:**

God does not minimize your pain, but He refuses to let your wounds become your prison. Forgiveness is not saying “it was okay”; it is releasing the debt to God and allowing Him to be Judge.

**Reflection questions:**

1. What is one wound that still feels “fresh” when you think about it?

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2. When you hear the word “forgiveness,” what emotions rise up (anger, fear, relief, confusion)? Why?
3. Read Ephesians 4:31–32. How has God forgiven you? What would it look like to extend that same heart toward others?
4. What lies about God, yourself, or others came into your heart through these wounds?
5. How might your life look in one year if you stayed stuck in unforgiveness? How might it look if you began a real forgiveness journey?

**Ephesians 4:31-32 NIV**

*<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**Prayer exercise:**

Write the name of one person you need to forgive (this may include yourself). Pray, “Father, because You have forgiven me in Christ, I choose to forgive \_\_\_ for \_\_\_. I release them to You.”

**Strategy & plan for the week:**

- Daily habit:
  - Pray Psalm 34:18 and Isaiah 61:1–3, asking the Holy Spirit to show you one area He wants to heal each day.
- One step of obedience:
  - Begin a forgiveness list. Each day, add a name or situation and release it to God in prayer, even if your feelings haven’t changed yet.
- Accountability:

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- Share with a mature believer or friend that you are working through forgiveness and ask them to pray over you at least once this week.

## **Week 4 – Breaking Sin Patterns and Strongholds**

**Theme:** Freedom from recurring sin.

**Key struggles:** addictions, secret sin, destructive habits, condemnation, feeling “stuck.”

**Core Scriptures:**

- Romans 6:11–14 – Sin shall not have dominion over you.
- 1 Corinthians 10:13 – God provides a way of escape.
- Galatians 5:16–17 – Walk by the Spirit.
- 1 John 1:9 – Confession and cleansing.

**Focus:**

You are not powerless. In Christ, you have a new nature and access to the Holy Spirit. Breaking strongholds involves confession, repentance, practical boundaries, and Spirit-led new habits.

**Reflection questions:**

1. What sin or habit do you most often say, “I just can’t help it”?
2. How has this pattern affected your intimacy with God, relationships, or calling?
3. Read Romans 6:11–14. What does it mean to “consider yourself dead to sin and alive to God”? How could you practice that in the moment of temptation?
4. What triggers usually precede your struggle (certain places, times, emotions, people, apps)?
5. What would a “way of escape” look like in your most common temptation moments (1 Corinthians 10:13)?

**Romans 6:11–14**

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*<sup>11</sup> In the same way, count yourselves dead to sin but alive to God in Christ Jesus. <sup>12</sup> Therefore do not let sin reign in your mortal body so that you obey its evil desires. <sup>13</sup> Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. <sup>14</sup> For sin shall no longer be your master, because you are not under the law, but under grace.*

**1 Corinthians 10:13**

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it".*

**Prayer exercise:**

Pray through 1 John 1:9. Confess specific sins, ask for forgiveness, and then thank God out loud for cleansing and righteousness in Christ.

**Strategy & plan for the week:**

- Daily habit:
  - Pray Galatians 5:16 each morning: “Holy Spirit, help me walk by You today so I do not gratify the desires of the flesh.”
- One step of obedience:
  - Put one concrete boundary in place related to your main struggle—example: install an internet filter, limit phone at night, change your route, remove access to a substance.
- Accountability:
  - Ask someone you trust to be your accountability partner. Agree on two simple check-in questions they will ask you twice this week.

**Week 5 – Renewing the Mind and Emotional Health**

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**Theme:** Transforming thoughts and emotions.

**Key struggles:** anxiety, depression, negative self-talk, overthinking, hopelessness.

**Core Scriptures:**

- Romans 12:2 – Be transformed by the renewing of your mind.
- 2 Corinthians 10:4–5 – Take every thought captive.
- Philippians 4:6–8 – Prayer, peace, and thinking on what is true.
- Psalm 42:5 – Speaking hope to your soul.

**Focus:**

Your thoughts shape your emotions and actions. Renewing the mind is an active partnership with the Holy Spirit: identifying lies, rejecting them, and replacing them with God’s truth.

**Reflection questions:**

1. What are the three most common negative thoughts you battle in a typical week?
2. How do these thoughts influence your emotions and behavior?
3. Read Philippians 4:6–8. Which part is most challenging for you: praying with thanksgiving, receiving peace, or training your mind to think on what is true?
4. What lies about God or yourself have you believed for years without realizing it? (**example-** “*You were not there when I needed you.*”)
5. How would your emotional life change if you consistently took thoughts captive and aligned them with Scripture?

**Philippians 4:6–8**

*<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

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*<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

**Prayer exercise:**

Ask the Holy Spirit to highlight one recurring lie you believe. Renounce it and declare one specific scripture in its place each day.

**Strategy & plan for the week:**

- Daily habit:
  - Create a “truth card” or note in your phone with 3–5 key scriptures that answer your main negative thoughts. Read them aloud morning and evening.
- One step of obedience:
  - When you notice a negative thought this week, pause and walk through a 3-step process: name it, reject it, replace it with a scripture.
- Accountability:
  - Share your main “truth verse” with a friend and ask them to text it to you at a time of day you usually struggle.

**Week 6 – Relationships, Boundaries, and Community**

**Theme:** Living in healthy, Christ-centered relationships.

**Key struggles:** people-pleasing, isolation, conflict, enabling, lack of boundaries, loneliness.

**Core Scriptures:**

- John 13:34–35 – Love one another as Christ has loved you.

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- Proverbs 4:23 – Guard your heart.
- Galatians 6:2, 5 – Bear one another’s burdens; each bears own load.
- Hebrews 10:24–25 – Do not neglect meeting together.

**Focus:**

Kingdom relationships are loving and sacrificial, but they are not boundary-less. Biblical love includes truth, boundaries, and mutual responsibility.

**Reflection questions:**

1. Do you tend to drift toward people-pleasing, control, withdrawal, or something else in relationships?
2. Where do you feel most drained relationally right now? What boundaries may be missing?
3. Read Proverbs 4:23. What does guarding your heart look like in your closest relationships?
4. Are you allowing anyone to carry what is actually your God-given “load,” or are you carrying burdens that are not yours (Galatians 6)?
5. How connected are you to Christian community right now (1–10)? What hinders deeper connection?

**Proverbs 4:23**

*Above all else, guard your heart, for everything you do flows from it.*

**Prayer exercise:**

Ask God to show you one relationship where you need either more love or more boundaries. Pray for wisdom, courage, and gentleness.

**Strategy & plan for the week:**

- Daily habit:

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- Pray for one person in your life each day by name, asking God how you can love them in truth.
- One step of obedience:
  - Have one honest, gentle conversation where you either set a boundary or pursue reconciliation—in reliance on the Holy Spirit.
- Accountability:
  - Share with your coach or a trusted friend the area of boundaries you’re working on and ask them to pray before and after your key conversation.

**Week 7 – Calling, Work, and Stewardship**

**Theme:** Living on purpose with what God has given you.

**Key struggles:** aimlessness, overwork, workaholism, laziness, confusion about calling, financial stress.

**Core Scriptures:**

- Ephesians 2:10 – Created for good works God prepared.
- Colossians 3:23–24 – Work heartily for the Lord.
- Matthew 25:14–30 – Parable of the talents.
- 1 Corinthians 10:31 – Do all to the glory of God.

**Focus:**

God designed you with gifts, passions, and opportunities to serve His purposes. Calling is not just “ministry”; it includes your everyday work and responsibilities offered to God.

**Reflection questions:**

1. What activities make you feel most alive while also blessing others?

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2. Where do you sense a holy dissatisfaction—areas where you know you are not yet walking in all God has for you?
3. Read Ephesians 2:10. What “good works” might God have prepared in advance for you in this season (home, work, church, community)?
4. If you saw your current work as directly serving Jesus (Colossians 3:23–24), what would you change?
5. How are you currently stewarding your time, talents, and resources? Where do you see waste or neglect?

**Ephesians 2:10**

*<sup>10</sup> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

**Colossians 3:23–24**

*<sup>23</sup> Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, <sup>24</sup> since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*

**Prayer exercise:**

Invite God to speak about your calling: “Lord, show me how You want to use my life in this season. Highlight one area of obedience or growth.”

**Strategy & plan for the week:**

- Daily habit:
  - At the start of each day, dedicate your tasks to God with a simple prayer: “I work for You today.”
- One step of obedience:

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- Identify one specific “good work” you can do this week (serve someone, initiate a faith conversation, start a discipline related to a long-term calling) and schedule it.
- **Accountability:**
  - Share your sense of calling (even if still vague) with a mature believer and ask for their feedback and prayer.

**Week 8 – Hope, Perseverance, and Next Steps**

**Theme:** Living with eternal hope and long-term faithfulness.

**Key struggles:** discouragement, spiritual fatigue, giving up, disappointment with God.

**Core Scriptures:**

- Hebrews 12:1–3 – Run with endurance, looking to Jesus.
- Galatians 6:9 – Do not grow weary in doing good.
- Romans 15:13 – God of hope fills you with joy and peace.
- Philippians 3:12–14 – Press on toward the goal.

**Focus:**

The Christian life is a marathon, not a sprint. God calls you to run with endurance, fixing your eyes on Jesus, empowered by His Spirit, sustained by real hope.

**Reflection questions:**

1. Where are you most tempted to give up or “coast” spiritually right now?
2. Looking back over the past 7 weeks, what has God highlighted or changed in you?

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3. Read Hebrews 12:1–3. What “weights” or sins do you need to lay aside to run with endurance?
4. How has your picture of God changed through this journey?
5. If you continued to grow at the same pace for the next year, what might your life look like?

**Hebrews 12:1–3**

*12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup>fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup>Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

**Prayer exercise:**

Pray Romans 15:13 over yourself: ask God to fill you with His hope for your future, your relationships, and your calling.

**Strategy & long-term plan:**

- Daily habit (ongoing):
  - Commit to a simple, sustainable rhythm:
    - Word: 10–20 minutes of Scripture daily.
    - Prayer: 10 minutes of honest conversation with God.
    - Community: weekly gathering with believers plus one deeper connection.
- One step of obedience:
  - Choose one key practice from past weeks (identity, surrender, forgiveness, boundaries, renewing the mind, etc.) to focus on intentionally for the next 30 days.
- Personal growth plan (write this out):
  - My top 3 lessons from these 8 weeks are...

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- The main area God is inviting me to grow in next is...
- My specific goals for the next 3 months (spiritual, relational, practical) are...
- The people who will walk with me in this are...
- How and when I will review my progress (weekly review, monthly check-in, etc.)...

**Week 9 – Hearing God’s Voice and Discernment**

**Theme:** Learning to recognize and respond to God’s leading.

**Key struggles:** confusion about God’s will, fear of “missing it,” relying only on feelings.

**Core Scriptures:**

- John 10:27 – “My sheep hear my voice...”
- James 1:5 – Ask God for wisdom.
- 1 Thessalonians 5:19–21 – Test everything; hold fast what is good.
- Hebrews 4:12 – God’s Word discerns thoughts and intentions.

**Focus:**

God desires a conversational relationship with His children. You grow in discernment by anchoring in Scripture, recognizing the Spirit’s peace and conviction, and testing impressions rather than rushing or reacting.

**Reflection questions:**

1. When you say “I don’t know what God wants,” what do you usually mean—fear, lack of clarity, or not liking what you already suspect?
2. How have you experienced God’s leading in the past (peace, Scripture, counsel, circumstances)?
3. What makes you doubt whether you’re really hearing God?
4. How much of your “discernment” is based on emotion alone versus God’s Word?

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5. What is one decision or situation right now where you need God's wisdom?

**Prayer exercise:**

Pray James 1:5, specifically naming your current decision or situation. Sit quietly for a few minutes and write any scriptures, impressions, or ideas that come, to test later.

**James 1:5**

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

**Strategy & plan for the week:**

- Daily habit:
  - Spend 10–15 minutes reading Scripture, then ask, “Lord, what are You highlighting for me today?” and write one sentence.
- One step of obedience:
  - Take one small action you sense God has already made clear (even if it feels minor).
- Accountability:
  - Share your key decision with a mature believer and ask them to pray and help you “test” what you sense.

**Week 10 – Faith and Doubt**

**Theme:** Strengthening faith in the midst of questions.

**Key struggles:** intellectual doubts, disappointment with God, fear that doubts disqualify you.

**Core Scriptures:**

- Mark 9:24 – “I believe; help my unbelief!”

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- Hebrews 11:1, 6 – Faith is assurance; without faith it’s impossible to please God.
- James 1:6–8 – Doubting like waves of the sea.
- Jude 22 – Have mercy on those who doubt.

**Focus:**

God is not threatened by honest questions. Faith is not the absence of doubt, but trusting God enough to bring your doubts to Him and to keep moving forward in obedience.

**Reflection questions:**

1. What specific doubts or questions do you carry about God, Scripture, or your circumstances?
2. How have you handled doubt in the past—hiding it, denying it, or honestly processing it with God and others?
3. Does doubt make you feel ashamed or afraid? Why?
4. Where have you seen God’s faithfulness clearly in your life story?
5. What would it look like to say, “I believe; help my unbelief” in your current situation?

**Prayer exercise:**

Write a prayer beginning, “Lord, here are my questions...” Name your doubts honestly, then end with, “Yet I choose to trust You with what I don’t understand.”

**Strategy & plan for the week:**

- Daily habit:
  - Each day write down one memory of God’s past faithfulness (a provision, answered prayer, or comfort).
- One step of obedience:
  - Share one honest doubt with a trustworthy, mature Christian instead of carrying it alone.

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- Accountability:
  - Ask that person to ask you at week's end: "How has God met you in your questions?"

**Week 11 – Stewarding Time and Priorities**

**Theme:** Ordering your life around what matters to God.

**Key struggles:** busyness, lack of focus, procrastination, feeling scattered.

**Core Scriptures:**

- Ephesians 5:15–17 – Make the best use of the time.
- Psalm 90:12 – Teach us to number our days.
- Matthew 6:33 – Seek first the kingdom of God.
- Colossians 4:5 – Walk in wisdom toward outsiders, making the best use of time.

**Focus:**

Time is a gift God trusts you to steward. Living wisely means aligning your schedule with His priorities, saying no to the good so you can say yes to the best.

**Reflection questions:**

1. What does your weekly schedule reveal about what you truly value right now?
2. Where do you feel the greatest tension: overwork, distraction, or avoidance?
3. If you had only one year left, what would you want to prioritize differently?
4. Which activities regularly drain you without producing fruit?
5. What small shift in time use could immediately move you closer to God's priorities?

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**Prayer exercise:**

Lay your calendar before God (physically or mentally) and pray, “Lord, show me what needs to stay, what needs to go, and what needs to change.”

**Strategy & plan for the week:**

- Daily habit:
  - Begin each day by naming your top 3 priorities in light of Matthew 6:33 (God, people, work).
- One step of obedience:
  - Remove or reduce one non-essential time-waster this week and replace it with time with God or people.
- Accountability:
  - Tell someone what you chose to cut and what you’re adding; ask them to check with you in a few days.

**Week 12 – Money, Generosity, and Contentment**

**Theme:** Honoring God with finances and heart attitudes.

**Key struggles:** financial stress, greed, fear of lack, comparison.

**Core Scriptures:**

- Matthew 6:19–21, 24 – Treasure in heaven, cannot serve God and money.
- Philippians 4:11–13, 19 – Content in all circumstances; God supplies every need.
- 2 Corinthians 9:6–8 – Cheerful, generous giving.
- 1 Timothy 6:6–10 – Godliness with contentment is great gain.

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**Focus:**

Money reveals where your trust and treasure are. Financial peace grows as you trust God as Provider, live with contentment, and practice joyful generosity.

**Reflection questions:**

1. What emotions do you feel when you think about money (fear, shame, pride, anxiety, security)?
2. How has your family background shaped your attitudes toward money?
3. Are there areas where you are clearly not honoring God with finances (debt patterns, impulsive purchases, lack of generosity)?
4. What does contentment look like in your current season?
5. How might generosity actually free your heart rather than increase fear?

**Prayer exercise:**

Pray, “Lord, all I have comes from You. Show me where fear or greed has ruled my decisions, and teach me to trust and give as You lead.”

**Strategy & plan for the week:**

- Daily habit:
  - Thank God each day for at least three provisions (big or small).
- One step of obedience:
  - Choose one act of generosity (tithing, giving to someone in need, blessing someone anonymously).
- Accountability:
  - Share a simple financial goal (like starting a budget, paying down one debt, or consistent giving) with a trusted person and set a check-in date.

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## **Week 13 – Singleness, Marriage, and Sexual Integrity**

**Theme:** Honoring God with relational and sexual life.

**Key struggles:** loneliness, relational idolatry, sexual temptation, confusion about boundaries.

### **Core Scriptures:**

- 1 Corinthians 6:18–20 – Flee sexual immorality; you are not your own.
- 1 Thessalonians 4:3–5 – God’s will: holiness and purity.
- Hebrews 13:4 – Marriage held in honor.
- 1 Corinthians 7:32–35 – Undivided devotion to the Lord in singleness.

### **Focus:**

Your body and relationships belong to the Lord. Whether single or married, God calls you to holiness, honor, and love that reflects Christ, not the world.

### **Reflection questions:**

1. How have cultural messages shaped your expectations around sex, dating, or marriage?
2. If single: where do you feel pressure or discouragement? If married: where do you feel strain or disconnect?
3. Are there any patterns (habits, media, relationships) that consistently pull you away from sexual integrity?
4. What lies do you believe about your worth, based on your relationship status or sexual past?
5. What does honoring God with your body and relationships look like in this season?

### **Prayer exercise:**

Pray a prayer of consecration: dedicate your body, desires, and relationship status to the Lord, asking for purity, healing, and strength.

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**Strategy & plan for the week:**

- Daily habit:
  - Pray 1 Thessalonians 4:3–5 over yourself, asking God to teach you self-control and honor.
- One step of obedience:
  - Set one clear boundary (media, internet, relationship, time alone, etc.) that supports purity and emotional health.
- Accountability:
  - Invite a mature, trustworthy person to ask you specifically about this area once or twice this week.

**Week 14 – Conflict, Reconciliation, and Peacemaking**

**Theme:** Handling conflict in a Christlike way.

**Key struggles:** avoidance, anger outbursts, gossip, grudges, fear of confrontation.

**Core Scriptures:**

- Matthew 5:9 – Blessed are the peacemakers.
- Matthew 18:15–17 – Go to your brother privately.
- Romans 12:18 – Live peaceably as far as it depends on you.
- Ephesians 4:25–27, 29 – Speak truth in love; no corrupting talk.

**Focus:**

Conflict is inevitable; how you handle it is a discipleship issue. Peacemaking requires humility, honesty, and a willingness to own your part while leaving outcomes to God.

**Reflection questions:**

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1. How did your family of origin typically handle conflict (yelling, silent treatment, passive-aggressive behavior, honest dialogue)?
2. Which is your default: explode, withdraw, or pretend nothing's wrong?
3. Is there a current relationship where unresolved tension is draining you?
4. In that situation, what is your responsibility before God, regardless of the other person's response?
5. What fears keep you from initiating honest, loving conversations?

**Prayer exercise:**

Ask the Holy Spirit to bring one relationship to mind where He wants you to pursue peace. Pray for that person and for your own heart (humility, courage, gentleness).

**Strategy & plan for the week:**

- Daily habit:
  - Practice a “quick check” each evening: “Did I avoid, mishandle, or gossip about any conflict today?” Confess and reset as needed.
- One step of obedience:
  - Plan and, if possible, have one peacemaking conversation following Matthew 18:15—private, specific, humble.
- Accountability:
  - Share with a mentor or coach that you are taking this step and ask for prayer before and after.

**Week 15 – Spiritual Warfare and Standing Firm**

**Theme:** Recognizing and resisting spiritual opposition.

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**Key struggles:** discouragement, strong temptation, confusion, feeling spiritually attacked or oppressed.

**Core Scriptures:**

- Ephesians 6:10–18 – Armor of God.
- 1 Peter 5:8–9 – Resist the devil, firm in your faith.
- 2 Corinthians 2:11 – Not ignorant of Satan’s schemes.
- James 4:7 – Submit to God, resist the devil.

**Focus:**

You have a real enemy, but you are not powerless. Standing firm means submitting to God, knowing the truth, and actively resisting lies and temptations in the authority of Christ.

**Reflection questions:**

1. Where do you feel the most intense opposition in your life right now (mind, relationships, calling, health)?
2. What thoughts or patterns seem to show up right when you’re making spiritual progress?
3. How familiar are you with the “armor of God,” and which piece do you most neglect (truth, righteousness, readiness, faith, salvation, Word, prayer)?
4. Are there any open doors (ongoing sin, unforgiveness, occult involvement, toxic media) that might give the enemy a foothold?
5. How might your posture change if you truly believed Jesus has already won the decisive victory?

**Prayer exercise:**

Pray through Ephesians 6:10–18, putting on each piece of armor in prayer (truth, righteousness, gospel of peace, faith, salvation, Word, prayer) and specifically applying it to your life.

**Strategy & plan for the week:**

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- Daily habit:
  - Each morning, verbally declare one truth about who God is, who you are in Christ, and the victory of Jesus over the enemy.
- One step of obedience:
  - Remove one “open door” you sense God highlighting (habit, media, practice, relationship pattern) and replace it with a God-honoring alternative.
- Accountability:
  - Ask a believer to agree with you in prayer once this week for protection, strength, and clarity.

**Week 16 – Joy, Gratitude, and Endurance**

**Theme:** Cultivating joy and thankfulness that sustain long-term faithfulness.

**Key struggles:** chronic discouragement, negativity, complaining, spiritual fatigue.

**Core Scriptures:**

- Philippians 4:4 – Rejoice in the Lord always.
- 1 Thessalonians 5:16–18 – Rejoice, pray, give thanks in all circumstances.
- Nehemiah 8:10 – The joy of the Lord is your strength.
- Hebrews 10:35–36 – Do not throw away your confidence; you have need of endurance.

**Focus:**

Joy and gratitude are not superficial positive thinking; they are a deep response to who God is, even in hardship. Gratitude shifts your perspective and fuels endurance.

**Reflection questions:**

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1. When you look at your life, what do you tend to notice first—what’s wrong or what’s good?  
Why?
2. How do you usually respond when you feel spiritually tired or discouraged?
3. In your current season, where do you most need fresh joy from God?
4. What practices have helped you stay encouraged in the past (worship, fellowship, serving, remembering testimonies)?
5. How might consistent gratitude change the atmosphere of your home, work, or inner life?

**Prayer exercise:**

Spend focused time thanking God for specific evidences of His grace: salvation, people, provisions, answered prayers, even growth through trials. Ask Him for renewed joy and strength.

**Strategy & long-term plan:**

- Daily habit:
  - Start or end each day by writing down at least three specific things you are thankful for and one way you saw God at work.
- One step of obedience:
  - Do one deliberate act of encouragement or service for someone else this week as a practical expression of joy.
- Personal growth plan (next 3 months):
  - Three practices I want to keep from these 8 weeks are...
  - One area of my heart where I want to grow in joy is...
  - My plan to maintain encouragement (community, worship, testimonies, Scripture) is...
  - People who will support me in this are...

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You have now completed this 16-week foundational Bible Study. Celebrate your success and may God bring to your heart complete healing and restoration in every area of your life. Blessings to you!

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