



January 2025

Made New in Christ

2025 Glow up Bible study
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- Day 1: Genesis 1
- Day 2: Isaiah 43
- Day 3: Psalm 104
- Day 4: Ezekiel 36
- Day 5: John 3
- Day 6: 2 Corinthians 5
- Day 7: Revelation 21:5
- Day 8: Psalm 51
- Day 9: Isaiah 65
- Day 10: Ephesians 4
- Day 11: Romans 6
- Day 12: Galatians 6
- Day 13: Jeremiah 31
- Day 14: Isaiah 42
- Day 15: Ezekiel 11
- Day 16: Matthew 9
- Day 17: Isaiah 40
- Day 18: Colossians
- Day 19: Psalm 85
- Day 20: Revelation 2
- Day 21: Philippians 3
- Day 22: Lamentations 3
- Day 23: Isaiah 57
- Day 24: Hebrews 12
- Day 25: Titus 3
- Day 26: Psalm 96
- Day 27: Ephesians 2
- Day 28: 1 Peter 1
- Day 29: Psalm 40
- Day 30: Isaiah 66
- Day 31: Revelation 21

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WEEK 1 : Theme Overview: A Fresh Start in Christ

This month, we're stepping into the beauty of a fresh start—a new beginning made possible through Jesus Christ. No matter what your past holds, God's grace is bigger. Because of Jesus' sacrifice on the cross of Calvary, we have the incredible gift of full forgiveness from all our sins. Through His blood, we are washed clean, set free, and made completely new.

The Bible reminds us in Lamentations 3:22-23, "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness." Every single morning, God's mercy is fresh, offering you a chance to let go of guilt, shame, and regret. His love renews us daily, and with Him, we never run out of opportunities to begin again.

This is your time for new beginnings, and it starts now!

As we begin this year, let's make a fresh decision to follow Christ with our whole hearts. Pursue Him emotionally, spiritually, and even physically—wholeness starts when we invite Him into every area of our lives. God desires more for you than just surviving; He wants you to thrive!

This month, we're focusing on:

1. Embracing forgiveness: Let go of the weight of past mistakes—you are fully forgiven.
2. Receiving God's mercies daily: Trust in His promise to renew you every morning.
3. Pursuing wholeness: Commit to a year of emotional healing, spiritual growth, and physical well-being in Christ.
4. It's time to step boldly into the new creation God has made you to be. This year can be different, not because of your strength, but because of His. Jesus has already done the heavy lifting—your job is to say yes.

Will you start fresh with Him today? Make the decision to follow Jesus fully this year and let Him transform you from the inside out. Your new beginning starts now!

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WEEK 2: Declarations for a Fresh Start in Christ

1. I Am a New Creation in Christ.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Corinthians 5:17

2. I Am Fully Forgiven and Redeemed.

"In Him, we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace." Ephesians 1:7

3. I Am Free from Guilt and Shame.

"There is now no condemnation for those who are in Christ Jesus." Romans 8:1

4. I Am Loved with an Everlasting Love.

"The Lord appeared to us in the past, saying: 'I have loved you with an everlasting love; I have drawn you with unfailing kindness.'" Jeremiah 31:3

5. I Am Fearfully and Wonderfully Made.

"I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well." Psalm 139:14

6. I Am Chosen and Set Apart.

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession." 1 Peter 2:9

7. I Am Healed and Whole in Christ.

"But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds, we are healed." Isaiah 53:5

8. I Am Daily Renewed by God's Mercy.

"The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness." Lamentations 3:22-23

9. God Will Use My Past and Bring Beauty From Ashes.

"He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners... to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair." Isaiah 61:1-3

10. All Things Work Together for My Good.

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28

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WEEK 3 : Reflection Questions for 2025

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1. What is God asking me to let go of in 2025?

Is it a toxic habit, a grudge, fear, or even an unrealistic expectation? What's holding me back from the fresh start God has for me?

2. What does God want me to focus on this year in my relationships?

How can I love better—whether it's my spouse, kids, family, or friends? Are there relationships I need to strengthen, and are there any I need to release?

3. What does God want to teach me about my marriage (or future marriage)?

If I'm married, how can I grow as a partner? If I'm single, how can I prepare my heart for the season I'm in or the season to come?

4. What does God want me to focus on with my kids (or future kids)?

How can I guide, nurture, and pray for the next generation in my life? What seeds am I planting for their spiritual and emotional growth?

5. What does God want me to prioritize in my career or calling this year?

Am I aligned with His purpose for my work? Are there areas where I need to trust Him more or take bold steps of faith?

6. What's going to be my GLOW GOAL for this year?

What truth or Scripture do I want to hold onto as a guide for my mindset and choices in 2025?

7. Name three short term goals I want to work toward this year.

Think big or small—spiritual, financial, relational, or even personal growth goals. What's achievable, and how can I partner with God in these?

8. Where is God calling me to grow spiritually this year?

Is it in prayer, Bible reading, worship, or trusting Him more? How can I take steps to deepen my walk with Him?

9. How can I take better care of myself emotionally and physically this year?

What habits or routines can I build to pursue wholeness? Where do I need to set boundaries or give myself more grace?

10. How can I show up for God's Kingdom in 2025?

What's one way I can serve, give, or reflect His love more in my church, community, or the world this year?

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Week 4: 7-Day Prayer Journey for a Fresh Start

Monday: A Prayer of Forgiveness

“Father, I thank You for the gift of forgiveness through Jesus Christ. Today, I release myself from the weight of guilt and shame. Help me to fully embrace Your grace and walk in the freedom You’ve given me. If there are people I need to forgive, reveal them to me, and give me the courage to let go. Thank You that I am forgiven and loved, no matter what. In Jesus’ name, Amen.”

Tuesday: Seeing Myself the Way God Does

“Lord, help me see myself through Your eyes. When I feel unworthy or not enough, remind me that I am fearfully and wonderfully made. Teach me to embrace my identity as Your daughter—chosen, loved, and redeemed. Show me how to live boldly in the truth of who I am in You. I reject lies and insecurities and declare that I am everything You say I am. In Jesus’ name, Amen.”

Wednesday: A Prayer for New Beginnings

“God, thank You that every morning is a chance for a fresh start. I surrender my past to You—my mistakes, regrets, and missed opportunities. Today, I choose to step into the newness You offer. Help me walk in the plans You have for me, trusting that Your mercies are new every morning. Thank You for making me a new creation in Christ. In Jesus’ name, Amen.”

Thursday: Committing My Relationships to God

“Father, I lift my relationships to You—my family, friends, spouse, children, and even those I struggle to love. Teach me to love like You do, with patience, kindness, and grace. Heal broken relationships and guide me in strengthening the ones that matter most. If there are people I need to let go of for my growth, help me release them with peace. Thank You for surrounding me with love and community. In Jesus’ name, Amen.”

Friday: Committing My Career and Finances to God

“Lord, I surrender my career and finances to You. Lead me in every decision and teach me to trust You as my provider. Open doors that align with Your purpose for me and close the ones that don’t. Give me wisdom to manage my finances well and a heart to give generously. I trust that You are my source and will supply all my needs according to Your riches in glory. In Jesus’ name, Amen.”

Saturday: Committing My Time to God

“God, teach me to number my days and use my time wisely. Help me prioritize what matters most—my relationship with You, my family, and my calling. Remove distractions that pull me away from Your purpose. Show me how to rest well and work diligently for Your glory. I give You my schedule, my goals, and my plans, asking You to align them with Your will. In Jesus’ name, Amen.”

Sunday: Pursuing My Destiny and Calling

“Lord, I want to live the life You created me for. Help me pursue my destiny and calling with boldness and faith. Show me the gifts You’ve placed in me and how to use them for Your Kingdom. I commit my dreams, plans, and future to You, trusting that You will guide me every step of the way. Help me walk confidently in the purpose You’ve designed just for me. In Jesus’ name, Amen.”

SOAP WORKSHEET

SCRIPTURE

OBSERVATION

APPLICATION

PRAYER