

21 DAY

Getaway with Jesus Bible Study

Rooted in His Love
A 21 Day Fall Immersion

Experiencing His power, love, and soundness of mind
Companion study and daily prayer guide

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Rooted in His Love

Fall immersion plan • October 1–21, 2026

Autumn invites us to consider roots and fruit. During this immersion, we return to the Word that reveals God's love, trusting the Holy Spirit to strengthen us inwardly and make His life increasingly visible through us. Rooted in His Love draws its theme from Paul's prayer below in Ephesians 3:16–19.

“That he would grant you, according to the riches of his glory, that you may be strengthened with power through his Spirit in the inner person, ¹⁷ that Christ may dwell in your hearts through faith, to the end that you, being rooted and grounded in love, ¹⁸ may be strengthened to comprehend with all the saints what is the width and length and height and depth, ¹⁹ and to know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God.”

Start Early and Begin Today

You do not have to wait for October 1. Open the playlist now and begin getting away with Jesus. You may start your own 21-day immersion today, or watch the foundational teachings now and revisit them during the October journey. Choose a pace that allows time to listen, pray, and rest.

[Start early — watch the Getaway with Jesus playlist](#)

Your Three Week Journey

October 1–7 • Power: Encountering Jesus and receiving His ever present help.

October 8–14 • Love: Becoming rooted in the Father's love and your identity as His child.

October 15–21 • A Sound Mind: Growing in peace, renewed thinking, and purpose overflowing with His love.

If you begin early, follow Days 1–21 from your own start date. The lessons are a companion reading plan;

We appreciate your love, prayers and support.

Please consider giving a gift of any amount to support the creation, distribution and the personal one-on-one ministry that we have the privilege to do here at Love Alive Ministries.

Welcome to Your 21 Day Getaway!

For the next 21 days, you are invited to step away with Jesus and His Word. This study is built around the promise and pattern of 2 Timothy 1:7 below, teaching us that God's word powerfully affects our lives like nothing else can. Miracles, healings and amazing signs are just a few ways He chooses to separate Himself from the crowd of man's ways of bringing solutions. His love is expressed in everything He does and a sound mind, or the ability to make sound decisions and have peace of mind come will result from us getting to know Him and experience His presence:

"God has not given us a spirit of fear, but of power, love, and sound mind. The first seven days focus on power, the next seven on love, and the final seven on a sound mind."

Twenty-one days is not a formula for earning an encounter with God, and it does not place a deadline on healing or growth. It is a focused rhythm: enough time to slow down, listen, repeat the truth, notice what God is doing, and begin new habits of abiding. Some people may experience an immediate change. Others may notice a growing measure of peace, hope, clarity, physical improvement, emotional relief, or courage to take the next step. Every honest movement to take action to get to know Jesus will bless you.

Make Room for Your Immersion

You can watch two or more videos each day. If you are facing a difficult condition or setting aside extra time to seek breakthrough, you may choose three or more, as your energy and schedule allow. Spread them throughout the day, making room to pause, pray, and reflect.

Return often to these foundational teachings: A Sure Foundation, The Power of Blessing, and Heart Essence of the Gospel. Repeat them throughout the 21 days. Open the Scriptures and let a truth that speaks to your heart become the subject of your prayer.

As you watch, join in prayer. Bring Jesus your physical, emotional, relational, and spiritual needs. Ask for healing, freedom, peace, and understanding. Notice and give thanks for renewed hope, a quieter heart, greater clarity, or relief from pain. Give yourself time to receive, rest, and respond.

[Open the playlist and choose your next teaching](#)

How to Use This Study

Rhythm	Daily practice
Watch	Choose a video from the playlist or repeat one of the three found
Read	Read the day's Scripture slowly, then read the short teaching.
Listen	Sit quietly with the reflection question. Let the Word search your
Pray	Use the written prayer as a beginning, then speak honestly with .
Practice	Complete the simple action so the truth moves into daily life.
Record	Write changes, questions, prayer requests, and any testimony y honestly.

A Healthy Expectation for Healing Prayer

We pray with expectancy because Jesus is compassionate and Scripture invites the sick and suffering to receive prayer. Receive prayer without pressure or blame. More viewing does not measure your faith or guarantee a particular outcome. Prayer can accompany appropriate medical and mental-health care. When sharing a testimony, describe honestly what you experienced and what remains in process.

Opening Commitment

Jesus, I give You these 21 days. Help me meet You in Your Word, receive Your love, welcome the Holy Spirit's work, and respond to what You show me. Form Your power, love, and sound judgment in me so I can carry Your good news into my family and the world. Amen.

Power

Days 1 through 7

Jesus announced the kingdom and demonstrated God's compassion in action. During this first week, come honestly with your needs, ask boldly, and learn to carry His help to others. Power is not spectacle or pressure. In Jesus, it serves, frees, heals, strengthens, and points people toward the Father.

Day 1 Jesus Brings the Power of God

Read Acts 10:38

Key truth The ministry of Jesus reveals God's goodness in action.

Jesus did more than speak about God's kingdom. He demonstrated the Father's heart by doing good and bringing freedom to people who were oppressed. The Holy Spirit empowered His ministry to do miracles because His father is a God of miracles. As you begin this getaway, turn your attention away from what you can produce and toward who Jesus is. Ask Him to make His goodness real to you. Power in the kingdom is never a performance; it is God's love and miracles moving toward human need.

Reflect Where do I most need the goodness and freedom of Jesus today?

Pray Jesus, reveal Your goodness to me. Holy Spirit, fill this time and bring Your freedom into every place where I have felt burdened or oppressed.

Practice Sit quietly for five minutes. Name one need without striving, then thank Jesus that He is present and good.

Journal

Day 2 Authority That Serves and Heals

Read Luke 9:1-2

Key truth Jesus shares authority so His disciples can serve people and announce His kingdom.

Jesus called ordinary disciples close, gave them power and authority, and sent them to proclaim God's kingdom and heal. His pattern joins message and demonstration. We do not seek power to feel important. We receive from Jesus so we can compassionately let all that he is to fill us. Today, let His authority strengthen your confidence while His character governs how you use it.

Reflect How would I pray differently if I truly believed Jesus wants to help the person in front of me?

Pray Lord Jesus, teach me to carry Your authority with humility, tenderness, and courage. Let Your kingdom touch real needs through prayer and loving action.

Practice Pray a short, clear blessing for one person who needs peace, strength, or healing. Ask God to awaken their heart to seek Him through His word. Ask permission if you pray with them directly.

Journal

Day 3 Good News for the Brokenhearted

Read Luke 4:18-19

Key truth The Spirit anointed Jesus to bring good news, freedom, sight, and restoration.

Jesus described His mission in language of relief and restoration. The gospel addresses the whole person. He cares about the poor, the captive, the blind, the bruised, and the brokenhearted. Invite Him into the places you normally conceal. He is not ashamed of your pain. His good news creates hope and begins to rebuild the heart.

Reflect What wound, disappointment, or fear do I need to bring honestly to Jesus?

Pray Jesus, You came for wounded people. Meet me with good news. Heal my broken heart and lead me into the freedom You provide.

Practice Write one honest sentence about your pain, followed by one sentence about what Jesus promises to bring.

Journal

Day 4 Believing for the Works of Jesus

Read John 14:12-14

Key truth Faith in Jesus opens our lives to participate in His continuing work.

Jesus told believers that His works would continue through them as He returned to the Father. Asking in His name is not a formula for controlling outcomes. It is prayer rooted in His person, character, mission, and glory. We can ask boldly while remaining dependent on Him. Faith expects Jesus to act and leaves the results in His hands.

Reflect Am I willing to ask boldly without turning prayer into pressure on myself or someone else?

Pray Jesus, I believe You are still at work. Teach me to ask in Your name with confidence, compassion, and surrender to Your wisdom.

Practice Pray specifically for one measurable need. Record the request so you can notice and give thanks for any change.

Journal

Day 5 The Kingdom Is More Than Talk

Read 1 Corinthians 2:4-5 and 4:20

Key truth Our faith rests in God, not merely in persuasive speech.

Paul refused to build faith on personality or impressive words. He wanted people to encounter the Spirit and the power of God. Sound teaching matters, but kingdom truth is meant to transform life. God's power may appear as salvation, freedom from fear, renewed courage, peace that interrupts panic, restored relationships, physical improvement, or healing. Welcome His work without exaggerating what has happened.

Reflect Where have I settled for information without inviting God to transform me?

Pray Father, let my faith rest in You. Confirm Your Word in my heart and life by the Holy Spirit.

Practice After today's video and reading, ask, 'Holy Spirit, what do You want to make real in me today?' Write what comes to mind and test it by Scripture.

Journal

Day 6 Pray With Faith and Care

Read James 5:13-16

Key truth God invites the suffering and the sick to receive prayer within a caring community.

James gives suffering people something active to do: pray. He tells the cheerful to praise and the sick to call for mature believers who will pray. Confession, forgiveness, community, and healing belong together in this passage. Prayer is not a substitute for wise medical or mental-health care. It is a way of bringing the whole need before God while receiving appropriate help.

Reflect Do I need to ask trusted believers to stand with me instead of carrying this alone?

Pray Lord, give me humility to receive prayer and wisdom to seek the right care. Bring healing, strength, and restoration according to Your goodness.

Practice Contact one trusted believer and ask for focused prayer. If symptoms are serious or persistent, also contact a qualified health professional.

Journal

Day 7 Power to Become a Witness

Read Acts 1:8

Key truth The Holy Spirit empowers us to make Jesus known.

The goal of spiritual power is not merely a better private experience. Jesus gives the Holy Spirit so His followers can bear witness to Him. Your story of receiving peace, hope, freedom, and healing may help someone else look toward Jesus. A witness tells truthfully what was experienced, without embellishment and without claiming what has not yet happened.

Reflect What has Jesus already done in me that I can share simply and honestly?

Pray Holy Spirit, fill me and make me a faithful witness. Give me courage to tell the truth about Jesus with love.

Practice Write a three-sentence testimony: what you needed, how you turned to Jesus, and what changed or what hope you now have.

Journal

Power Scripture Readings

Read these passages slowly. The quotations below are from the World English Bible, a public-domain Bible translation. The selected verse range is reproduced in full for each daily reading.

Acts 10:38

even Jesus of Nazareth, how God anointed him with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with him.

Luke 9:1-2

He called the twelve together and gave them power and authority over all demons, and to cure diseases. He sent them out to preach God's Kingdom and to heal the sick.

Luke 4:18-19

“The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to heal the brokenhearted, to proclaim release to the captives, recovering of sight to the blind, to deliver those who are crushed, and to proclaim the acceptable year of the Lord.”

John 14:12-14

Most certainly I tell you, he who believes in me, the works that I do, he will do also; and he will do greater works than these, because I am going to my Father. Whatever you will ask in my name, I will do it, that the Father may be glorified in the Son. If you will ask anything in my name, I will do it.

1 Corinthians 2:4-5

My speech and my preaching were not in persuasive words of human wisdom, but in demonstration of the Spirit and of power, that your faith wouldn't stand in the wisdom of men, but in the power of God.

1 Corinthians 4:20

For God's Kingdom is not in word, but in power.

James 5:13-16

Is any among you suffering? Let him pray. Is any cheerful? Let him sing praises. Is any among you sick? Let him call for the elders of the assembly, and let them pray over him, anointing him with oil in the name of the Lord, and the prayer of faith will heal him who is sick, and the Lord will raise him up. If he has committed sins, he will be forgiven. Confess your offenses to one another, and pray for one another, that you may be healed. The insistent prayer of a righteous person is powerfully effective.

Acts 1:8

But you will receive power when the Holy Spirit has come upon you. You will be witnesses to me in Jerusalem, in all Judea and Samaria, and to the uttermost parts of the earth.

Love

Days 8 through 14

The deepest foundation of this study is not what you can do for God but the love you receive from Him. Jesus reveals the Father's love, refuses to leave us as orphans, calls us friends, brings us into God's family, and sends us as ambassadors of reconciliation.

Day 8 Loved as the Father Loves Jesus

Read John 17:20-23, 26

Key truth Jesus wants us to know that the Father loves us with the love revealed in Him.

In His prayer, Jesus spoke of believers living in union with Him and of the world knowing that the Father loved them as He loved Jesus. This truth is larger than emotion. The cross, the gift of the Spirit, and our welcome into God's family reveal a love we can build our lives upon. Let the Word confront the lie that you are unwanted or overlooked.

Reflect What changes when I receive the Father's love as a present reality rather than a distant possibility?

Pray Father, help me receive the love You revealed through Jesus. Let that love settle the deepest questions of my heart.

Practice Slowly repeat, 'Father, You love me in Jesus.' After each repetition, breathe and remain quiet for a moment.

Journal

Day 9 You Are Not an Orphan

Read John 14:16-18

Key truth Jesus does not abandon His people; He comes to us through the abiding presence of the Spirit.

Jesus knew His disciples would feel the shock of His departure, so He promised another Counselor who would remain with them. He said plainly, 'I will not leave you orphans.' Feelings of abandonment can be powerful, but they are not the final authority over your identity. The Spirit's presence means you are accompanied, taught, comforted, and held.

Reflect Where do I still think and react as though I have been left alone?

Pray Jesus, thank You that You have not left me as an orphan. Holy Spirit, make Your faithful presence known in my thoughts, emotions, and choices.

Practice When loneliness rises today, answer it with John 14:18 aloud.

Journal

Day 10 Remain in Love and Live as a Friend

Read John 15:9-15

Key truth Jesus invites us to remain in His love and calls us friends.

We do not graduate from receiving love. Jesus says to remain in it. Friendship with Him includes listening, trust, shared purpose, and obedience that flows from relationship. His command is love: receive His self-giving life and extend that life to others. Joy grows as love becomes the atmosphere in which we live.

Reflect What helps me remain aware of Jesus' love throughout an ordinary day?

Pray Jesus, my Friend, teach me to remain in Your love. Let Your joy grow in me and let Your love become visible through me.

Practice Choose one daily cue—a doorway, phone notification, or meal—to pause and say, 'Jesus, I remain in Your love.'

Journal

Day 11 Born Into God's Family

Read John 1:12-13 and 1 John 3:1

Key truth Those who receive Jesus are given the right to become children of God.

The gospel is not merely an improved moral record. In Christ, you receive a new family identity. You are born of God and called His child. Adoption and new birth answer the heart's need for belonging. You no longer have to earn a place at the table. You receive Jesus by faith and learn to live from the welcome He has already given.

Reflect Which old label competes most strongly with the words 'child of God'?

Pray Father, thank You for bringing me into Your family through Jesus. Teach me to think, pray, and live as Your beloved child.

Practice Write 'I am God's child through faith in Jesus' at the top of a page. Under it, list three implications for today.

Journal

Day 12 The Spirit of Adoption

Read Romans 8:14-17

Key truth The Spirit replaces slavery and fear with the cry of a beloved child.

Paul contrasts the spirit of bondage with the Spirit of adoption. Fear says you must survive alone or prove your worth. The Spirit leads you toward the Father and teaches your heart to cry, 'Abba.' This family relationship does not deny suffering, but it changes how you face it. You belong to God, share in Christ's life, and have a secure future with Him.

Reflect What fear loses authority when I remember that God is my Father?

Pray Abba, Father, lead me by Your Spirit. Break the habits of fear and teach my heart the security of belonging to You.

Practice Pray the words 'Abba, Father' slowly for two minutes, bringing each fear into His care.

Journal

Day 13 Love Drives Out Fear

Read 1 John 4:16-19

Key truth As God's love matures in us, fear loses its tormenting power.

John does not tell frightened people to manufacture bravery. He directs us to know and believe the love God has for us. We love because He first loved us. As that love becomes established in the heart, fear of punishment and rejection is displaced. This is a process of abiding, not pretending. Bring fear into the light and let truth answer it repeatedly.

Reflect What am I afraid will happen, and what does God's love say to that fear?

Pray God of love, establish my heart in Your love. Let Your perfect love drive tormenting fear from my inner life.

Practice Make two columns: 'Fear says' and 'God's love says.' Answer one recurring fear with a Scripture-grounded truth.

Journal

Day 14 Sent as a Messenger of Reconciliation

Read John 20:21-22 and 2 Corinthians 5:17-20

Key truth The loved and reconciled become ambassadors of God's reconciling love.

The risen Jesus sent His disciples as the Father had sent Him and breathed the Holy Spirit upon them. Paul describes believers as new creations entrusted with a ministry of reconciliation. We carry good news, not condemnation. We invite people to return to God through Christ and demonstrate that invitation through humility, forgiveness, prayer, and practical care.

Reflect Who needs to experience the reconciling character of Jesus through me?

Pray Jesus, send me in the same love with which the Father sent You. Make me a trustworthy ambassador of reconciliation.

Practice Take one peaceful step toward reconciliation where it is wise and safe: pray, apologize, forgive, listen, or offer practical help.

Journal

Love Scripture Readings

Read these passages slowly. The quotations below are from the World English Bible, a public-domain Bible translation. The selected verse range is reproduced in full for each daily reading.

John 17:20-23, 26

Not for these only do I pray, but for those also who will believe in me through their word, that they may all be one; even as you, Father, are in me, and I in you, that they also may be one in us; that the world may believe that you sent me. The glory which you have given me, I have given to them, that they may be one, even as we are one, I in them, and you in me, that they may be perfected into one; that the world may know that you sent me, and loved them, even as you loved me.

Verse 26: I made known to them your name, and will make it known; that the love with which you loved me may be in them, and I in them.

John 14:16-18

I will pray to the Father, and he will give you another Counselor, that he may be with you forever: the Spirit of truth, whom the world can't receive, for it doesn't see him and doesn't know him. You know him, for he lives with you and will be in you. I will not leave you orphans. I will come to you.

John 15:9-15

Even as the Father has loved me, I also have loved you. Remain in my love. If you keep my commandments, you will remain in my love; even as I have kept my Father's commandments and remain in his love. I have spoken these things to you, that my joy may remain in you, and that your joy may be made full. This is my commandment, that you love one another, even as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do whatever I command you. No longer do I call you servants, for the servant doesn't know what his lord does. But I have called you friends, for everything that I heard from my Father, I have made known to you.

John 1:12-13

But as many as received him, to them he gave the right to become God's children, to those who believe in his name: who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

1 John 3:1

See how great a love the Father has given to us, that we should be called children of God! For this cause the world doesn't know us, because it didn't know him.

Romans 8:14-17

For as many as are led by the Spirit of God, these are children of God. For you didn't receive the spirit of bondage again to fear, but you received the Spirit of adoption, by whom we cry, "Abba! Father!" The Spirit himself testifies with our spirit that we are children of God; and if children, then heirs: heirs of God and joint heirs with Christ, if indeed we suffer with him, that we may also be glorified with him.

1 John 4:16-19

We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him. In this love has been made perfect among us, that we may have boldness in the day of judgment, because as he is, even so are we in this world. There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love. We love him, because he first loved us.

John 20:21-22

Jesus therefore said to them again, "Peace be to you. As the Father has sent me, even so I send you." When he had said this, he breathed on them, and said to them, "Receive the Holy Spirit!"

2 Corinthians 5:17-20

Therefore if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new. But all things are of God, who reconciled us to himself through Jesus Christ, and gave to us the ministry of reconciliation; namely, that God was in Christ reconciling the world to himself, not reckoning to them their trespasses, and having committed to us the word of reconciliation. We are therefore ambassadors on behalf of Christ, as though God were entreating by us: we beg you on behalf of Christ, be reconciled to God.

Ephesians 3:16–19

that he would grant you, according to the riches of his glory, that you may be strengthened with power through his Spirit in the inward person, that Christ may dwell in your hearts through faith, to the end that you, being rooted and grounded in love, may be strengthened to comprehend with all the saints what is the width and length and height and depth, and to know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God.

A Sound Mind

Days 15 through 21

A sound mind grows as the Spirit joins truth with daily practice. Salvation protects your identity, the Word renews your patterns, prayer redirects anxiety, and purpose steadies your steps. These final seven days help turn a getaway into an abiding life.

Day 15 Receive What God Has Given

Read 2 Timothy 1:6-7

Key truth God's gift is not a spirit of fear, but power, love, and sound judgment.

Paul wrote to Timothy as a spiritual father encouraging a gifted but pressured son. He told him to stir up God's gift and reject fear as the controlling force of his life. Power without love can become harsh. Love without sound judgment can lose direction. In the Spirit, power, love, and a sound mind belong together. This is the central rhythm of our 21-day getaway.

Reflect Which of these three—power, love, or soundness of mind—needs special attention in me today?

Pray Father, thank You for the Holy Spirit. Stir up Your gift in me and train me to walk in power, love, and sound judgment.

Practice Say 2 Timothy 1:7 aloud three times, emphasizing a different gift each time.

Journal

Day 16 Continue in the Word

Read John 8:31-32

Key truth Freedom grows as disciples continue in the words of Jesus.

A getaway with Jesus helps establish a continuing life in His Word. Jesus connects discipleship, abiding, truth, and freedom. Repetition matters because anxious and defeated patterns were often learned through repetition too. Give truth time to travel from the page into your reflexes, expectations, and decisions.

Reflect Which word of Jesus do I need to continue in after these 21 days end?

Pray Jesus, make me a disciple who remains in Your Word. Let truth expose lies and lead me into lasting freedom.

Practice Choose one passage from the playlist to read daily for the next seven days.

Journal

Day 17 Be Transformed by Renewing Your Mind

Read Romans 12:1-2

Key truth God transforms our lives as our minds are renewed and our bodies are offered to Him.

Renewal is more than positive thinking. It is learning to recognize reality from God's perspective and offering your whole embodied life to Him. The world's patterns press us toward fear, comparison, anger, and self-protection. Scripture trains us to discern what is good and pleasing to God, then to practice it.

Reflect What pattern of this age has most shaped my thinking, and what truth challenges it?

Pray God of mercy, I offer myself to You. Renew my mind so I can recognize and live Your good will.

Practice Identify one recurring thought. Ask: Is it true? Is it consistent with Jesus? What obedient action follows the truth?

Journal

Day 18 Wear the Helmet of Salvation

Read Ephesians 6:10-18

Key truth The certainty of salvation protects the mind during spiritual conflict.

Paul pictures believers dressed in God's armor. The helmet of salvation protects the head, where accusations, fears, and hopeless conclusions often strike. Salvation tells you who rescued you, whom you belong to, and where your life is headed. The armor is not isolation; it is truth, righteousness, gospel peace, faith, salvation, God's Word, and persevering prayer working together.

Reflect Which accusation or hopeless conclusion needs to meet the truth of my new life in Christ today?

Pray Lord, you always strengthen me in Your might where I am weak. Show me the specific verses that will guard my mind with the certainty of salvation and teach me to stand in your truth, peace, faith, and confident prayer.

Practice Walk slowly through each piece of armor in Ephesians 6 and thank God for what it represents.

Journal

Day 19 Take Thoughts Captive

Read 2 Corinthians 10:3-5

Key truth In Christ, we can challenge thought patterns that oppose the knowledge of God.

Not every thought deserves agreement. Paul speaks of spiritual weapons that tear down arguments and proud obstacles raised against knowing God. Taking a thought captive means noticing it, examining it in the light of Jesus, refusing lies, and choosing obedience to truth. This is neither denial nor self-punishment. It is disciplined freedom.

Reflect What thought repeatedly pulls me away from trust, love, or wise action?

Pray Jesus, expose every lie that distorts how I see You, myself, or others. Help me bring my thoughts into obedient agreement with Your truth.

Practice Write the troubling thought exactly. Beneath it, write a truthful, balanced response supported by today's passage.

Journal

Day 20 Let God's Peace Guard You

Read Philippians 4:4-9 and 1 Thessalonians 5:18

Key truth Prayer, thanksgiving, disciplined attention, and obedient practice create room for God's peace.

Paul names a practical pathway in anxious moments: bring every concern to God, add thanksgiving, direct attention toward what is true and worthy, and practice what has been learned. God's peace is not passivity. It is an active guard over heart and mind in Christ. This passage gives you something to do when anxious thoughts begin circling.

Reflect What request do I need to turn into prayer, and what can I thank God for now?

Pray God of peace, I give You every concern. You always guard my heart and mind in Christ Jesus when I pray to you giving thanks in all circumstances in my life. Help me train my attention toward what is true and good.

Practice Create a two-part list: three requests and three thanksgivings. Then choose one true and lovely thing to dwell on for five minutes.

Journal

Day 21 Live With the Mind of Christ and a Purpose

Read 1 Corinthians 2:12-16 and Ephesians 2:10

Key truth The Spirit helps us understand God's gifts, and our renewed lives are shaped for good works.

Your getaway ends by pointing forward. The Spirit teaches us what God has freely given and forms the mind of Christ in us. You are also God's workmanship, created in Christ Jesus for good works He prepared for you. Purpose steadies the mind. You are saved, loved, guided, and sent. Keep returning to Jesus and His Word so power, love, and sound judgment increasingly shape how you serve your family and the world.

Reflect What simple good work may Jesus be placing in front of me now?

Pray Holy Spirit, keep teaching me the mind of Christ. Lead me into the good works the Father has prepared for me. Because You put the spirit of Jesus in my heart, I believe that I carry His power, love, and peace of mind throughout this day. **You can pray this everyday for a while.** Let the Holy Spirit guide your prayers.

Practice Write a 30-day continuation plan: one passage to abide in, one person to encourage, and one way to serve each week.

Journal

A Sound Mind Scripture Readings

Read these passages slowly. The quotations below are from the World English Bible, a public-domain Bible translation. The selected verse range is reproduced in full for each daily reading.

2 Timothy 1:6-7

For this cause, I remind you that you should stir up the gift of God which is in you through the laying on of my hands. For God didn't give us a spirit of fear, but of power, love, and self-control.

John 8:31-32

Jesus therefore said to those Jews who had believed him, "If you remain in my word, then you are truly my disciples. You will know the truth, and the truth will make you free."

Romans 12:1-2

Therefore I urge you, brothers, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service. Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.

Ephesians 6:10-18

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places. Therefore put on the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having the utility belt of truth buckled around your waist, and having put on the breastplate of righteousness, and having fitted your feet with the preparation of the Good News of peace, above all, taking up the shield of faith, with which you will be able to quench all the fiery darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; with all prayer and requests, praying at all times in the Spirit, and being watchful to this end in all perseverance and requests for all the saints.

2 Corinthians 10:3-5

For though we walk in the flesh, we don't wage war according to the flesh; for the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.

Philippians 4:4-9

Rejoice in the Lord always! Again I will say, "Rejoice!" Let your gentleness be known to all men. The Lord is at hand. In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus. Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report: if there is any virtue and if there is anything worthy of praise, think about these things. Do the things which you learned, received, heard, and saw in me, and the God of peace will be with you.

1 Corinthians 2:12-16

But we received not the spirit of the world, but the Spirit which is from God, that we might know the things that were freely given to us by God. We also speak these things, not in words which man's wisdom teaches, but which the Holy Spirit teaches, comparing spiritual things with spiritual things. Now the natural man doesn't receive the things of God's Spirit, for they are foolishness to him, and he can't know them, because they are spiritually discerned. But he who is spiritual discerns all things, and he himself is judged by no one. "For who has known the mind of the Lord that he should instruct him?" But we have Christ's mind.

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared before that we would walk in them.

Your Next 30 Days

The goal of a getaway is an abiding life. Choose a sustainable rhythm that keeps you near Jesus and available to love people. Small practices repeated faithfully can reshape the heart and mind.

Area	My commitment
Word	
Prayer	
Community	
Serving	
Rest and health	
Testimony	

Closing Prayer

Father, thank You for meeting me through Jesus and His Word. Let what You began continue to grow. By the Holy Spirit, help me walk in power that serves, love that restores, and a sound mind established in truth. Make my life a faithful witness to Jesus. Send me with good news, compassion, wisdom, and courage. Amen.

About Chris Lioi

Chris Lioi is a Charis Bible College graduate, speaker, author, and evangelist who helps people encounter Jesus in everyday life. His background includes seven years of devoted study in God's Word and praying with thousands of people on streets, in marketplaces, and during rideshare trips.

Chris describes witnessing thousands of moments of healing, relief, and encouragement through prayer, from a person experiencing peace or renewed hope to people reporting improvement or complete relief from pain in their knees, backs, legs, hips, and shoulders. His ministry testimonies include the video *Betty Can Walk Again*. His desire is to point people to Jesus, encourage them to go deeper in His Word, and help them receive the Father's love, then carry that love, faith, and compassionate prayer into the lives of others.

Testimony Notes

Use this page to record what you experienced during the 21 days. Be specific, honest, and grateful. Include the date, what changed, what remains in process, and any next step you sense Jesus inviting you to take.

Scripture and Publication Note

Scripture quotations are from the World English Bible, which is in the public domain. In 2 Timothy 1:7, the WEB uses self-control where the NKJV uses a sound mind. This study applies the verse to Spirit-enabled courage, love, and sound judgment.