

SEVEN DAY

love
walk

CHALLENGE





**THE 7-DAY
LOVE WALK CHALLENGE**

FROM [ABUNDANTLIFE.CHURCH](https://abundantlife.church)

DAY ONE

ask

Ask for His Forgiveness

Take your sins before God and lay them down before Him. Be open and honest here. The Bible tells us that as God's children, we can boldly go before our Father and cast our cares on Him, because He cares for us. Lay your sin down before him, and ask for the forgiveness promised to you.

"Give all your worries and cares to God, for he cares about you."

1 Peter 5:7 NLT

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DAY TWO

receive

Receive His Forgiveness

Most of the time, the reason why forgiveness has not made an impact in our lives is not because of God, but because we are unwilling to forgive ourselves. In order to be released from sin, you have to let it go. If God has forgiven you, you have no right to hang on to it any longer. Go to the Bible and find scriptures to support the new statements you are making. These new statements should reflect who God says you really are.

"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness."

1 John 1:9 NLT

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DAY THREE

take

Take Inventory of Your Love Walk

No one else is responsible for your life but you. Ask yourself: where in your life have you have not been walking in love? In order to begin the process of healing, you have to first acknowledge your responsibility in creating the problem, whether it was deliberate or unintentional.

"But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too."

Mark 11:25 NLT

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DAY FOUR

Forgive

Forgive Those Who Have hurt you

In order for forgiveness to manifest in your life, you have to let go of all unforgiveness. That includes letting go of the people who have hurt you. They don't have to apologize for you to forgive them. Until you let them go, you have not really released the sin to God, and you are giving it permission to linger in your life.

"...and forgive us our sins, as we have forgiven those who sin against us... If you forgive those who sin against you, your heavenly Father will forgive you."

Matthew 6:12, 14 NLT

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DAY FIVE

bless

Bless Them

Use the words of your mouth to send blessing into their lives.
Pray for them to advance, to be blessed, to find favor
and promotion.

*"Bless those who persecute you. Don't curse them;
pray that God will bless them."*

Romans 12:14 NLT

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DAY SIX

do good

Do Good

Commit to the process of going out of your way to love on them. Not in a creepy way, but look for opportunities to show your love tangibly to them.

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith."

Galatians 6:9-10 NLT

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DAY SEVEN

pray

Pray for Them

Prayer is the most powerful tool you have. Praying the word of God over someone's life brings life.

"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results."

James 5:16 NLT

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