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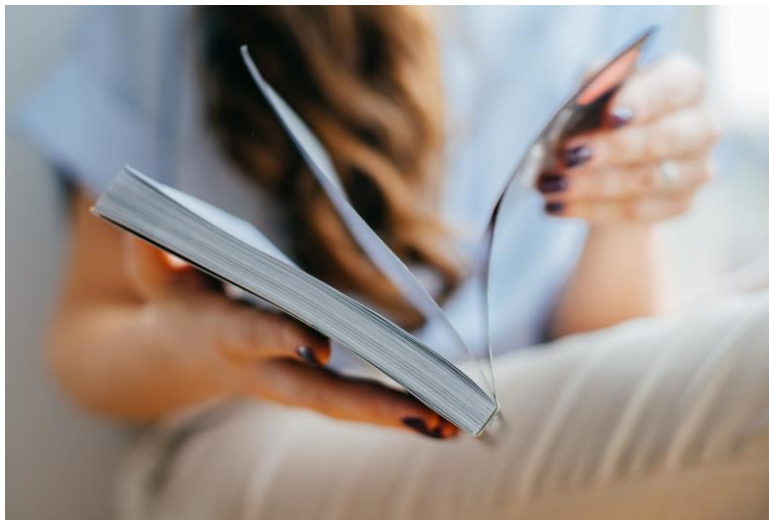
# INSIDE OUT WITH COURTNA YE

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“A New Year for A New YOU!”



JANUARY 2016 FREE DEVOTIONAL



DECEMBER 2015/JANUARY 2016  
[WWW.INSIDEOUTWITHCOURTNA YE.ORG](http://WWW.INSIDEOUTWITHCOURTNA YE.ORG)

## **FREE Devotional: A New Year for A New YOU!**

Jump Start 2016 off RIGHT!!!

As we prepare to bring in the New Year, it's time to start thinking and praying about what YOU would like to see happen differently in your life in 2016 (God willing)! So what is it? What is that THING that you know you need to do or change to bring in the NEW YOU? Is it rearranging your schedule to get more devotion time in? Is it taking those courageous steps towards doing what you know God has been impressing upon your heart to do? Is it drawing closer to Him like never before? Is it writing that business plan, proposal, blog, book, or creating that dream or vision board? And is becoming a stronger godly woman, mother, wife, single, leader in there somewhere? What is it?!!!

Really and truly, it's not about having a New Year's Resolution. Because we know that dies out pretty fast, RIGHT? So come on! Remember, this is all about real life, real talk, and real faith. It's time to really roll up your sleeves and prepare yourself to get moving in the right direction. Don't forget, *nothing happens until you start moving*. I've said that all throughout 2015. So let's do this!

I'm putting that charge on you TODAY, my sister! Why? Because no more mediocre living! No more living life in the status quo. No more procrastination and slothfulness as the Bible warns us about. Jesus is coming back soon! And a lot is happening in our world today. So we have to catch the urgency and be lights to this dying world...dying communities...dying cities...dying country. We are called to be lights as we live this born-again lifestyle.

Jesus tells us that we are called to be salt and light to this world through Matthew 5:13-14, "You are the salt of the earth. But what is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world-like a city on a hilltop that cannot be hidden." *Don't lose your flavor in these last days, sis*. People should be thirsty for more of God through seeing your godly life and example. It's time to shine bright!

So don't hide your light in 2016. Let the light of Christ shine bright in you and let your good deeds shine out for all to see, so that everyone will praise your heavenly Father as Matthew 5:16 says. It's time, sis! Let God change you from the inside out. Let Him mold and shape you into the woman that He has called you to be. Are you ready?

**Now...how does this devotional work?**

\*I would suggest that you buy a cute binder of your choice (make it fun!) and print out this devotional. You can use it for personal use, group Bible Study, or with friends over coffee (or tea, light snacks, or lunch) each week with open discussion. Also, pick a personal theme for the year. For instance, my theme for 2014 was “Courageous” and 2015 was “Trusting God.”

Everything within those years were about those themes. I had word part, picture art, books, Scriptures, T-shirts, mugs, you name it...all to help me stand strong and stay true to what God was doing in my life through those themes. And I grew stronger in those areas and in my walk with the Lord. God proved Himself mighty and faithful through them. He's so AMAZING!

So how about you? Do you have your theme for 2016? If so, GREAT! But if not, pray and ask God, “Lord, where am I? What's my theme for 2016?” You may already have an idea of what it is based upon what you've already been feeling in your spirit. But whatever you do, I want you to keep in mind that the purpose of this devotional is to help you to Jump Start 2016 off right. It's all about becoming a new YOU! 1 Corinthians 5:17 says, “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (NLT)

You know the things that need work or change in your life. You know the bad habits that need to be broken. You know what you've been procrastinating on. You know what needs improvement in this upcoming year. You know what you need to move forward on. And God knows too!

With that being said, allow God to do it in you. Allow Him to change you and grow you up into a mature woman in Him. That way, others around you will want what you have! They'll be thirsty for more of Him too! It's a win-win! Just know that this takes partnership with Him. You will NOT be able to change on your own.

So as you prepare to go through this 5-week devotional, go through it day by day with prayer and trust that the Lord will order your steps in His word and in your daily demands and walk with Him. Always remember what Proverbs 16:9 says, “We can make our plans, but the Lord will determine our steps.” He is ultimately in control. So flow with Him. And *believe* that this year will be awesome and that you will be a NEW YOU!

I'll be praying for you sis!!!

Love,  
Your Sister in Christ...*Courtney*

P.S....

It's time to dive into the devotional. Let's go!

\*HEY! Before you dive into 2016, let's finish off 2015 first...

## *December 31, 2015*

1.) What was the highlight of 2015 for you? (Meaning, what was the ONE thing that blew your mind that God did for you this year?)

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2.) What Scripture carried you throughout the year?

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3.) What was the hardest thing that you had to go through this year and how did God help you through it?

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4.) What key lessons were learned in 2015 for you?

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5.) If you could pick one area in your life where you have grown, what area would it be?

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Now...take a few minutes to write a "Thank You" prayer to God here for all that He has done in your life and the growth that you've seen throughout this year.

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"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

**1 Thessalonians 5:18 (NLT)**

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## WEEK ONE

Friday, January 1<sup>st</sup> - Sunday, January 3<sup>rd</sup>

“Commit everything you to the Lord. Trust him, and he will help you.”

**Psalm 37:5 (NLT)**

Know that as you take on this new year, that you can do nothing without the Lord. Don't try to be a better person, Christian, wife, mother, business owner, or ministry leader on your own. And don't try to accomplish any goals without first seeking Him. Pray and write your dreams, goals, plans, To-Do-List, and Bible Study topics down. And then commit what you're doing to Him. Lift it up. And then trust Him to bring it to pass. Also, be open if the Lord wants to rearrange your schedule or plans on any particular day. I know that's no fun. BUT...keep in mind, Father knows best. You would actually be surprised how fulfilling it is in the long run! Just know that ultimately He knows what you need to do, where you're headed, and how you're going to get there. So let Him be your GPS and remember to flow with Him as He helps you to become the new YOU! Okay, now...

1.) What kind of changes would you like to see take place in your life in 2016?

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2.) What is your theme for this year?

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3.) What are your goals for this upcoming week?

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4.) How do you plan on attacking them?

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Write out a prayer to God about where you are right now in your walk with Him and about your current goals. Don't forget to thank in the midst of it all.

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## WEEK TWO

**Monday, January 4<sup>th</sup> - Sunday, January 10<sup>th</sup>**

“It is not by force, nor by strength, but by my Spirit,  
says the Lord of Heaven’s Armies.”

Zechariah 4:6

As you draw closer to God this year in your devotion to Him and in the work that He has called you to do, don’t trust in your own ability or strength to get it done. Instead, rely on His Holy Spirit to lead and guide you into all truth and in all of your work. As women, we wear a lot of hats and we wake up with a lot on our plates. But in all of that, that’s when we have to sit back, breathe, and trust God to help us to supernaturally get it all done. When you choose to walk in the Spirit (meaning being sensitive to follow the Holy Spirit’s leading), you will be in awe of the progress, accomplishment, and peace that overtakes you. Embrace this concept. This week, don’t try to force things to happen if they are not flowing the way you think things should. Instead, know that God is in control. Flow by His Spirit and grace. Release the undue stress and let Him operate in and through you. Now...are you ready for this week?

- 1.) Let’s backtrack for a couple of minutes. Knowing what you know now, do you feel like you allowed the Holy Spirit to help you out last week? Or if being honest...did you set the schedule and just went to work? (meaning, worked in your own ability and strength) Explain.

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- 2.) How will you work with the Holy Spirit this week?

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- 3.) What are you working on today? And how is it going so far?

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- 4.) How do you plan on drawing closer to God in the days to come?

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- 5.) Write out the above Scripture below and memorize this verse this week.

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## WEEK THREE

Monday, January 11<sup>th</sup> - Sunday, January 17<sup>th</sup>

“For we walk by faith, not by sight.”

2 Corinthians 5:7

(KJV)

How is your faith level right now? Are you believing God at all costs? No matter where you are today, know that as a believer in Christ, He's got you. So whenever things look shaky, scary, uncertain, unbalanced, or confusing...walk by faith. He wants you to trust Him. In this new year, trust God more. Take Him at His Word. Don't waver. If God said it, take it at face value and don't reason Him away. Circumstances, people, and the enemy will come to test your faith to see if it is strong. That's what the Bible tells us in James 1:3. Read it. In a nutshell, what's really happening is God is making you stronger. He is building endurance and working patience in you as He builds your character and transforms you into the woman that He has called you to be. So when you can't see clearly what God is doing in your life, pull out your shield of faith and believe Him in spite of what things looks like this week. With that being said...

- 1.) Again, how is your faith level right now? On a scale from 1-10 with 10 being the highest. Where are you and why?

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- 2.) Do you ever doubt God? Meaning, do you ever waver in your faith? If so, what goes through your mind when this happens?

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- 3.) What could you do this week to build your faith up?

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- 4.) Why do you think believing God can be hard sometimes?

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- 5.) What is one spiritual and one natural goal that you can write down for next week?

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## WEEK FOUR

Monday, January 18<sup>th</sup> – Sunday, January 24<sup>th</sup>

“The joy of the Lord is your strength.”  
Nehemiah 8:10

Always remember that the joy of the Lord is your strength. When you have God’s word living on the inside of you...REJOICE! Regardless to what’s going on around you this week, **choose joy**. If you’ve ever lost your joy, then you know that this is a horrible, lower-than-life feeling. BUT one way to increase your joy is to stay connected to Jesus and to stay in God’s word. Jesus tells us in John 15:5, “I am the vine, ye are the branches: he that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” (KJV) You cannot bear the fruit of joy without Jesus or abiding in Him. Then He goes on to say in John 15:11, “I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!” (NLT) Let your joy overflow. Don’t let anything or anyone or even YOU kill it. Remember, you are becoming new. So renew your mind with any negative thoughts this week and let the joy OF THE LORD be your strength.

- 1.) How is the fruit of joy in your life this week? Is it tasty? In other words, are you feeling joyful right now? If so, what does that feel like and if not, why is your joy low?

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- 2.) What are some things that can steal or rob you of your joy?

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- 3.) What are your thoughts right now? Think about them for a moment. Is what you are thinking about bringing joy to your heart or are you a bit down or complacent?

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- 4.) How do you plan on growing in keeping your joy up throughout this week?

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- 5.) What are your goals for this week?

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## WEEK FIVE

Monday, January 25<sup>th</sup> – Sunday, January 31<sup>st</sup>

“Create in me a clean heart, O God; and renew a right spirit within me.”

Psalms 51:10

(KJV)

You're just about done with January's devotional! I hope and pray that you have been drawing closer to God, accomplishing much through His Spirit, keeping your faith and joy up, reaching your goals, and seeing some changes take place in your life in this new year. With that being said, don't stop now! Allow the Lord to continue to create a clean heart within you and accomplish His will. Continue to ask Him to renew a right spirit within you. And keep growing and changing. Remember, we are called to be salt and light to a dying world. Jesus is coming back soon and we have to be ready. So keep following Christ. Live a life that pleases Him from the inside out. Let the Lord continue to transform you to be more like Christ this year. And hold onto this verse from Philippians 1:6, “And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” (NLT) Believe that!

- 1.) What are some changes that you have already begun to see in your *spiritual life* so far?  
How about with your *goal setting*?

Spiritual Life: \_\_\_\_\_

Goal Setting: \_\_\_\_\_

- 2.) What Scripture in general stood out to you during this whole month, and how did it help you in your Christian life or accomplish your goals?

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\_\_\_\_\_

- 3.) Going forward, what new book, teaching series, book of the Bible, or topic of study would you like to work on this year? Write one or all and discuss why...

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- 4.) Name one goal that you would like to reach in February? Write it out & pray for success!

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**\*If you are interested in the “Keep Moving Forward in 2016” Devotional (the entire devotional Feb-Dec.), you can purchase it on my website for only \$19.97. You or your women's group won't have to miss a beat! It will be delivered via email January 31<sup>st</sup>! Order your devotional TODAY on [www.insideoutwithcournave.org](http://www.insideoutwithcournave.org) and keep moving forward in 2016!**