

From Old Ways to New Life

A 90-Day Christian Reset
& Bible Study Plan

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Introduction

A 90-Day Christian Reset & Bible Study Plan

“Be transformed by the renewing of your mind.” – **Romans 12:2**

We all face patterns in our lives that pull us away from God—habits, thoughts, or routines that keep us stuck in the old ways. But God calls us to something better: a new life in Christ.

This plan is not about perfection, but about direction. It’s a journey of daily surrender, renewal, and transformation through God’s Word. Over the next 90 days, you’ll not only study the Bible but also replace harmful habits with godly practices.

How it works:

- Daily: pray, read Scripture, and practice a simple replacement habit.
- Weekly: reflect on one key theme and journal what God is teaching you.
- Phases: the 90 days are divided into 3 phases of 30 days each: Surrender, Renew, Transform.

How to Use This Plan

Set aside daily time

Why: A relationship grows with consistent time spent together. Just as you make time for family or friends, you need to set aside time for God.

How: Choose a specific time each day—morning, lunch, or evening. Even 15–20 minutes can make a difference. Turn off distractions and treat this as an appointment with God.

Have a notebook or journal.

Why: Writing helps you remember and reflect. Journaling plants the seed of the Word deeper into your heart. It also allows you to look back and see your growth.

How: Use a simple notebook or notes app. Write down verses, short prayers, or habits you're replacing. Review weekly and thank God for progress.

Pray before reading.

Why: The Bible is the living Word. Prayer invites the Holy Spirit to open your eyes to understand and apply it.

How: Begin with a short prayer like: *“Lord, open my eyes that I may see wonderful things in Your Word”* (**Psalm 119:18**).

Replace, don't just remove.

Why: Nature hates a vacuum. If you stop a bad habit without replacing it, temptation will return. Jesus warned that an empty house will be filled again (**Matthew 12:43–45**).

How: Replace old triggers with prayer, Scripture, or encouragement. Don't just say no to sin—say yes to righteousness.

Stay consistent.

Why: Habits are formed by repetition. Small daily steps lead to lifelong transformation (Galatians 6:9).

How: Use the tracker provided. Don't aim for perfection—aim for faithfulness. If you miss a day, start again tomorrow.

Phase 1: Surrender (Days 1–30)

Theme: Laying down the old life.

Key Scripture: *“If anyone is in Christ, he is a new creation; the old has gone, the new has come.”* – 2 Corinthians 5:17

Why: Before God can build something new, we must first lay down the old. Surrender means recognizing the habits, thoughts, and actions that keep us from Him and placing them at His feet.

How: Begin each morning with a prayer of surrender. Read 1 Psalm and 1 chapter from a Gospel. Replace one old habit with prayer or silence.

Weekly Focus.

Week 1: Repentance (Psalm 51) – Repentance cleanses the heart. Write down sins and pray for cleansing.

Week 2: Forgiveness (Matthew 18:21–35) – Forgiveness sets you free. Pray for those you need to forgive.

Week 3: Guarding Your Heart (Proverbs 4:23) – Limit harmful influences. Write how you’ll guard your heart.

Week 4: Obedience (John 14:15) – Choose a command of Jesus and practice it daily.

Phase 2: Renew (Days 31–60)

Theme: Filling your life with God’s Word.

Key Scripture: “Let the word of Christ dwell in you richly.” – Colossians 3:16

Why: Renewal means reshaping your mind with Scripture so that God’s perspective replaces your own.

How: Read 1 Proverb and 1 chapter from Acts daily. Journal one verse each day. Replace self-criticism with declarations of truth.

Weekly Focus.

Week 5: Identity in Christ (Ephesians 1) – Discover who you are in Christ. Declare it daily.

Week 6: Life in the Spirit (Galatians 5) – Memorize the fruit of the Spirit and reflect daily.

Week 7: Prayer & Fasting (Matthew 6:5–18) – Fast from food, media, or distraction once this week.

Week 8: Faith in Action (James 2) – Put faith into action through serving and encouragement.

Phase 3: Transform (Days 61–90)

Theme: Bearing fruit and serving others.

Key Scripture: “You did not choose Me, but I chose you and appointed you to go and bear fruit—fruit that will last.” – John 15:16

Why: Transformation means living in victory, producing fruit of the Spirit, and walking in your God-given purpose.

How: Read 1 chapter from Romans or Philippians daily. Pray for others. Replace isolation with fellowship.

Weekly Focus.

Week 9: Victory Over Sin (Romans 6) – Declare daily that you are dead to sin but alive in Christ.

Week 10: Joy in Christ (Philippians 4) – Keep a gratitude list of 3 things daily.

Week 11: Spiritual Warfare (Ephesians 6:10–18) – Put on one piece of God’s armor in prayer each day.

Week 12: Mission & Purpose (Matthew 28:18–20) – Share your testimony or invite someone into Scripture.

Weekly Reflection & Journaling.

Reflection helps the Word take root. Each week, spend 15–20 minutes with God and journal your answers.

Questions:

1. What old way did I let go of this week? (Ephesians 4:22)
2. What new habit or truth did God establish in me? (Eph 4:23)
3. What Scripture gave me strength? (Psalm 119:105)
4. How can I live this truth tomorrow? (James 1:22)

Tips: Find a quiet space, begin with prayer, be honest, and end with thanksgiving.

90-Day Habit Tracker.

Tracking daily habits makes progress visible.

What to track daily:

- Prayer
- Scripture Reading
- Reflection/Journal
- Replacement Habit

Sample Layout:

Day	Prayer	Scripture	Reflection	Replacement Habit	Notes
Sunday	Done	Titus 2: 11-14	Self-control	Fast Media over scrolling	Grace teaches self-control
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Final Encouragement

Dear Friend,

If you are reading this, you've reached the end of this journey—but truly, it's the beginning. God has started a good work in you, and He will carry it to completion (Philippians 1:6). Each checkmark, each prayer, each Scripture has been a seed. Keep watering it with faith.

What's next?

1. Keep Reading – Begin a yearly plan or study deeply.
2. Stay Connected – Join fellowship and grow with others.
3. Live Out Your Faith – Serve and shine God's light.
4. Guard Your Heart – Protect your mind and spirit.
5. Share Your Story – Encourage others to begin their own journey.

Replacement Habit Guide

Old Habit (to surrender)	Replacement Habit (to practice)	Supporting Scripture
Mindless scrolling / wasting time	Read 1 Psalm or a short Gospel passage	Psalm 1:2 – “His delight is in the law of the Lord...”
Complaining	Write or speak 3 things you’re thankful for	Philippians 2:14 – “Do all things without grumbling...”
Gossip / harsh words	Speak encouragement or pray for the person	Ephesians 4:29 – “Let no corrupt talk come out of your mouths...”
Junk food craving	Eat a piece of fruit / drink water	1 Corinthians 10:31 – “Whatever you eat or drink, do all to the glory of God.”
Anger / impatience	Pause and pray Psalm 141:3 before responding	James 1:19 – “Be quick to hear, slow to speak, slow to anger.”
Negative self-talk	Declare identity in Christ (e.g., “I am God’s workmanship”)	Ephesians 2:10 – “We are His workmanship...”
Isolation	Reach out to a friend, fellowship, or serve someone	Hebrews 10:25 – “Not neglecting to meet together...”
Impulse spending	Write it down and wait 24 hours before buying	Proverbs 21:20 – “The wise store up choice food and oil...”
Lustful thoughts	Speak Job 31:1 aloud / read a Scripture card	Job 31:1 – “I made a covenant with my eyes...”
Laziness / procrastination	Set a timer for 5 minutes and start the task	Colossians 3:23 – “Whatever you do, work heartily, as for the Lord.”
Fear / anxiety	Pray and meditate on Philippians 4:6–7	Philippians 4:6–7 – “Do not be anxious... but in everything, by prayer...”
Oversleeping / sluggish mornings	Wake up and play worship music / short prayer walk	Psalm 118:24 – “This is the day the Lord has made; let us rejoice...”

Closing Prayer

Heavenly Father,

I thank You for walking with me through these 90 days. From surrender, to renewal, to transformation, You have been faithful. Thank You for the old habits left behind and the new truth planted in my heart.

Fill me daily with Your Spirit. Guide my steps, strengthen me in trials, and help me bear fruit that lasts. Today I declare I am a new creation, dead to sin, and chosen to bear fruit. May my life shine for Your glory.

In Jesus' name, Amen.