



Living in Victory

A short guide for believers who love Jesus but feel tired, stuck, or discouraged.

A word before you begin

Jesus said, “I have come that they may have life, and have it to the full” (John 10:10). Yet many of the believers I meet love Jesus sincerely and still feel tired, stuck, or discouraged. The same struggles come back. Prayer feels dry. Joy seems far away.

If that is you, please hear this: you are not a failure, and God is not disappointed in you. The Christian life was never meant to be lived in our own strength. Often a few gifts God has already given us are still waiting to be unpacked, like a present left in its box.

This short guide looks at five of those gifts, easy to remember: 1, 2, 3, 4, 5. Read it slowly, with your Bible open, and ask the Holy Spirit to show you where He wants to bring new life.

Dr. Fanny Basta, 7,000 Knees

How to use this guide

- 1 Read one section a day, in a quiet place, with your Bible and a notebook.
- 2 Look up the verses and read them in context.
- 3 Answer the “Ask yourself” question honestly before God.
- 4 Take the next step. Victory grows one small step of faith at a time.



One Body

You need the Church, and the Church needs you

God never meant us to follow Jesus alone. A coal taken out of the fire slowly loses its warmth; a believer cut off from other believers often does too. In the Church we receive encouragement, prayer and correction, and we also give: others need the gifts God has placed in you.

Now you are the body of Christ, and each one of you is a part of it.

1 CORINTHIANS 12:27

ASK YOURSELF

Do I belong to a local church where people know me, pray for me, and where I can serve?

A NEXT STEP

Choose one step this month: join a small group, have coffee with another believer, or offer to serve in your church.



Two Natures

Why you still struggle, and how to win

When you came to Christ, you received a new life. But the old nature, which the Bible calls “the flesh,” has not disappeared yet. That is why you still struggle. The struggle does not mean you are not saved; it shows that new life is in you. Victory does not come from trying harder, but from feeding the new life and saying no to the old, in the power of the Spirit.

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

GALATIANS 5:16

ASK YOURSELF

Which side am I feeding most each day: the new life, or the old habits?

A NEXT STEP

Read Romans 6:11–14. Name one habit that feeds the old nature, and replace it with one that feeds the new: time in Scripture, worship, or a good friend.

3

Three Sources of Authority

Who has the last word in your life?

Every day, something has the last word in our choices: the Bible, what the world around us says, or our own feelings and ideas. Each has its place, but only one can lead. When God's Word leads, our feelings find rest and our thinking finds light.

Your word is a lamp for my feet, a light on my path.

PSALM 119:105

ASK YOURSELF

When the Bible says one thing and my feelings or the culture say another, which one usually wins?

A NEXT STEP

Choose a simple daily reading plan, for example one chapter of John a day, and ask each time: "What does this mean for my life today?"

4

Four Works of the Spirit

Guidance, repentance, power and gifts

The Holy Spirit is not an idea. He is God with you, every day. He guides us into truth. He shows us what needs to change and leads us to repentance. He gives us power to live and to speak about Jesus. And He gives gifts so we can serve others.

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

ACTS 1:8

ASK YOURSELF

In which of these four do I most need the Holy Spirit's help right now: guidance, repentance, power, or gifts?

A NEXT STEP

Each morning this week, pray: "Holy Spirit, fill me, guide me today, and use me." Write down how He answers.

5

Five People

Sharing the life you have received

Joy grows when we share it. God has placed people around you who need to know His love: family, neighbors, colleagues, friends. Victory is not only about our own struggles; it is about becoming a channel of life for others.

We are therefore Christ's ambassadors, as though God were making his appeal through us.

2 CORINTHIANS 5:20

ASK YOURSELF

Who are five people God has placed in my life who do not yet know Him?

A NEXT STEP

Write their names in your notebook. Pray for them by name every day, and look for one simple way to show each of them the love of Jesus.

Victory is a Person

Victory is not a feeling, and it is not the result of trying harder. It is Jesus living in you by His Holy Spirit. Start with the one area where you feel most stuck, and take one small step this week.

You don't have to do this alone. A real person reads every message we receive.

Lord Jesus, thank You for the life to the full You promised. I am tired of living in my own strength. Fill me with Your Holy Spirit. Help me belong to Your Body, feed the new life, let Your Word lead, walk with Your Spirit every day, and love the people You have placed around me. Amen.

A PRAYER YOU CAN PRAY

Your next steps

The free course “Victory Through the Holy Spirit”

Four weeks, at your own pace, through these five gifts. Join the waiting list at 7000knees.org/victory

A free online group

Walk through the course with others. Join the waiting list on the same page.

Talk to a real person

A mentor, prayer, help finding a church, or a free Bible: write to contact@7000knees.org

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