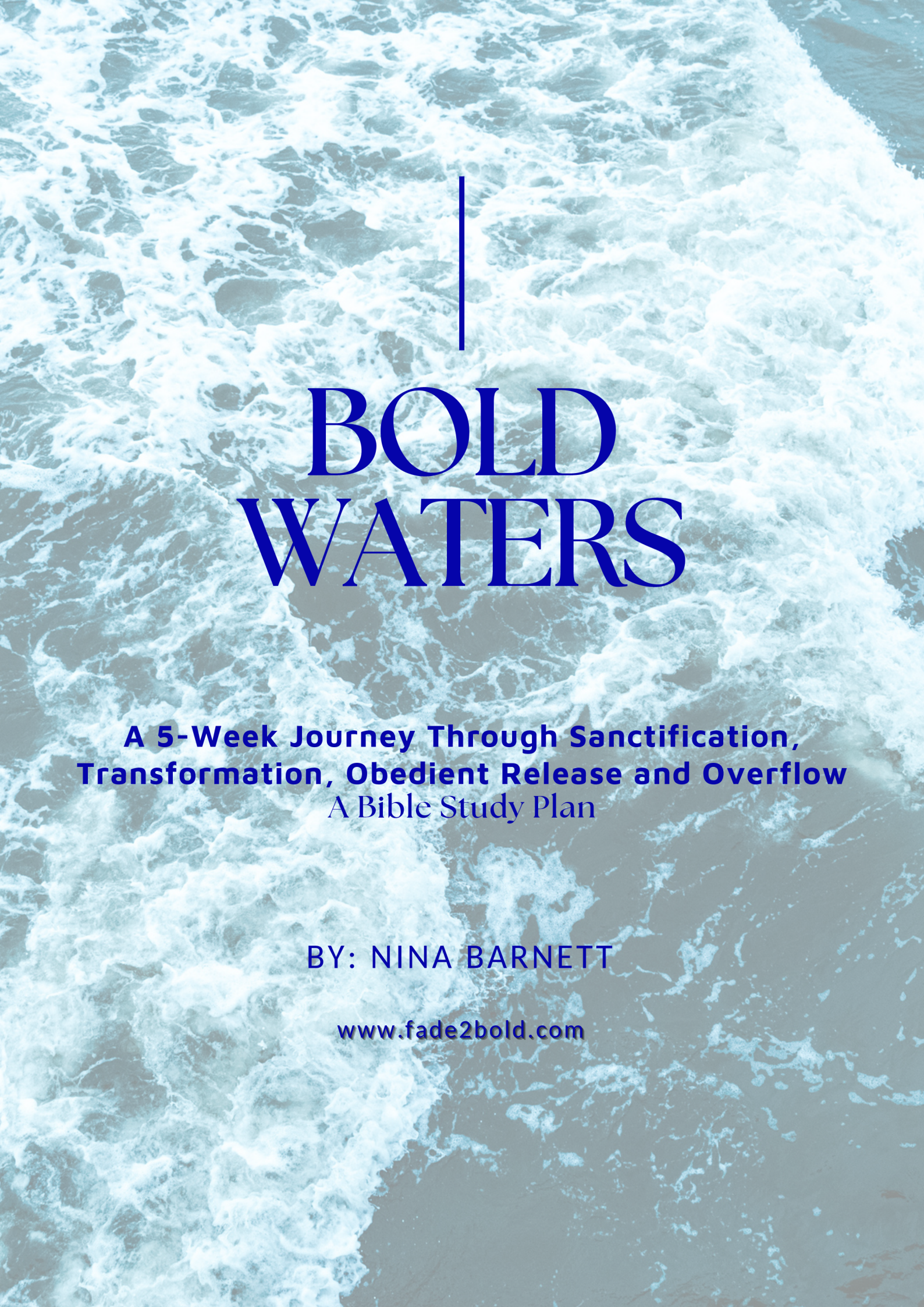




BOLD WATERS

**A 5-Week Journey Through Sanctification,
Transformation, Obedient Release and Overflow**
A Bible Study Plan

BY: NINA BARNETT

www.fade2bold.com



Copyright Notice

**BOLD WATERS:
A 5-WEEK JOURNEY THROUGH SANCTIFICATION,
TRANSFORMATION, OBEDIENT RELEASE AND OVERFLOW**

© 2025 Nina Barnett, Fade2Bold LLC, and its affiliates and assigns and licensors.

All rights reserved. This workbook, including all content, text, images, and design, is the intellectual property of the Fade2Bold LLC.

No portion of this workbook may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain noncommercial uses permitted by copyright law.

For permission requests, collaborations, or group study licenses, please contact:

Nina Barnett
nina@fade2bold.com
www.fade2bold.com

Scripture quotations are from the New King James Version® unless otherwise noted. Used by permission. All rights reserved.

Dear Bold Believer,

Welcome to this journey—one designed to draw you closer to the Living Water, the Word made flesh, and the Anchor of your soul: Jesus Christ.

This Bible study plan is more than printed pages—it's an invitation to step beyond the shorelines of comfort and into the bold waters of faith. Whether you've been with us on the shore or you're joining from afar, this moment is yours. A moment to slow down. To return to the Word. To let God wash over the dry, weary places in your soul and stir a fresh outpouring.

This isn't intended to be a sprint, but a soak. One that invites you to read, reflect, wrestle, and respond.

Each week of this plan builds intentionally:

- Week 1 anchors your identity in Christ.
- Week 2 washes your mind and heart with the Word.
- Week 3 invites you to step in—because obedience often precedes breakthrough.
- Week 4 reminds you that obedience is empowered by the Spirit, not striving.
- Week 5 pours you out—released into purpose, ready to overflow.

This is a progression of sanctification, transformation, obedient release, and overflow.

It is not a checklist. It's a consecration.

I believe the Word will meet you right where you are—and lead you into something deeper.

Let's dive in.

In His Love & Boldness,
Teacher Nina B.
Founder, Fade2Bold

Contents

ABOUT THIS BIBLE READING PLAN	01
BOLD EXEGESIS COMPASS	02
SANCTIFICATION: A HOLY WORK IN PROGRESS	03
WEEK 1: SET APART	04
WEEK 2: WASHED IN THE WORD	05
WEEK 3: STEP IN	06
WEEK 4: OVERFLOW FROM SPIRIT-FILLED OBEDIENCE	07
WEEK 5: POURED OUT FOR PURPOSE	08
COMMISSIONING PRAYER	09

About This Reading Plan

The **BOLD Waters Bible Reading Plan** is a 5-week, Spirit-led study designed to help you experience the Word of God in a way that cleanses, strengthens, charges and commissions you.

Each week focuses on one central theme drawn from the original Bible Study at the Beach series. These lessons were first released in community by the water's edge — now they are being released into your hands to study, reflect, and activate wherever you are.

You will journey through:

- Sanctified in His Presence (Week 1)
- Washed in the Word (Week 2)
- Step In – Obedience Precedes Breakthrough (Week 3)
- Spirit-Filled Obedience (Week 4)
- Poured Out for Purpose (Week 5)

Each week contains:

- A core passage of Scripture to study
- A daily 7-day reading path (Day 1 to Day 7)
- Guided reflection questions
- Space to journal your insights and pour your heart out before the Lord

Each day builds upon the weekly theme, helping you grow in truth, obedience, and spiritual clarity. You don't need to rush. You just need to remain.

HOW TO USE THIS PLAN:

Here's how to make the most of the BOLD Waters journey:

- Set aside time daily — 15 to 30 minutes — and create a peaceful environment
- Read the Scripture slowly (saturation over speed)
- Use the BOLD Exegesis Compass (see next page) to engage the Word fully
- Answer the reflection questions honestly — don't perform, pour
- Use the weekends to rest, reflect, or catch up

This plan is not about finishing quickly — it's about being formed deeply.

You're not just reading for understanding.
You're reading for transformation.

If you'd like to go deeper in your study, use the BOLD Compass on the next page as a guide for spiritual insight and transformation.

THE BOLD EXEGESIS COMPASS

Study the Word with Depth. Walk It Out with Boldness.

This reading plan isn't about speed—it's about sanctification. The BOLD Exegesis Compass is your guide for slowing down, digging deep, and responding with your whole heart. Use it as a tool to meditate on each week's scriptures and let the Word become living and active in you (Hebrews 4:12).

Each point of the compass leads you into deeper understanding and discipleship:

B – Background

Context | Setting | Voice

What is the historical and cultural context of this passage?
Who is speaking—and to whom?
What took place before and after this moment?

 **START HERE.** Scripture doesn't stand alone. It is rooted in real people, real time, and a real God who reveals Himself through the story.

O – Observation

Details | Patterns | Themes

What do I notice as I read?
Are there any repeated words, metaphors, commands, or contrasts?
What stands out in the tone or structure?

 **DON'T RUSH.** Pause and take note of what the Spirit highlights. Sometimes the smallest word carries the loudest instruction.

D – Discipleship

Application | Transformation | Obedience

What does this require of me as a follower of Christ?
Is there a mindset that needs to shift, a habit to lay down, or a promise to walk in?
How will I respond to what I've read?

 **THE WORD ISN'T COMPLETE IN YOU UNTIL IT'S LIVED OUT.** Truth becomes power when it transforms your thoughts, actions, and obedience.

L – Lordship

God's Character | Jesus as the Living Word

What does this passage reveal about the nature, promises, or justice of God?
Does it point to Jesus as Savior, Shepherd, Judge, or King?

 **SCRIPTURE IS GOD-BREATHED AND GOD-CENTERED.** Let every passage lift your eyes to His Lordship and not just your circumstance.

✨ Use this Compass during:

- **Scripture meditations** in the BOLD Waters Plan
- **Journal reflections** after each day or at the close of each week
- **Group discussions** and Bible studies to stay anchored in truth

You don't need to have all the answers. Just keep showing up—with an open heart, a listening spirit, and a bold yes

"The unfolding of Your words gives light; it gives understanding to the simple." — Psalm 119:130 (NKJV).

Sanctification: A Holy Work in Progress

"Sanctify them by Your truth. Your word is truth." — John 17:17 (NKJV)

Sanctification is not a one-time spiritual bath — it is the daily, Spirit-led cleansing of the believer's mind, heart, and habits. Just as our physical bodies need regular washing, our souls need to be consistently renewed and purified by the Word. Sanctification is both a position we receive and a process we walk through.

WHAT DOES IT MEAN TO BE SANCTIFIED?

Strong's G37: Hagiazō (to make holy, set apart, consecrate)

Sanctification is the holy work of being set apart by God for a divine purpose — purified, renewed, and transformed to reflect Christ.

THE JOURNEY OF SANCTIFICATION

- 1. Positional Sanctification (Set Apart by God)** - At the moment of salvation, believers are positionally sanctified — set apart and claimed as God's own (Jude 1:1). This is the starting line of a life consecrated for His glory.
- 2. Progressive Sanctification (Made Holy by the Spirit)** - The Holy Spirit works within believers daily, shaping their thoughts, actions, and desires. This is a continual transformation (1 Thess. 5:23) that requires our participation — reading the Word, praying, repenting, and yielding.
- 3. Ultimate Sanctification (Completed in Eternity)** - One day, sanctification will be complete — when we are glorified with Christ and free from sin's presence forever (1 John 3:2). Until then, we press on in faith and obedience.

THE WORD DOESN'T POLISH — IT PENETRATES

God's Word doesn't just comfort — it confronts, cuts, and cleanses.

"For the word of God is living and powerful... piercing even to the division of soul and spirit... and is a discernor of the thoughts and intents of the heart." (Hebrews 4:12)

SANCTIFICATION RENEWS THE MIND

- **Freed from the Power of Sin.** Sanctification breaks sin's grip. Though temptation still comes, we are no longer bound to sin's rule (Romans 6:6–14). The Spirit empowers us to choose righteousness over rebellion.
 - **Reflecting God's Holiness.** God calls us to be holy as He is holy (Leviticus 11:44). This is not perfectionism — it is transformation. As we grow, we mirror His character in love, mercy, and justice.
 - The more we bathe in God's Word, the more we think like Him, discern like Him, and love like Him.
- "Do not be conformed to this world, but be transformed by the renewing of your mind..." (Romans 12:2)*

A DAILY PICTURE OF SANCTIFICATION

Choosing kindness over offense.

Choosing truth over compromise.

Choosing purity over culture.

Sanctification shows up in your decisions — not just your declarations.

It's not just about being cleansed once — it's about being continually conformed into Christ's image. Sanctification is a holy work in progress.

Week 1: Sanctified

Set apart for more than performance—transformed for purpose.

Now may the God of peace Himself sanctify^[a] you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

(1 Thessalonians 5:23, NKJV)

Sanctification is more than sin management or behavior modification — it is the total transformation of spirit, soul, and body for holy use. This week, we examine the call to be set apart not just in action, but in identity, mindset, and heart posture. True sanctification reshapes how we think, live, and love — from the inside out.

DAY	SCRIPTURE	REFLECTION QUESTION	RESPONSE
Day 1	John 17:17	How does God sanctify us through truth?	
Day 2	Romans 12:1-2	What does a transformed mind look like?	
Day 3	1 Peter 1:14-16	What does it mean to be holy in our daily lives?	
Day 4	2 Corinthians 7:1	What do we need to cleanse ourselves from?	
Day 5	Hebrews 12:10-14	Why is discipline tied to holiness?	
Day 6	Galatians 5:22-25	How does the fruit of the Spirit reflect sanctification?	
Day 7	1 Thessalonians 5:23	Which part(s) of me is still undergoing sanctification?	

Now that you're rooted in truth, let the Word cleanse and renew you.

Week 2: Washed In The Word

Let His truth cleanse every layer—thought, motive, and memory.

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶ that He might sanctify and cleanse her with the washing of water by the word, (Ephesians 5:25-26, NKJV)

The Word of God is not just instruction — it is immersion. This week, we dive into the cleansing power of Scripture as the Living Water that washes away residue, renews the mind, and restores the soul. As we read, we allow the truth to scrub our beliefs, heal our wounds, and prepare us for deeper obedience.

DAY	SCRIPTURE	REFLECTION QUESTION	RESPONSE
Day 1	Ephesians 5:25-26	What does it mean to be washed by the Word?	
Day 2	John 15:3	How does remaining in God's Word purify us?	
Day 3	Psalms 119:9-11	How can I store God's Word in my heart daily?	
Day 4	Titus 3:4-6	What role does the Word play in our spiritual rebirth?	
Day 5	James 1:21-25	Do I walk away from the Word or walk it out?	
Day 6	Isaiah 55:10-11	What is the promise attached to God's Word?	
Day 7	2 Timothy 3:16-17	How is Scripture shaping my maturity and readiness?	

Purified by the Word, you're ready to move—because faith walks, even before it sees.

Week 3: Step In

Faith walks first—then the waters part.

*...and as those who bore the ark came to the Jordan, and the feet of the priests who bore the ark dipped in the edge of the water (for the Jordan overflows all its banks during the whole time of harvest)...
(Joshua 3:15, NKJV)*

Before the waters part, there is often a call to step in. This week, we confront the tension between faith and fear — and lean into the truth that movement often precedes the miracle. Obedience may look risky, but it is the doorway through which God reveals His power.

DAY	SCRIPTURE	REFLECTION QUESTION	RESPONSE
Day 1	Joshua 3:8-13	Where is God calling me to step before I see?	
Day 2	Joshua 3:14-17	What evidence of obedience do I see in this passage?	
Day 3	Hebrews 11:6-8	What does faith-fueled obedience look like?	
Day 4	Luke 5:1-11	How does obedience lead to divine overflow?	
Day 5	John 2:1-11	What happens when we obey without full understanding?	
Day 6	Romans 1:5	What is the purpose of 'obedience to the faith'?	
Day 7	James 1:22-25	Where do I need to be a doer, not just a hearer?	

Obedience begins the journey, but the Spirit carries you through it.

Week 4: Spirit-Filled Obedience

Abide, then obey—power flows where presence remains.

He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” (John 7:38, NKJV)

Obedience birthed in the flesh leads to burnout. Obedience birthed in the Spirit produces fruit. This week, we explore how true obedience flows from abiding in Christ, not striving in our own strength. The Holy Spirit not only prompts us to obey — He empowers us to follow through.

DAY	SCRIPTURE	REFLECTION QUESTION	RESPONSE
Day 1	John 7:37-39	What flows from the life of a believer who abides?	
Day 2	Acts 1:8	What is the true purpose of receiving power?	
Day 3	Galatians 5:16-18	How do I yield to the Spirit in my daily walk?	
Day 4	Romans 8:5-9	How do I know if I’m led by the flesh or Spirit?	
Day 5	Ezekiel 36:25-27	What does God promise to do by His Spirit?	
Day 6	1 Corinthians 2:10-14	How does the Spirit help us discern truth?	
Day 7	Philippians 2:12-13	How is God working in me to will and do His pleasure?	

You weren’t filled just to remain full—you were filled to be poured out.

Week 5: Poured Out For Purpose

The oil multiplies in surrender—your pour has purpose.

He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water. (John 7:38, NKJV)

You weren't filled just to be full — you were filled to be poured. This week, we examine how surrender multiplies impact. When we offer our "little" in obedience, God turns it into overflow for others. The oil increases when it is yielded to His purposes.

DAY	SCRIPTURE	REFLECTION QUESTION	RESPONSE
Day 1	John 7:37-39	What flows from the life of a believer who abides?	
Day 2	Acts 1:8	What is the true purpose of receiving power?	
Day 3	Galatians 5:16-18	How do I yield to the Spirit in my daily walk?	
Day 4	Romans 8:5-9	How do I know if I'm led by the flesh or Spirit?	
Day 5	Ezekiel 36:25-27	What does God promise to do by His Spirit?	
Day 6	1 Corinthians 2:10-14	How does the Spirit help us discern truth?	
Day 7	Philippians 2:12-13	How is God working in me to will and do His pleasure?	

The pour doesn't end here. Stay yielded. Stay bold. Keep flowing

Commissioning Prayer: “Here I am Lord”

Father,

Here I am — not perfect, but present.
Not full, but willing.
Not without fear, but choosing faith.

I submit myself to this journey with open hands and an open
heart.
Let Your Word sanctify me.
Let Your Spirit lead me.
Let Your presence mark me.

I confess that I have sometimes rushed, avoided, or delayed the
deep work You’ve desired to do in me. But today, I step back into
the waters — with intention.

Wash me.
Anchor me.
Fill me.
Send me.

I am ready to read, respond, and be renewed — not for
performance, but for purpose.

In Jesus’ name,
Amen



Closing Reflection: Still Pouring

You've made it to the end of this plan — but not the end of your pouring.

There is more Word to live.
More obedience to walk in.
More people to serve.
More oil to release.

You may not feel like you're overflowing. But when the Lord takes what's in your jar, He multiplies it. The little becomes legacy.

So, remain in the Word.
Remain in His presence.
Remain in posture.
Because the vessels He can fill... are the ones that remain open.

You are still pouring.

And that means you're still being filled.

With you in the deep,
Nina B



*Need More
Encouragement?
Check out the blog.*



@fade2bold