

**EXPERIENCING
GOD'S LOVE 1 ©**

LET'S HEAL

by
DR. RICHARD
of **Altogether Lovely Ministries**

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It is the author's purpose to provide Christian Biblical resources that can be used worldwide to further the Gospel of Jesus Christ.

Printed Worldwide

DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow in Christ.

TABLE OF CONTENTS

Table of Contents (p.1)

Introduction to Healing (p.2)

Chapter 1 (p.3)	Chapter 9 (p.29)	Chapter 17 (p.53)
Chapter 2 (p.8)	Chapter 10 (p.32)	Chapter 18 (p.56)
Chapter 3 (p.13)	Chapter 11 (p.35)	Chapter 19 (p.59)
Chapter 4 (p.14)	Chapter 12 (p.38)	Chapter 20 (p.62)
Chapter 5 (p.17)	Chapter 13 (p.41)	Chapter 21 (p.65)
Chapter 6 (p.20)	Chapter 14 (p.44)	Chapter 22 (p.68)
Chapter 7 (p.23)	Chapter 15 (p.47)	Chapter 23 (p.73)
Chapter 8 (p.26)	Chapter 16 (p.50)	Chapter 24 (p.76)

CONTENTS FOR EACH CHAPTER

- | | |
|------------------------------|-----------------------------|
| 1. Opening Prayer | 5. Awareness/Repentance |
| 2. Worship | 6. Affirming “WHO WE ARE” |
| 3. Meditation/Waiting on God | 7. Homework: Prayer Writing |
| 4. Biblical Healings | 8. Ministering to Others |
| 9. Closing Prayer | |

RESOURCES

Knowing God: The Salvation Message (p.79)
Guidelines for Healing / Disclaimer (p.80)
Heal – Healed – Healing (p.81)
The 12 Steps of Christians in Recovery (p.82)
Guidelines for Step Four and Step Five of the 12 Steps (p.83)
Characteristics of Unbroken and Broken People (p.84)
Poetry: Come Unto Me / Prayer for Healing a Wounded Spirit (p.85)
Poetry: Lord, Teach Me to Love Myself / A Time to Risk (p.86)
Prayers: Breaking Generational Sin / A Prayer for Blessing (p.87)
Prayers: Armour of God (p.88)
Prayers: Intercessory Prayer for a Son and Daughter / Praise (p.89)
Scripture Index for Christian Growth (p.90)
Comparing an Unrenewed Heart to a Renewed Heart (p.91)
Biblical Miracles (p.92)
Where to find Help When... (p.93)
Your Identity: Who You Are “In Christ” (p.94)
Personal Evaluation (p.98)
How to Use This Book / Bibliography / Disclaimer (p.99)
From the Author (p.100)

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INTRODUCTION TO HEALING

It is the desire of every one to be healed and made whole. Many of us feel “flawed” and “incomplete”. There is good news though for every Christian. We ARE “whole” and “complete” in Jesus Christ. This is our wonderful position in Christ. We have entered into the life of God and God has entered into us. But, you say you don’t “feel” whole and complete. Dear Christian, God wants to bring this wonderful truth into your daily experience. That is a process. This book will teach you how you can begin to believe by faith the wonderful truth of your wholeness and completeness in Christ. It will also teach you how God is continuing to change you from one degree of glory to another. And how God, who has begun a good work within you, will continue to help you grow in His grace. This is called “sanctification” and is a major part of our healing.

Many people say that “by His stripes” you were healed. This is true. We know we have been healed at the cross of Christ. But there is a process of healing now. And there will be a complete healing when Christ returns to take us home.

For now, we must learn to walk in the truth of our wholeness and completeness in Christ as well as in the ongoing process of healing - knowing that our final healing is coming. For now, we can allow Jesus to come into areas of woundedness, hurt, dysfunction, disgrace, shame, guilt, unforgiveness, and pain. He is a gentle God and will only come into those areas that we allow Him to. He stands at the door and knocks and we are to let him into every “door” of our heart and life. As we do, He comes in His love, peace, power, and forgiveness.

All of us have been “sinned upon” and have “sinned”. This is part of a fallen world. The world as it is will not change until after Christ’s return. But we can experience the wonderful touch and healing of Christ as we let Him into these areas of woundedness. The woman at the well said, “He told me everything I ever did”. He also knows everything that has ever happened to us. He will heal us through prayer, through meditation of the Scriptures, through faith in Him, through other people, through circumstances, and through any and every means possible. He is so committed to healing us. He knows our pain. He knows our fears. Jesus is our healing. He is our Healer.

The caterpillar is not yet aware that it will be a beautiful butterfly someday. For many of us, we feel like an ugly caterpillar. But to Jesus, we are a beautiful butterfly. We encourage you to spread your wings and begin to fly. Fly towards the adventure that Christ has for you. It will be painful – it will be difficult – but it will release a joy in you that you never thought possible.

May God richly bless you as you enter into the completeness and wholeness that our Lord desires for you. He will never leave you nor forsake you.

*“His left arm is behind your head
and His right arm embraces you.” Song of Song 2:6*

CHAPTER #1

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. Let's take a moment and introduce ourselves today.

Thankyou. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. As people share, we should listen and pray for them. It is the Holy Spirit who changes us, heals us, guides us, and changes us. NON-Judgmental Listening is the best things we can do. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said here stays here.

We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you [woman to woman – man to man]
(One on one relationship – provides intimate sharing, growth, and accountability)
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
(Small group – provides relationships, fellowship, and ministry opportunities)
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts. If they aren't preaching "JESUS", run.....
(Church – should provide worship, evangelism, discipleship, ministry, & fellowship)

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin with prayer.

2) NOW, LET'S PRAISE THE LORD THROUGH SONG. Each class we can spend this time worshiping and praising God. Before we start, would someone like to lead worship next time?

3) WE ALL NEED TO BE TOUCHED BY GOD. At this time, we will "WAIT ON GOD" AND "MEDITATE ON A HEALING SCRIPTURE". Andrew Murray said that "Waiting on God" can be described as "absorbing God" - allowing God to come into every bit of our being. As we "Wait on God", we will also meditate on a healing Scripture. Let's take about five minutes to relax, absorb God as we wait on Him, and meditate on the following Scripture:

*Surely goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD forever. (Psalm 23:6)*

4) LET'S LEARN ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Healing by Bronze Snake (Numbers 21:8-9)

The LORD said to Moses, "Make a snake and put it up on a pole; anyone who is bitten can look at it and live." So Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, he lived.

Points to Ponder

The people were bitten by a snake.

The bronze snake represented the instrument of the people's punishment.

Looking at the bronze snake denoted acknowledgment of their sin, longing for deliverance from sin's penalty, and faith in God's way for healing.

God, not man, devised the way of being healed. It is still the same, Jesus on the cross.

(Further study: Genesis 3:14; John 3:14,15; 2 Corinthians 5:21; Galatians 3:13)

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

IDOLS verses GOD

- Do you put your family, job, possession, etc. before God?
- What is the most important thing in your life?
- What do you want more than anything else: God or something/someone else?
- Anything we put "before" or "in place of" God is an IDOL.
- Take some time to briefly share on this topic.

THE SOLUTION: Go to the cross of Jesus Christ. Put at Jesus' feet anything that you have put "ahead" of Him. Then ask God to resurrect in your heart a desire to worship Him only. Finally, ask God to give you a thankful heart for all you have and a heart full of HIS love for family & friends. If these areas or new areas come up again, you have the answer in the Cross of Jesus Christ.

[see Lev 19:4; 1 Sam 12:20-22; 2 Kings 21:21-22; Ps 31:6; Ps 96:5; 106:36; Isa.42:8; Jonah 2:8; 1 John 5:21; Ex 23:24-26; Ps 29:2; Matt 4:10; 2 Cor.5:14-15]

6) LET'S RENEW OUR MINDS ON TRUTH. At this point we are going to read verses about **OUR IDENTITY - WHO WE ARE**. It is important to remember that we need to "heal from our past" but also "learn to walk anew" as the people we are "in Christ". We have left the **OLD MAN** at the cross and our **NEW MAN** was born again through faith in Christ's resurrection. God wants to also bring this truth into our day by day experience. Let's read verses on **WHO WE ARE IN CHRIST** and then **AFFIRM** them together verbally. Remember, it is because of what Jesus Christ did for us through His Cross and Resurrection that we can be called His children (1 Corinthians 1:30,31). **[MANY OF US STRUGGLE WITH LOW SELF-ESTEEM. As Christians we are God-Esteemed. To be God-Esteemed is to see ourselves as God sees us]**

DIRECTIONS

- a) Look up the first verse below (Luke 10:20) and read the verse "outloud" together.
- b) Then, verbally say the first "truth affirmation" below together.
- c) Then, do the next verse, and so on.

I rejoice that my name is written in heaven. (Luke 10:20)
I have life in Christ. (John 1:4)
I shall not perish but have eternal life by believing in Christ. (John 3:14-16)
I shall not be condemned. (John 3:18)
I believe in Christ, have eternal life, and will be raised up on the last day. (John 6:40)
I have everlasting life. (John 6:47)
I have abundant life. (John 10:10)
I have eternal life. (John 10:28)

7) NOW LET'S TALK ABOUT YOUR DAILY HOMEWORK. One of the best ways to heal is DAILY PRAYER JOURNALS. Daily prayer journals are writing your prayers instead of saying them. Why write? Writing gives less time for our minds to wander. Writing allows the Holy Spirit to minister to us in a deeper way. Writing puts our thoughts on paper and helps RELEASE them to God. We strongly encourage you to spend 5 – 10 minutes doing a DAILY PRAYER JOURNAL. Here's how:

i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:

Father, I come to You through the blood of Your Son, Jesus Christ.

I thank You that You died for me and that I am Your child.

Forgive me for (confess your sins).

Now, come and fill me with Your Holy Spirit.

Father, I pray that nothing would disturb this time I have with You.

Father, would You quiet all demonic activity here in the name of Jesus Christ.

Thank You Father.

Now give me the power to write what YOU put on my heart.

You are so gentle, loving, and want nothing but the best for me.

I love You, Father God.

In Jesus' Name I pray. Amen.

ii) Wait on God and allow Him to fill your heart with what to write.

iii) Allow God to bring up whatever HE wants. Remember, He is gentle, caring and wants to heal you slowly, gently, and completely. Be open and let HIM do the healing.

iv) When you sense God's leading, begin to write from your heart the best you can. It may be about your day, or about something from your past, or you may just find yourself writing. Just allow God to lead you. There is no RIGHT or WRONG way.

v) Don't overwrite. Do what you feel you can do. Get to know yourself.

vi) When you finish, put your paper in a safe place OR tear it up and throw it away. This is ONLY between YOU & GOD.

vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.

8) NOW, LET'S ENJOY OUR MINISTRY TIME. At this time we'll give one person an opportunity to either:

- * give a testimony of God's healing grace *
- * sing a healing song *
- * read a healing poem *
- * talk about an answered prayer *
- * share from their heart *

This is a wonderful opportunity to minister to others as well as become stronger. Today I'm going to start. Who would like to prepare something for next time?

9) NOW, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. One of our goals is to move from being carnal Christians to being spiritual Christians. From being fed on "milk" to being fed "meat". From being "childish" to being "childlike". We also ask that everyone bring a Bible next week. Now, let's have a word of prayer and then we'll say the Serenity Prayer together.

CLOSING PRAYER:

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #2

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) LET'S WORSHIP OUR LORD WITH ALL OUR HEARTS.

3) LET'S "WAIT ON GOD" & "MEDITATE" ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

and the people all tried to touch him,
because power was coming from him and healing them all. (Luke 6:19)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

A child restored to life (1 Kings 17:17-24)

17 Some time later the son of the woman who owned the house became ill. He grew worse and worse, and finally stopped breathing. 18 She said to Elijah, "What do you have against me, man of God? Did you come to remind me of my sin and kill my son?" 19 "Give me your son," Elijah replied. He took him from her arms, carried him to the upper room where he was staying, and laid him on his bed. 20 Then he cried out to the LORD, "O LORD my God, have you brought tragedy also upon this widow I am staying with, by causing her son to die?" 21 Then he stretched himself out on the boy three times and cried to the LORD, "O LORD my God, let this boy's life return to him!" 22 The LORD heard Elijah's cry, and the boy's life returned to him, and he lived. 23 Elijah picked up the child and carried him down from the room into the house. He gave him to his mother and said, "Look, your son is alive!" 24 Then the woman said to Elijah, "Now I know that you are a man of God and that the word of the LORD from your mouth is the truth."

Points to Ponder

God had blessed the woman before and still something bad happened and her faith was tested.

The woman does the natural human reaction – blame.

God heard Elijah's cry. Do you think the woman cried out to God?

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study an area Christians struggle with and how to walk in freedom.

FEAR verses FAITH

- Do you fear people in high positions or people in authority?
- Do you fear upcoming events or situations in your life?
- Do you fear people in general?
- Are you afraid of what is going to happen to you in your ministry, job, family, etc?
- It has been said that 99% of the things we fear never happen.
- God's perfect love casts out all fear.
- God says to "fear not" over 300 times in the Bible.
- Deuteronomy 1:17 says, "Do not be afraid of any man for judgment belong to God."
- Healthy fear keeps us away from dangerous situations. Satan desires us to walk in fear because fear is a form of worship. If we fear something or someone it is a form of worship.
- Take some time to share about fear and putting your faith in God.

THE SOLUTION: Go to the cross of Jesus Christ. Put at Jesus' feet anything that you fear. Then ask God to resurrect in your heart a reverence and fear of Him only. Ask God to give you His courage and love. Finally, ask God to plant in your heart His Spirit of Faith. If fear comes up again, go through the same process but most importantly, believe Jesus to answer your prayers.

[see Ex 20:20; Deut 6:13; Ps 2:11; 19:9; 22:23; 23:4; 103:11; Acts 9:31; Rom 13:3-5]

6) LET'S RENEW OUR MINDS ON TRUTH.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I am a son of the light. (John 12:36)
I have an untroubled heart because I trust in God. (John 14:1)
I have a mansion of Glory waiting. (John 14:2)
I am indwelt by Christ. (John 14:23)
As I remain in Christ, I will bear much fruit. (John 15:5)
I am a friend of God. (John 15:15)
I am in Jesus' prayers and a gift to Jesus from God. (John 17:9, 12, 14)
I am saved by Christ (Acts 4:12)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any comments about doing a daily prayer journal? (see Chapter 1 #7)

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #3

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE & WORSHIP THE LORD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has given this complete healing to him, as you can all see. (Acts 3:15-16)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Waters healed (2 Kings 2:19-22)

19 The men of the city said to Elisha, "Look, our lord, this town is well situated, as you can see, but the water is bad and the land is unproductive." 20 "Bring me a new bowl," he said, "and put salt in it." So they brought it to him. 21 Then he went out to the spring and threw the salt into it, saying, "This is what the LORD says: 'I have healed this water. Never again will it cause death or make the land unproductive.'" 22 And the water has remained wholesome to this day, according to the word Elisha had spoken.

Points to Ponder

The bad water represents sin. Steps for purity must be taken.
The new bowl symbolizes a previously unused, untainted vessel.
The salt symbolizes incorruption (see Lev.2:13; Ezekiel 43:24; Matthew 5:13)

5) NEXT, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

CONTROLLING OUR LIVES verses GOD CONTROLLING OUR LIVES

- Do you feel a need to be in control of your life and circumstances?
- Do you have trouble “letting go” of control of your life and “letting God” control your life?
- What is your greatest fear in regards to “letting go” of your life?
- Do you see giving control of your life up to God as a process?
- What are some reasons you would give your life totally up to God?
- The answer to “control” is “faith and trust”. How do we increase our faith?
- Jesus trusted the Father completely because He knew the Father. Do you know the Father enough to trust Him completely?

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Verbally give up all rights to your life. Give Jesus everything that you have taken control of. Ask Jesus to come into your heart and fill you with His faith. Ask Jesus to help you moment by moment to give up control of your life and to trust Him. If you begin to control your life again, you have the answer in the Cross of Jesus Christ.

[see John 12:36; John 14:1; Acts 14:23; Romans 15:13; John 2:11; John 7:30-31; John 8:30; Acts 16:5; Rom 5:1-3; Gal 2:15-16; 1 Peter 5:9]

6) LET'S RENEW OUR MINDS ON TRUTH.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

By believing in Christ I receive forgiveness of sins through his name. (Acts 10:43)
In Christ, I live and move and have my being. I am His offspring. (Acts 17:28)
My hope in God has given me the promised resurrection of my body. (Acts 24:15)
I believe what God has told me will happen (Acts 27:25)
I have righteousness from God through faith in Jesus Christ. (Rom 3:22)
I am justified through faith in Jesus (Rom 3:26)
I am credited righteousness because I believe in Jesus. (Rom 4:24)
I have received reconciliation through Jesus Christ. (Rom 5:11)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #4

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

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- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE THE RISEN LORD OF LIFE.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

But I trust in your unfailing love; my heart rejoices in your salvation.
I will sing to the LORD, for he has been good to me. (Psalm 13:5-6)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Child restored to life (see 2 Kings 4:11-37)

Points to Ponder

The woman was promised a child and had trouble receiving it. Then when her son got ill she feared she would lose him. It is human nature to have trouble accepting good fearing lose.

In her need, the woman went to the man of God. Need causes us to seek.

Notice the direct intimacy God uses to bring the child back to life. How do you think Elisha felt?

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

PERFECTIONISM verses GOD'S PERFECTION

- Do you expect people and things to be perfect?
- Are you able to accept other people's flaws and shortcomings?
- Does it bother you when everything is "not in its place"? Are you "overly neat"?
- In Mat.5:48 we are told to "be perfect just as your Father in heaven is perfect". We are to try to become more like Jesus through HIS power and grace; not on our own efforts
- The cure for perfectionism is "acceptance". Accepting others, accepting things, accepting circumstances. "Accept one another then, just as God accepted you." (Romans 15:7,8)
- Jesus accepts us just as we are. We can finally rest. We are "accepted in the Beloved." Should we not accept others; loving the sinner but not the sin?

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your perfectionism. Ask Jesus to come into your heart and fill you with His acceptance of people. Ask Jesus to help you moment by moment accept people, circumstances, and your life. If you begin to fall back into perfectionism again, you have the answer in the Cross of Jesus Christ.

[see Matthew 5:48; 2 Cor 12:9; Rom 14:1; Rom 15:7-8; Deut 32:4; 2 Sam 22:31, 33]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I am dead to sin but alive to God in Christ Jesus. (Rom 6:11)
I have received the gift of God; eternal life in Christ Jesus (Rom 6:23)
I have no condemnation in Christ Jesus. (Rom 8:1)
I am indwelt by the Holy Spirit (Rom.8:16)
I am an heir of God and joint-heir with Christ (Rom.8:17)
.....nothing will be able to separate me from the love of God in Christ Jesus (Rom 8:39)
I speak the truth with my conscience confirming it in the Holy Spirit (Rom 9:1)
I will never be put to shame because I trust in Jesus (Rom 9:33; 10:11)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship next time.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #5

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S WORSHIP AND PRAISE THE ETERNAL ONE.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

I love you, O LORD, my strength.
The LORD is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge.
He is my shield and the horn of my salvation, my stronghold. (Psalm 18:1-2)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Hezekiah healed (2 Kings 20:1-7)

1 In those days Hezekiah became ill and was at the point of death. The prophet Isaiah son of Amoz went to him and said, "This is what the LORD says: Put your house in order, because you are going to die; you will not recover." 2 Hezekiah turned his face to the wall and prayed to the LORD, 3 "Remember, O LORD, how I have walked before you faithfully and with wholehearted devotion and have done what is good in your eyes." And Hezekiah wept bitterly. 4 Before Isaiah had left the middle court, the word of the LORD came to him: 5 "Go back and tell Hezekiah, the leader of my people, 'This is what the LORD, the God of your father David, says: I have heard your prayer and seen your tears; I will heal you. On the third day from now you will go up to the temple of the LORD. 6 I will add fifteen years to your life. And I will deliver you and this city from the hand of the king of Assyria. I will defend this city for my sake and for the sake of my servant David.'" 7 Then Isaiah said, "Prepare a poultice of figs." They did so and applied it to the boil, and he recovered.

Points to Ponder

Hezekiah cries out to God and weeps bitterly. Hezekiah reminds God of his devotion to the Lord. Notice why God heals Hezekiah. Verse 6 "...for my sake and for the sake of my servant David." Do we ask for healing for ourselves or for the Glory of God?

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

ADDICTION verses ADDICTED TO GOD

- Anything that controls us in an addiction. It can be sex, food, pornography, cigarettes, coffee, people, relationships, control, lying, work, the need for love, the need for acceptance, gambling, etc. We are all addicted to something or we “change our addictions”. What areas are you addicted to in your life?
- Addiction is caused by a deep “emptiness” inside of us. Most of us are also “NOT AWARE OF OUR EMOTIONAL LIFE (OR LACK OF). We are to be God-addicted. We are to fill our hearts up with God on a moment by moment basis. Everybody is addicted to something or someone to some degree.
- Another major need for addictions is “inner healing”. Allowing God into those areas of emptiness, woundedness, and need.
- When we feel the need to “compulsively” eat a chocolate bar, smoke a cigarette, watch pornography, have sex, binge on food, etc. we should ask ourselves, “Am I in control now or am I being controlled by this?” “What is going on inside of me right now?” We should then FEEL THE FEELING INSIDE OF US & then ask God to come into our hearts and fill us up with Himself.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus’ feet. Ask Jesus to forgive you for your past addictions. Ask Jesus to fill your emptiness and continue healing you. Ask Jesus to come into your heart and fill you with Himself. Ask Him to fill those areas of emptiness. If you begin to fall back into different addictions again, you have the answer in the Cross of Jesus Christ and His healing power in your life. Again, we are to be “addicted to God”.

[see Prov 20:1; Prov 23:20-21; Prov 23:31-24:1; Song of Songs 1:2; Eph 5:17-18; Matt 3:11-12; Luke 11:13; John 20:22-23; Acts 2:33; Acts 2:38-39; Acts 4:31; Rom 5:5; Eph 1:13-14; Jude 20]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I am part of the Body of Christ belonging to the other members of His body. (Rom 12:5)
I'm filled with joy & peace. I overflow with hope by the Holy Spirit's power (Rom 15:13)
I glory in Christ Jesus in my service to God. (Rom 15:17)
I have fellow workers in Christ. (Rom 16:3)
I am tested and approved in Christ. (Rom 16:10)
I am sanctified in Christ Jesus and called to be holy. (1 Cor 1:2)
I have been given grace in Christ Jesus. (1 Cor 1:4)
I have been enriched in every way in Christ – in my speaking and knowledge (1 Cor 1:5)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #6

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) LET'S TAKE TIME TO WORSHIP OUR GOD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

for your love is ever before me, and I walk continually in your truth. (Psalm 26:3)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Nobleman's son healed (John 4:46-53)

46 Once more he visited Cana in Galilee, where he had turned the water into wine. And there was a certain royal official whose son lay sick at Capernaum. 47 When this man heard that Jesus had arrived in Galilee from Judea, he went to him and begged him to come and heal his son, who was close to death. 48 "Unless you people see miraculous signs and wonders," Jesus told him, "you will never believe." 49 The royal official said, "Sir, come down before my child dies." 50 Jesus replied, "You may go. Your son will live." The man took Jesus at his word and departed. 51 While he was still on the way, his servants met him with the news that his boy was living. 52 When he inquired as to the time when his son got better, they said to him, "The fever left him yesterday at the seventh hour." 53 Then the father realized that this was the exact time at which Jesus had said to him, "Your son will live." So he and all his household believed. 54 This was the second miraculous sign that Jesus performed, having come from Judea to Galilee.

Points to Ponder

This royal official could have sent someone but the urgency caused him to go personally.

This royal official "begged" Jesus to come and heal his son.

The man's faith moved Christ to heal his son.

The man took Jesus at his word and departed.

After the healing, he and his household believed. God often touches many through someone's illness or despair. In this case, salvation came along with healing.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

SPIRITUAL ABUSE verses SPIRIT-LED

- Spiritual Abuse is very common in the Body of Christ. Many times well-meaning Christians start out “serving” Jesus. They get asked to do this and asked to do that. Unfortunately, they are not being led by God’s Spirit. They end up doing what “others think” they should do and not what “God wants” them to do. This leads to guilt, shame, pleasing man, and resentment and bitterness. Eventually “burnout”.
- God would have us be led by His Spirit. We are to walk in His Spirit, listening to His voice, obeying His voice, and yielding to Him. His yoke is easy and His burden is light.
- We are to move in His gifts and use the spiritual gifts He has given us for His glory.
- We are to be obedient to God and then we will be approved by man. (Romans 14:17,18)

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus’ feet. Ask Jesus to forgive you for pleasing man and not God in the past. Ask Jesus to give you the courage to say “NO” when people ask you to do something that you believe God is not telling you to do. Ask Jesus to fill your heart and teach you to walk in the Spirit. To be listening, obeying and yielding to God’s voice. If you begin to fall back into old patterns, stop and ask God to help you. Ask God to help you serve Him and you will find that your ministry to others will become anointed and powerful.

[see John 6:62-63; John 14:16-17; 14:26-27; 16:12-15; Acts 1:7-8; 2:3-4; 2:33; 2:38-39; Rom 7:6; Romans 8:2; 8:3-17; 8:26-27; 14:17-18; Gal 5:17-18; 5:22-26; 6:8-9; 12:1-2; Heb 13:20-21]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

Because of God I am in Christ Jesus (1 Cor 1:30)
Christ has become for me wisdom from God-- my righteousness, holiness and redemption. (1 Cor.1:30)
I am wise in Christ! (1 Cor 4:10)
I have ten thousand guardians in Christ, (1 Cor 4:15)
I am made alive in Christ Jesus. (1 Cor 15:22)
I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11)
My body is the Holy Spirit's abode (1 Cor.6:19)
I have spiritual gifts (1 Cor.12:11)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #7

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S WORSHIP HIM FOR HE IS WORTHY.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people.
(Matthew 4:23)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Centurion's servant healed (Matthew 9:1-11) [Mark 2:3-12, and Luke 5:18-26]

9:1 Jesus stepped into a boat, crossed over and came to his own town. 2 Some men brought to him a paralytic, lying on a mat. When Jesus saw their faith, he said to the paralytic, "Take heart, son; your sins are forgiven." 3 At this, some of the teachers of the law said to themselves, "This fellow is blaspheming!" 4 Knowing their thoughts, Jesus said, "Why do you entertain evil thoughts in your hearts? 5 Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'? 6 But so that you may know that the Son of Man has authority on earth to forgive sins. . . ." Then he said to the paralytic, "Get up, take your mat and go home." 7 And the man got up and went home. 8 When the crowd saw this, they were filled with awe; and they praised God, who had given such authority to men.

Points to Ponder

The perseverance they had manifested was the evidence of their faith or confidence in his power to heal the sick man.

Jesus forgives his sins because the palsy could have been brought on by a long time of terrific sin. The miracle was direct proof that Jesus had the power to forgive sins, proving He was equal to the Father. Jesus had authority and power.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

ANGER verses PEACE

- Do you bury your emotions and anger? Does this end up hurting yourself or others when you explode later?
- Do you “lash out” at others when you get angry?
- Anger is a choice. But anger is a secondary emotion. Usually the core reason for anger is a lot deeper. Things like past hurts, wrong expectations, wrong thinking, not renewing the mind, lack of peace, jealousy, hatred, rejection, etc.
- One of the best ways to learn to deal with anger is to begin writing prayer journals as you've been doing throughout this course.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your patterns of anger. Ask Jesus to give you the courage walk anew. Ask Jesus to fill your heart and teach you to walk in the Spirit. To be listening, obeying and yielding to God's voice. If you begin to fall back into old patterns, stop and ask God to help you. Ask God to help you see the “core” reasons for your anger.

[see Gen.4:5-7; Pr.29:22; Eph 4:26-27; Jam.1:19-21; Eph 4:30-32; Phil.4:6,7; Col 3:7-8; 1Tim 2:8]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I do everything in love. (1 Cor 16:14)
Christ's promises are always “Yes” in Christ. (2 Cor 1:19,20)
God makes me stand firm in Christ. (2 Cor 1:21)
God has anointed me, set his seal of ownership on me. (2 Cor.1:21)
God has put his Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21)
God, always leads me in triumphal procession in Christ (2 Cor 2:14)
Through me, God spreads everywhere the fragrance of the knowledge of him (2 Cor.2:14)
In Christ I speak before God with sincerity, like men sent from God. (2 Cor 2:17)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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and the wisdom to know the difference.
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CHAPTER #8

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S ENTER INTO THE HOLY OF HOLIES.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

I love the house where you live, O LORD,
the place where your glory dwells. (Psalm 26:8)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Devils cast out (Matthew 9:32,33) [Matthew 8:28-32; 15:22-28; 17:14-18; Mark 1:23-27]

32 While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. 33 And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, "Nothing like this has ever been seen in Israel." 34 But the Pharisees said, "It is by the prince of demons that he drives out demons."

Points to Ponder

Demon possession to some degree is very common.

It has been said that non-believers are "possessed" by demons, while Christians are "oppressed".

Demons take "ground" in a person. The "ground" must be taken back through healing, forgiveness, and renewing the mind.

Demon possession can cause many "outward" signs.

After the amazing healing, it was said, "Nothing like this has ever been seen in Israel."

The Pharisees couldn't deny the miracle, they had to give credit to the devil.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

HATING OURSELF verses LOVING OURSELF

- When you look in the mirror do you love the person that God made?
- Do you accept and love yourself or do you constantly try to “reinvent yourself”?
- We are to “love your neighbor as yourself”. Do you know how you like to be loved?
- We are to “do to others what we would have others do to us”. Do you know what you like others to do to you?
- It has been said that we cannot love others until we love ourselves. That is not living for ourselves but knowing how to take care of ourselves, love ourselves, and accept & love how God has made us as His children. Imagine as a new creation in Christ how God feels when we don't love ourselves.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your dislike or hate of yourself. Ask Jesus to show you the root causes of your self-hatred. Begin to do things for yourself so you can understand others needs more. Meditate on Scriptures that teach you how much God loves you.

[see Matthew 22:39; Luke 6:31; Luke 9:25-26; Rom 6:6-7; Eph 4:22-24; Col 3:9-11; 1 Peter 3:4-6]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

In Christ, I am a new creation; the old has gone, the new has come! (2 Cor 5:17)
God has reconciled me to himself in Christ, (2 Cor 5:19)
He has committed to me the message of reconciliation. (2 Cor.5:19)
God made him who had no sin to be sin for me, (2 Cor 5:21)
In God I have become the righteousness of God. (2 Cor.5:21)
Everything I do is for other's strengthening. (2 Cor.12:19)
By God's power I will live with him to serve others. (2 Cor 13:4)
I have freedom in Christ Jesus and will not become a slave again to sin. (Gal 2:4)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #9

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE OUR LORD FROM OUR HEARTS.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Heal me, O LORD, and I will be healed; save me and I will be saved,
for you are the one I praise. (Jeremiah 17:4)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Peter's wife's mother healed (Matthew 8:14,15) [Mark 1:29-31, and Luke 4:38-41]

14 When Jesus came into Peter's house, he saw Peter's mother-in-law lying in bed with a fever.
15 He touched her hand and the fever left her, and she got up and began to wait on him.

Points to Ponder

Notice that Peter had a mother-in-law proving he was married.
The touch of Jesus causes instant healing.
The healing was instant, divine, and caused her to function normally.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

SHAME verses HONOR

- Many times as children we have experienced shame. We have been teased, belittled, been treated without dignity, and made to feel ashamed of ourselves.
- Shame takes control of our whole being. We don't think what we do is bad but we continually feel bad and even think we are bad.
- We are to "honor" Jesus. And we should honor people as God's creation.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for believing you are no good. As you do your prayer journal, let God take those feelings of shame away as you are honest about past hurts. Begin to honor God, others, and yourself. Meditate on Scriptures that teach how much God honors you.

[see Ps 25:3; Ps 25:20; Ps 34:5; Prov 3:35-4:1; 1 Cor 1:27; Heb 12:1-2; 1 Peter 2:5-6; Rom 6:20-23; Heb 2:10-11; Heb 11:16; Deut 5:16; Deut 26:19; Ps 62:7; Ps 84:11; Prov 3:9; Prov 18:12; Prov 29:23; Rom 2:7; Rom 12:10; 1 Tim 1:17; Rev 4:11-5:1]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I have put my faith in Christ Jesus that I may be justified by faith in Christ. (Gal 2:16)
What Christ has promised me has been given me through faith in Jesus. (Gal 3:22)
I am a son of God through faith in Christ Jesus (Gal 3:26)
I am one with fellow believers in Christ Jesus (Gal 3:28)
I am adopted as a son into God's family (Gal.4:5)
I am one of the faithful in Christ Jesus (Eph 1:1)
I have been blessed in the heavenly realms with every spiritual blessing. (Eph 1:3)
I was chosen in him before the creation of the world to be holy and blameless (Eph 1:4)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #10

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2) NOW, LET'S WORSHIP THE KING OF GLORY.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Let your face shine on your servant;
save me in your unfailing love. (Psalm 31:16)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Lepers cleansed (Matthew 8:1-4; Luke 17:14)

8:1 When he came down from the mountainside, large crowds followed him. 2 A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." 3 Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cured of his leprosy. 4 Then Jesus said to him, "See that you don't tell anyone. But go, show yourself to the priest and offer the gift Moses commanded, as a testimony to them."

Points to Ponder

Leprosy was hideous, impossible to heal, and a long, terrible process of pain and agony.

The man "knelt" before Jesus

"Lord, if you are willing, you can make me clean."

Jesus still reaches out his hand and touches us.

Jesus is still "willing".

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

GUILT versus INNOCENCE

- False guilt is when we feel guilty and yet have done nothing wrong. Many times in our childhood we have felt guilty without doing anything wrong. Nobody was there to really teach us what is right or wrong. Many of us have also been sinned upon and been made to feel guilty for something done to us. This causes us to lose our innocence and have tremendous feelings of guilt.
- Feeling guilty or convicted for something we do wrong is good. We can learn to feel the guilt and conviction and then repent.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for what you are guilty of doing in the past. Also, as you do your prayer journal, allow the feelings of false guilt to come up. Allow Christ's healing power into those areas of your life. Ask Jesus to show you the root causes of your false guilt.

[see Ps 32:5; Ps 38:4; Ezek 18:20; Hos 5:15; John 16:8-11; Prov 21:8; Prov 18:5; Matt 27:19; Acts 20:25-27; Rom 16:19]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

God predestined me to be adopted as his son through Jesus Christ (Eph 1:5)
In Christ I have redemption through his blood, the forgiveness of sins (Eph 1:7-8)
God's grace has been lavished on me with all wisdom and understanding (Eph.1:7-8)
God's made known to me the mystery of his will according to his good pleasure (Eph 1:9)
I have been chosen and predestined in Christ. (Eph 1:11)
I have been included in Christ. (Eph 1:13)
I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13)
God raised me up with Christ and seated me with him in the heavenly realms (Eph 2:6)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #11

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) LET'S TAKE SOME TIME TO PRAISE JESUS NOW.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

The LORD loves righteousness and justice;
the earth is full of his unfailing love. (Psalm 33:5)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Paralytic healed (Mark 2:1-12)

2:1 A few days later, when Jesus again entered Capernaum, the people heard that he had come home. 2 So many gathered that there was no room left, not even outside the door, and he preached the word to them. 3 Some men came, bringing to him a paralytic, carried by four of them. 4 Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus and, after digging through it, lowered the mat the paralyzed man was lying on. 5 When Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." 6 Now some teachers of the law were sitting there, thinking to themselves, 7 "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?" 8 Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? 9 Which is easier: to say to the paralytic, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? 10 But that you may know that the Son of Man has authority on earth to forgive sins" He said to the paralytic, 11 "I tell you, get up, take your mat and go home." 12 He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

Points to Ponder

Jesus always preached the Word. "He sent His Word and healed them".
When Jesus saw their faith, He was also moved to "heal the whole man" by forgiving his sins.
The man had probably sinned through a bad lifestyle which ended up in palsy.
Jesus showed His authority over sin and His power over sickness.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

ANXIETY verses REST

- It is a sin to be anxious. It shows a lack of trust and resting in God.
- Many people suffer anxiety attacks. Allow God to touch you deeper when you do your prayer journals.
- If you experience anxiety attacks, draw deep down to the pain in your heart. Take several long, deep breaths. As you exhale breath out the anxious thoughts – as you inhale believe by faith that Jesus is coming into your heart by faith.
- We are not to even have anxious thoughts. Many of us have grown up not understanding how to rest in Christ. We need to continually renew our minds.
- As we continue to heal and renew our mind to God's love and plan for our lives we enter His rest in a deeper way through faith.
- Everyday we can choose to be anxious or choose to rest in God's presence in our hearts.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for being anxious. Ask Jesus to also continue to heal you from past experiences that need to be healed that cause your anxiety. In God's power, live a life of restful trust in God's love, plan, and purpose for your life. Make Philippians 4:6,7 a lifestyle.

[see Psalms 139:23-24; Eccl 2:22-23; Philippians 4:6-7; Psalms 33:22; Psalms 62:1; Ps 91:1; Matt 11:28-30; Mark 6:31; 2 Cor 12:9; Heb 4:1]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

God will show me the incomparable riches of his grace (Eph.2:7)
I am God's workmanship. (Eph.2:10)
I'm created in Christ Jesus to do good works prepared in advance for me (Eph.2:10)
In Christ Jesus I have been brought near through the blood of Christ. (Eph 2:13)
I have access to God through Jesus. (Eph.2:18)
In Christ I am being built together to become a dwelling in which God lives (Eph 2:22)
As a Gentile, I am now an heir together with Israel, members together of one body, and sharers together in the promise in Christ Jesus. (Eph 3:6)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #12

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE & WORSHIP THE LORD OF LIFE.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Your love, O LORD, reaches to the heavens, your faithfulness to the skies.
(Psalm 36:5)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Withered hand restored (Matthew 12:9-14) [Mark 3:1-5, and Luke 6:6-10]

9 Going on from that place, he went into their synagogue, 10 and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, "Is it lawful to heal on the Sabbath?" 11 He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12 How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath." 13 Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other. 14 But the Pharisees went out and plotted how they might kill Jesus.

Points to Ponder

The shriveled hand could have been from palsy.
Jesus addresses their "religiosity" by telling them a practical story. Jesus is practical.
How much more valuable are you than a sheep?
Jesus healed out of a passion to be compassionate to the religiously oppressed.
The "religious" after the healing still thought more of their laws than the person.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

SPIRITISM verses GOD

- Superstitions cause us to fear and not to trust God. For example, fearing Friday the 13th is silly. What "power" causes bad luck? What is the power behind it? But God's power is always greater and superstitions can be cured through faith in Christ.
- Seeking out astrology, fortune tellers, ouija boards, idols, etc. are putting your trust in "demonic" forces and not God. These areas give ground to demonic activity. It is so important to repent of these areas. Yes, there is power in these areas – demonic power. But the power of God is infinitely greater. And, we know that God died for us!!!!
- Why go to the dead instead of the living? Jesus is alive and conquered the dividing line between death and life. He is greater than death.
- Many people are involved in levitation (raising tables). What power is under the table lifting the table? Are they controlling the power or is the power deceiving them?
- Worshiping ancestors should be replaced by a firm trust that God is a just God and is control life after death. Give them to God and pray for your children and build foundations for future Christian generations.

THE SOLUTION: Go to the cross of Jesus Christ with your life. Ask Jesus to forgive you for every act of spiritism. Ask God to fill you with His faith and power. Meditate on Scriptures that teach you how much God loves you. Seek out godly, balanced spiritual counseling. God sets people free.

[see Matt 8:16-17; Matt 12:43-45; Mark 1:27-28; Luke 10:20; Deut 32:17-18; Ps 106:37-39; Lev 19:4; Lev 19:26; Lev 19:31; Lev 20:6]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I am part of God's eternal purpose which he accomplished in Christ Jesus. (Eph 3:11)
In Christ I may approach God with freedom and confidence. (Eph 3:12)
Christ dwells in my heart through faith. I'm being rooted and established in love (Eph 3:17)
I am to be humble and gentle; patient, bearing with one another in love. (Eph 4:2)
In all things I will grow up into him who is the Head, that is, Christ. (Eph 4:15)
From Christ, I am joined and held together by every supporting ligament, (Eph 4:16)
I have been taught in him in accordance with the truth that is in Jesus. (Eph 4:21)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #13

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE THE LORD THROUGH SONG.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

"Do not let your hearts be troubled. Trust in God; trust also in me.
In my Father's house are many rooms; if it were not so, I would have told you.
I am going there to prepare a place for you.
And if I go and prepare a place for you, I will come back and take you
to be with me that you also may be where I am". (John 14:1-3)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Impotent man healed (John 5:1-9)

5:1 Some time later, Jesus went up to Jerusalem for a feast of the Jews. 2 Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. 3 Here a great number of disabled people used to lie-the blind, the lame, the paralyzed. 5 One who was there had been an invalid for thirty-eight years. 6 When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" 7 "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me." 8 Then Jesus said to him, "Get up! Pick up your mat and walk." 9 At once the man was cured; he picked up his mat and walked.

Points to Ponder

Jesus went to an area of disabled, blind, lame and paralyzed people. Jesus goes to the need. Even though it was "outwardly" obvious the man wanted to get well, Jesus asks the question, "Do you want to get well?" Sometimes people are comfortable in their infirmities and don't really want healing. The reason: they would have to change their lifestyle. Not only did he have this affinity but he had "no friend" to help him. Loneliness was added to this. "At once" the man was cured. Christ's healings can be instantaneously through faith.

5) NOW, LET'S REPENT AND WALK ANEW. Now we will study different areas Christians struggle with and how to walk in freedom.

TRAGEDIES verses RESTORATION

- Major tragedies in our lives can “stunt” our spiritual and emotional growth. Things such as not bonding with our parents (long time in an incubator), death of someone close, divorce, serious illness, violent homes, Satanic worship, shock, etc.
- Many times, these areas cause major anxiety, stress, and lack of spiritual and emotional growth. They can also cause addictive, compulsive behaviors that are “masks or ways” to cover the pain.
- God is gentle and will slowly guide us in our healing as we allow Him. He desires to help us grow in Him and grow as His children. He will in His time heal us as we continue to draw close to Him, prayer journalize, and pray with a mature, trained Christian leader
- The incident we have experienced was “wrong” not us. God sees us as His child. He does not see us as “flawed” but He sees us as His children and the area that needs healing. He is a special Father.
- Go slowly, be led by God, and allow God to touch you in His way. Usually forgiveness and wrong thinking are two major ways to help the healing process along.

THE SOLUTION: Go to Jesus Christ. Ask Jesus to give you the power to forgive. Ask Jesus to help you to renew your mind as to “who you are”. Ask Jesus to show you the root causes of your pain. Begin to do things for yourself so you can love yourself more. Usually there is a process of anger, bitterness, blame, etc. It is okay. It is part of the process of working things through. Meditate on Scriptures that teach how much God loves you. Remember, you are loved by God.

[see 2 Samuel 9:6-7; Job 8:6-7; Psalms 51:12; Ps 71:20-21; Jer 30:17; Jer 42:12-13; Acts 3:21; Gal 6:1-3; 1 Peter 5:10-11]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I've been forgiven in Christ. I should be kind and compassionate. (Eph 4:32)
I should pray in the Spirit on all occasions with all kinds of prayers/requests. (Eph 6:18)
I should be alert and always keep on praying for all the saints. (Eph.6:18)
I am a servant and saint in Christ Jesus. (Phil 1:1)
My joy in Christ Jesus will overflow on account of other Christians. (Phil 1:26)
I worship by the Spirit of God, and glory in Christ Jesus (Phil 3:3)
I put no confidence in the flesh (Phil 3:3)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #14

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S WORSHIP AND PRAISE ALMIGHTY GOD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

He tends his flock like a shepherd: He gathers the lambs in his arms
and carries them close to his heart; he gently leads those that have young.
(Isaiah 40:11)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

The dead raised to life (Luke 7:11-17) [others: Matthew 9:18; John 11:11-44]

11 Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. 12 As he approached the town gate, a dead person was being carried out-the only son of his mother, and she was a widow. And a large crowd from the town was with her. 13 When the Lord saw her, his heart went out to her and he said, "Don't cry." 14 Then he went up and touched the coffin, and those carrying it stood still. He said, "Young man, I say to you, get up!" 15 The dead man sat up and began to talk, and Jesus gave him back to his mother. 16 They were all filled with awe and praised God. "A great prophet has appeared among us," they said. "God has come to help his people." 17 This news about Jesus spread throughout Judea and the surrounding country.

Points to Ponder

A widow's son was being carried out. Imagine the compassion of Jesus. First, she had experienced her husband's death. Second, her son. It has been said that nobody should see a child die yet God send His Son to die for us.

Notice "his heart went out to her."

Is this a foreshadow of His heart for His own mother?

The Conqueror of Death here foreshadows His power over death.

Jesus still "raises the dead" in the other sense of "the new birth".

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

EMOTIONAL verses SPIRITUAL

- Many times we have grown up “stunted” in our emotional life. We have been wounded or we have not been taught how to deal with our emotions while growing up.
- When we desire to walk with God we learn that our emotions are leading our life more than God's Spirit. We constantly have feelings of fear, insecurity, excitement, depression, etc. that we many times think are spiritual.
- God wants to heal our emotions. He wants us to learn to walk by faith, trust in His Spirit, and THEN our emotions will come into line.
- Slowly as we heal, our emotions become more balanced. We learn to recognize what is emotion and what is spiritual. This will help us hear God's voice, pray, study the Word, minister, and walk in His Spirit.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for living your life by your emotions. Thank God for your emotions. Allow God to put your emotions in subjection to His Spirit. Continue your healing through prayer journalizing, renewing your mind through the Word, and Christian disciplines. Ask Jesus to show you the root causes of your emotions. Begin to know yourself better and trust God to heal and guide your emotions.

[see 1 Corinthians 13:11; 2 Thessalonians 1:3; 1 Corinthians 1:6-9; 1 Corinthians 2:11-16; 1 Corinthians 3:1-2; 1 Cor 14:12; Eph 1:3; Eph 5:18-20; Col 1:9-14; 1 Peter 2:2-3]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I want to be found in him, having God's righteousness by faith (Phil 3:9)
I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil 3:14)
I have heavenly citizenship in Christ (Phil.3:20)
My name is recorded in heaven (Phil 4:3)
The peace of God will guard my heart and mind in Christ Jesus. (Phil 4:7)
I am strengthened for all tasks to which God calls me. (Phil.4:13)
I have all my needs met according to his glorious riches in Christ Jesus (Phil 4:19)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #15

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S REJOICE AND WORSHIP GOD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand. (Isaiah 41:10)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Issue of blood stopped (Matthew 9:20-22) [Mark 5:25-34]

20 Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. 21 She said to herself, "If I only touch his cloak, I will be healed." 22 Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed from that moment.

Points to Ponder

For 12 years she had been in this condition.
She "reached out" and touched Him. She "touched" Him through her faith.
Faith is the instrument to the power that heals.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

PRIDE verses HUMILITY

- Pride comes before a fall. Pride can put us in the position of God. We are to humble ourselves and realize that we are the creation – a new creation in Christ.
- Jesus humbled Himself enough to die on the cross for us. We are to walk as Jesus did.
- If you are struggling with something in your life, humble yourself and take it to the cross of Jesus Christ. Don't swallow your pride but give it to Jesus and you will experience the "power of His humility". It is a real power.
- To walk in humility is to accept the truth about yourself. You are God's child, God loves you, and it is because of Jesus that you have eternal life. Humility is not "poor me" it is thank you Lord for who I am because of what you did for me on the cross.
- Spiritual pride sneaks in and takes over many Christian's life. We must continually humble ourselves everyday, confess our sin of pride (spiritual and otherwise), and walk in a yielded, obedient manner. Beware of the anointing killer – spiritual pride!!!

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your pride and false humility. Ask for a gentle, humble spirit willing to be obedience and yielded to Christ. .

[see Prov 8:13; Prov 11:2; Prov 16:18; Prov 29:23; James 1:9-11; Num 12:3; Deut 8:2-5; Job 8:7; Psalms 18:27-28; Psalms 25:9-10; Proverbs 3:34; Matthew 11:28-30; Luke 1:52; Eph 4:1-2; James 4:9-10; 1 Peter 5:6-7; Phil 2:8-11]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

All God's fullness dwells in me. I am complete in him. (Col 1:19)
I proclaim him, admonishing and teaching everyone with all wisdom, so that I may present everyone perfect in Christ. (Col 1:28)
My purpose is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, (Col 2:2)
I have all the hidden treasures of wisdom and knowledge in Christ. (Col 2:3)
I am orderly and firm in my faith in Christ (Col 2:5)
Just as I received Christ Jesus as Lord, I will continue to live in him (Col 2:6)
I will be rooted and built up in him, strengthened in the faith and overflowing with thankfulness (Col 2:7)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #16

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE THE LORD WITH ALL OUR HEARTS.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Keep your lives free from the love of money and be content with what you have,
because God has said, "Never will I leave you; never will I forsake you."
(Hebrews 13:5)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

The blind restored to sight (Matthew 9:27-31) [others: Mark 8:22-25; John 9:1-7]

27 As Jesus went on from there, two blind men followed him, calling out, "Have mercy on us, Son of David!" 28 When he had gone indoors, the blind men came to him, and he asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. 29 Then he touched their eyes and said, "According to your faith will it be done to you"; 30 and their sight was restored. Jesus warned them sternly, "See that no one knows about this." 31 But they went out and spread the news about him all over that region.

Points to Ponder

They asked for mercy.

They acknowledged Jesus as God by calling Him "Son of David"

Here is our question, "Do you believe that I am able to do this?"

"According to your faith will it be done for you."

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

THANKLESSNESS verses THANKFULNESS

- Instead of seeing all the wrong things in our life, we need to begin to count our blessings.
- If we had “nothing” we should be thankful that God died for us and we have eternal life.
- Start from “nothing” and begin to thank God for simple things, bigger things and all He's done for you.
- Finally, sometimes we focus so much on things here because we aren't focusing on our eternal home. This is all so temporary. Life here is a breath!!

THE SOLUTION: Go to the cross of Jesus Christ. Ask Jesus to forgive you for not being thankful for all He's done for you. Write down all that you have. Go over the list again and again. This takes humility.

[see Colossians 3:15; Colossians 4:2-3; Hebrews 12:28-29; Psalms 7:17; Psalms 75:1; Ps 107:1; 1 Cor 11:24-26; 2 Cor 2:14; 2 Cor 9:15; Eph 5:19-20; 1 Thess 5:18; Rev 11:17]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I have been given fullness in Christ, the head over every power and authority (Col 2:10)
I was circumcised, in the putting off of the sinful nature, done by Christ (Col 2:11)
I am forgiven and my sin debt is paid (Col 2:13,14)
The reality is found in Christ and I am in Christ. (Col 2:17)
I died, and my life is now hidden with Christ in God. (Col 3:3)
The Lord's message has rang out from me - my faith in God's known everywhere. (1Thes 1:8)
I believe that Jesus died and rose again and so I believe that God will bring with Jesus those who have fallen asleep in him. (1Thes 4:14)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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the courage to change the things we can;
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CHAPTER #17

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings to do three things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S PRAISE THE LORD THROUGH SONG.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

His left arm is behind my head and his right arm embraces me.
(Song of Songs 2:6)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

The deaf and dumb cured (Mark 7:31-37)

31 Then Jesus left the vicinity of Tyre and went through Sidon, down to the Sea of Galilee and into the region of the Decapolis. 32 There some people brought to him a man who was deaf and could hardly talk, and they begged him to place his hand on the man. 33 After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. 34 He looked up to heaven and with a deep sigh said to him, "Ephphatha!" (which means, "Be opened!"). 35 At this, the man's ears were opened, his tongue was loosened and he began to speak plainly. 36 Jesus commanded them not to tell anyone. But the more he did so, the more they kept talking about it. 37 People were overwhelmed with amazement. "He has done everything well," they said. "He even makes the deaf hear and the mute speak."

Points to Ponder

Notice the people "begged" Jesus.
Do you think Jesus took him aside to have an "intimate" healing?
Jesus "looked up to heaven."
Why did Jesus give "a deep sigh"?
Jesus "has done everything well."

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

UNFORGIVENESS verses FORGIVENESS (bitter/critical)

- Most areas of woundedness get healed through forgiveness. Forgiveness releases God's power to heal us. It is as if we "let go" of our desire to get even and allow God's justice. God is just and He will repay but more importantly, He will forgive as He's forgiven us.
- After you've made a decision to forgive, continue to forgive. The feelings will come. Pride is the enemy here. Self is the enemy here. As we give up self and pride we allow Christ into the area more and more. The feelings will come.
- The best way to continue to heal is to "pray for the person who has hurt us." Oh, this is so Christlike. Remember Jesus, "Father forgive them for they know not what they do." Remember Stephen as he died. We have the opportunity to walk in their ways.
- Stay committed to forgiving in everything you do. Sin is sin. What has been done to us was wrong. We hate the sin but forgive the sinner.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to give you the desire and the power to forgive. Ask Jesus to show you the root causes of your unforgiveness. Forgive the person and pray blessings and salvation for them. Stay committed to forgiving – the feelings will come. Meditate on Scriptures that show how God forgave you.

[see Genesis 50:18-21; Matthew 6:14-15; Matthew 18:21-22; Luke 11:4; John 20:23; 2 Cor 2:7-8; 2 Corinthians 2:9-11; Col 3:12-14]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I will give thanks in all circumstances, for this is God's will for me in Christ (1Thes 5:18)
The name of our Lord Jesus will be glorified in me (2Thes 1:12)
The grace of our Lord has been poured out on me abundantly, along with the faith and love that are in Christ Jesus. (1 Tim 1:14)
I have served well and will gain an excellent standing and great assurance in my faith in Christ Jesus. (1 Tim 3:13)
I won't let anyone look down on me because I'm young. I will set an example for the believers in speech, in life, in love, in faith and in purity. (1 Tim 4:12)
God, richly provides for me everything for my enjoyment. (1 Tim 6:17)
I have the promise of life that is in Christ Jesus, (2 Tim 1:1)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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the courage to change the things we can;
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In Jesus' name we pray. Amen.*

CHAPTER #18

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) LET'S SING & PRAISE THE LAMB OF GOD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

"Father, I want those you have given me to be with me where I am,
and to see my glory, the glory you have given me
because you loved me before the creation of the world". (John 17:24)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Woman healed of infirmity (Luke 13:10-17)

10 On a Sabbath Jesus was teaching in one of the synagogues, 11 and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. 12 When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." 13 Then he put his hands on her, and immediately she straightened up and praised God. 14 Indignant because Jesus had healed on the Sabbath, the synagogue ruler said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath." 15 The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie his ox or donkey from the stall and lead it out to give it water? 16 Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?" 17 When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.

Points to Ponder

Jesus called the woman forward. Has Jesus called you forward?

Satan had kept her bound for 18 long years.

She was set free from what bound her.

Notice His opponents were humiliated but the people were delighted.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

OLD THINKING verses NEW THINKING

- Spiritual knowledge is seeing things as God does. We have “old tapes” going on in our minds – carnal thinking. We need to allow God to supernaturally renew our minds by praying, reading the Bible, and meditating on God’s Word.
- God is in heaven. We are not the center of the universe. God is the creator – we are the creation. We are to line our thoughts up with His thoughts.
- One of the best ways to heal is to change our thinking. Change our thinking about: who we are, how God sees us, the people who’ve hurt us, God’s plan for us, and God’s will for us. God’s will is good, pleasing, and perfect.
- Continually commit to renewing your mind.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus’ feet. Ask Jesus to forgive you for your old ways of thinking. Ask Jesus to come into your heart and mind and fill you with His thoughts and desires. Meditate on Scriptures that teach you God’s perspective of things and not man’s perspective. Trust God to open the eyes of your heart.
[see Psalms 51:10; Rom 12:2; Philippians 1:3-6; 1:9-11; 2:5-11; Eph. 1:15-23; 3:14-21; Col 3:1-4; Col 3:15-17]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

God has saved me and called me to a holy life because of his own purpose and grace. This grace was given me in Christ Jesus before the beginning of time. (2 Tim 1:9)
I will be strong in the grace that is in Christ Jesus. (2 Tim 2:1)
I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory. (2 Tim 2:10)
I want to live a godly life in Christ Jesus and I will be persecuted (2 Tim 3:12)
The Scriptures are able to make me wise for salvation through faith in Christ (2 Tim 3:15)
I will be active in sharing my faith, so that I'll have a full understanding of every good thing I have in Christ. (Philemon 1:6)
People refresh my heart in Christ. (Philemon 1:20)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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CHAPTER #19

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S SPEND TIME WORSHIPING THE KING.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

The Word became flesh and made his dwelling among us.
We have seen his glory, the glory of the One and Only,
who came from the Father, full of grace and truth. (John 1:14)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Malchus healed (Luke 22:49,51)

49 When Jesus' followers saw what was going to happen, they said, "Lord, should we strike with our swords?" 50 And one of them struck the servant of the high priest, cutting off his right ear. 51 But Jesus answered, "No more of this!" And he touched the man's ear and healed him.

Points to Ponder

Man wants to fight. God heals.
Jesus' higher purpose was to die for mankind.
Even in His darkest hour at Gethsemane, Jesus healed.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

HARD-HEARTEDNESS verses SOFT-HEARTEDNESS

- One of the most difficult things to do is “keep our hearts soft”. When we have been wounded, we begin to close our hearts so we can protect ourselves. This self-protection feels alright for a while but it leads to loneliness, bitterness, criticalness, and loss of love.
- How can we walk in wisdom with a soft heart? We need to be wise who we open up our hearts to. We also need to be wise when we open up our hearts. There is a time for everything. It is important to “guard” our hearts to things not of God but not to “close” our hearts to things/people that can nurture us.
- To walk with a soft-heart takes courage and yes, we will be hurt again. But we are stronger now with Christ. He will give us the power to continually learn and heal and forgive.
- Take one day at a time. Walk in His love. Let Him into your heart. Experience His love and know that He understands because ‘He was numbered with the transgressors.’

THE SOLUTION: Go to the cross of Jesus Christ. Put your heart at Jesus’ feet. Ask Jesus to forgive you for your hard-heartedness. Ask Jesus give you a strong, soft-heart. Ask for wisdom in discerning when, where, and to who you open up your heart to. Meditate on Scriptures that teach about the “heart of God.”

[see Proverbs 4:23; Psalms 12:5; Psalms 12:7; Ps 20:1; Ps 32:7; Ps 40:11; Ps 69:29; Prov 4:6-7; John 17:10-12; John 17:15; 2 Thess 3:2-4]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I have and will receive the Blessed Hope (Titus 2:13)
I have trusted in God and will be careful to devote myself to doing what is good. (Titus 3:8)
Like Jesus, “I will put my trust in him.” (Heb 2:13)
I will come to share in Christ if I hold firmly till the end the confidence I first had (Heb 3:14)
I will leave the elementary teachings about Christ and go on to maturity (Heb 6:1)
Though I have not seen him, I love him; and even though I do not see him now, I believe in him and I’m filled with an inexpressible and glorious joy. (1 Pet 1:8)
I am a child of God, and I belong to him. (1 Pet.1:9)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

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2) NOW, LET'S PRAISE THE LORD THROUGH SONG.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

When Jesus saw him lying there
and learned that he had been in this condition for a long time,
he asked him, "Do you want to get well?" (John 5:6)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Many different diseases healed (Mat. 4:23,24) [14:14; 15:30; Mark 1:34; Luke 6:17-19]

23 Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. 24 News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them. 25 Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.

Points to Ponder

In verse 23 look at the verbs (went, teaching, preaching, healing)
Notice the diseases (various diseases, severe pain, demon-possessed, seizures, paralyzed)
He healed them. The diseases and the people.

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

DISOBEDIENCE/REBELLION verses OBEDIENCE

- It is hard to obey when we grow up if the person has not been worth obeying. Many times we have grown up in a dysfunctional situation and been asked to do things that are not right for us.
- We also must begin to take rebellion to the cross. The flesh for years has rebelled against God's will. Now as saints in Christ, we must be led by God's Spirit and be open to hearing His voice and will for us. This is freedom for Jesus did nothing unless the Father told him.
- Obedience is freedom when the One we obey has nothing but our best in mind.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your disobedience and rebellion. Ask Jesus to show you the root causes. Begin to trust God in obedience. Meditate on Scriptures that teach you about God's plan for your life.

[see Romans 5:19; Romans 6:16-18; Romans 16:18-19; 2 Corinthians 9:13-15; Hebrews 5:8-10; 1 Peter 1:2; 2 John 6; 1 Sam 15:22-23; John 14:15; John 14:23-24]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I am redeemed by the precious blood of Christ (1 Pet.1:18,19)
Through him I believe in God, who raised him from the dead and glorified him, and so my faith and hope are in God. (1 Pet 1:21)
I have been born again of incorruptible seed (1 Pet.1:23)
I trust in God and will never be put to shame. (1 Pet 2:6)
I am a priest of God (1 Pet.2:5,9)
Those who speak maliciously against my good behavior in Christ will be ashamed of their slander. (1 Pet 3:16)
The God of all grace, will himself restore me, make me strong, firm and steadfast (1 Pet 5:10)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

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- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S WORSHIP & PRAISE THE LORD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. (John 6:35)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

70 disciples: Various miracles (Luke 10:17-24)

17 The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." 18 He replied, "I saw Satan fall like lightning from heaven. 19 I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. 20 However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven." 21 At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure. 22 "All things have been committed to me by my Father. No one knows who the Son is except the Father, and no one knows who the Father is except the Son and those to whom the Son chooses to reveal him." 23 Then he turned to his disciples and said privately, "Blessed are the eyes that see what you see. 24 For I tell you that many prophets and kings wanted to see what you see but did not see it, and to hear what you hear but did not hear it."

Points to Ponder

"Lord, even the demons submit to us in your name."

In His authority, we can overcome all the power of the enemy.

In His authority, nothing will harm us.

We are not to be proud, but "rejoice that your names are written in heaven."

God has revealed these things to little children because this was His good pleasure.

"Blessed are the eyes that see what you see."

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

SOUL TIES verse PURITY (freedom)

- Our soul should be tied and joined to God's soul. We are to love the Lord our God with all our heart, mind, and soul.
- Unfortunately, people get involved in sexual relationships that are not of God. Everytime a person is involved in an unholy, unsanctified act of sexuality their soul becomes tied to the other person's soul. This allows entry to the demonic.
- In order for a person to be released from these soul ties, they need to come before God in repentance for these acts. This allows God entry into these areas that the enemy has control of in their lives.
- God calls us to live pure lives as we serve Him. He also desires us to deal with our past through sanctified prayer and repentance through His blood at the cross.
- Christianity is like a football game. We need to continue to keep pushing forward in holiness. When the enemy is winning, we need to see that our plays from the past aren't working. Then enter into God's playbook through the power of the Holy Spirit.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for each sexual sin you have been involved with in the past. Pray and repent for your sexual sins, relationships, and actions. Then ask God to release you from the soul ties and come and fill those areas with Himself. Meditate on Scriptures that teach you about God's holiness.

[see Phil 4:8-9; 1 Tim 5:22; 2 Tim 2:22-23; Heb 7:26-27; Heb 10:22-23; Heb 13:4; Job 23:10; Ephesians 5:25-33]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I have fellowship with the Trinity (1 Jn.1:3)
I am in Christ and have no darkness in me. (1 Jn 1:5)
But when I walk in the light, as he is in the light, I have fellowship with one another, and the blood of Jesus, his Son, purifies me from all sin. (1 Jn 1:7)
Christ is my advocate. (1 Jn. 2:1)
Because I claim to live in him, I must walk as Jesus did. (1 Jn 2:6)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #22

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S WORSHIP THE PRINCE OF PEACE.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

On the last and greatest day of the Feast, Jesus stood and said in a loud voice,
"If anyone is thirsty, let him come to me and drink.
Whoever believes in me, as the Scripture has said,
streams of living water will flow from within him." (John 7:37-38)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Peter: Lame man cured (Acts 3:1-16);

3:1 One day Peter and John were going up to the temple at the time of prayer-at three in the afternoon. 2 Now a man crippled from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the temple courts. 3 When he saw Peter and John about to enter, he asked them for money. 4 Peter looked straight at him, as did John. Then Peter said, "Look at us!" 5 So the man gave them his attention, expecting to get something from them. 6 Then Peter said, "Silver or gold I do not have, but what I have I give you. In the name of Jesus Christ of Nazareth, walk." 7 Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong. 8 He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and jumping, and praising God. 9 When all the people saw him walking and praising God, 10 they recognized him as the same man who used to sit begging at the temple gate called Beautiful, and they were filled with wonder and amazement at what had happened to him. 11 While the beggar held on to Peter and John, all the people were astonished and came running to them in the place called Solomon's Colonnade. 12 When Peter saw this, he said to them: "Men of Israel, why does this surprise you? Why do you stare at us as if by our own power or godliness we had made this man walk? 13 The God of Abraham, Isaac and Jacob, the God of our fathers, has glorified his servant Jesus. You handed him over to be killed, and you disowned him before Pilate, though he had decided to let him go. 14 You disowned the Holy and Righteous One and asked that a murderer be released to you. 15 You killed the author of life, but God raised him from the dead. We are witnesses of this. 16 By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has given this complete healing to him, as you can all see.

Points to Ponder

Peter and John were in God's will going up to pray.

The man thought his need was money, God saw it as more than that.

Peter and John had him look at them and then God healed him in the name of Jesus Christ.

He went walking, and leaping, and praising God. Money couldn't do that.

"Men of Israel, why does this surprise you?"

In verse 13 we see that Jesus has been glorified. The proof is the Holy Spirit has been poured out.

Peter and John were witnesses Christ's resurrection.

"It is in Jesus' name and the faith that comes through him that has given this complete healing to him."

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with and how to walk in freedom.

GENERATIONAL SIN verses GENERATIONAL BLESSINGS

- Sin follows us like a disease. Have you ever noticed that someone in a family has a certain disease, addiction, or problem and the second or third generation after that has the same problem. Satan follows a family weakness for generations to continue his assault on a family for generation after generation.
- God wants us to train our children and their children. He wants us to serve Him, our children to serve Him, and their children. He wants to change generational sin for generational blessings.
- Below is a PRAYER FOR GENERATIONAL SIN. We should pray this pray anytime God shows us an area of weakness in our ancestors or our children or children's children. In this way God can cut off the sin that follows us for generation upon generation.
- For example: If you are struggling with suicide it may because of generational sin. Maybe in the past, an ancestor of yours committed suicide. You can break this pattern by praying against this and starting a new pattern of LIFE for your children and their children.

THE SOLUTION: Meditate on verses having to do with "generations". Pray the prayer below whenever God gives you light (Proverbs 20:27)

[see Ex 34:6-7; Ps 79:13; Ps 145:4; Dan 4:3; Joel 1:3; Acts 13:36; Deut 7:9-11]

"BREAKING GENERATIONAL SIN"

Father God, in the mighty name of Jesus Christ,
I come to You now and repent on behalf of my family line.
Lord, whenever there was the sin of (name the sin) on my father's or mother's side,
I repent of that sin on behalf of myself and my family,
both on the (father's family name) side and on the (mother's family name) side.
When ever I or my ancestors yielded to this particular sin, even as far back as Adam,
I ask You to forgive us as a family and to cleanse the family line of this sin by the Blood of Jesus.
When ever You see an invisible soul-tie that connects me with any of those people who yielded to this sin, I now take a sword in the spirit and in the name of Jesus Christ and through the Blood of Jesus Christ I sever that connection in the spirit and I break every unholy soul-tie between myself and those previous generations. And I now place a river of the Blood of Jesus Christ and those generations and render myself free from any unholy influence. I also break any curse that has come to me or my children through generational sins and curses. In Jesus' name and through His Blood, I ask you to turn the curses into blessings. In Jesus' name I pray. Amen.

*(Pray this prayer as many times as necessary,
each time you identify a generational sin operating in your family).*

**From the Book "Spiritual Warfare and Your Children"
by Ray Beeson & Kathi Mills**

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- Everyone look up the first verse below in your Bible
- Read the verse "outloud" together.
- Then, verbally say the "truth affirmation" together.
- Then, do the next verse, and so on.

I love my brother & live in the light, and there's nothing to make me stumble (1 Jn 2:10)
I don't love the world and I have the Father's love in me. (1 Jn 2:15)
The anointing I received from God remains in me. (1 Jn 2:27)
I will continue in him, so that when he appears I may be confident and unashamed before him at his coming. (1 Jn 2:28)

"A PRAYER FOR BLESSING"

As I seek to cleanse my hands, O God,
purify my heart and make me acceptable in Your sight.
I pray that You would look upon me and bless me.
As I humble myself before You, exalt me and let Your favour go before me.
Spread Your goodness before me.
May it accompany Your mercy as it follows me in accordance with Your promises.
Lord, cause Your face to shine upon me.
Let Your blessings overtake me.
Grant me peace with all who would set their face against me
as I walk in peace and fellowship with You.
Let no weapon formed against me succeed.
Equip me with the strength to do Your will.
Bless the work of my hands, and cause me to prosper in all my ways,
even as my soul prospers.
Order my steps on paths of promotion as I acknowledge You.
Grant me the power to gain wealth as I surrender my all to You.
Most of all, I pray that You grant me wisdom.
The wisdom to seek You above all things.
Teach me to be a wise steward of all You grant,
and let each blessing that You render,
be an occasion to further glorify Your name in all the earth.
In the matchless and wonderful name of Jesus I pray. Amen.

**From the book "How to be Blessed and Highly Favored"
by Michelle McKinney Hammond**

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, who would like to prepare a poem, song, testimony, or share answered prayer for next time? We also need someone to lead worship.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #23

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin this meeting with prayer.

2) NOW, LET'S SING & PRAISE THE LORD THROUGH SONG.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

Do not let your hearts be troubled and do not be afraid. (John 14:27)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Peter: Aeneas made whole (Acts 9:32-35);

32 As Peter traveled about the country, he went to visit the saints in Lydda. 33 There he found a man named Aeneas, a paralytic who had been bedridden for eight years. 34 "Aeneas," Peter said to him, "Jesus Christ heals you. Get up and take care of your mat." Immediately Aeneas got up. 35 All those who lived in Lydda and Sharon saw him and turned to the Lord.

Points to Ponder

Peter was visiting the saints. See the love for his brothers and sisters.

Imagine being a paralytic bedridden for eight years.

"Jesus Christ heals you."

What happened to the people who lived in Lydda and Sharon?

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with & how to walk in freedom.

DEMONS verses DELIVERANCE

- The non Christian is alive to sin and dead to God. The Christian is alive to God and dead to sin. Unfortunately, when we don't walk in the Spirit, our sin nature resurfaces and we choose to sin.
- Demons can oppress Christians if we don't walk in the Spirit and constantly renew our mind. They have no entry into our spirit where Jesus is but they can attack our soul through our mind and emotions. We need to choose by our "will" to walk in the Spirit by faith – yielded and submitted to God.
- When a non Christian comes to the Lord they need "inner healing" to remove all entries by the demonic. This is usually through repentance, forgiveness, the Word, and prayer. This usually recovers the lost ground and allows Christ into areas of demonic entry. Sometimes, a person may need to have demons delivered from them. This can be done with pray from a mature, Spirit filled believer. But it must be noted that afterwards, it is up to the person to continually stay yielded, submitted, and consecrated to Christ by walking in the Spirit, reading God's Word, praying, and continually forgiving.
- Usually the demons come in through an area of sin. The sin must be confessed and the area replaced with Christ. We need to "allow" and "give permission" for Jesus to enter into all areas of our lives.
- Demons are real. They have as much power as we give them. As children of light we need to not be afraid of them but reverence and fear God who is all powerful, all knowledgeable, and all present. Jesus has power over all demonic forces and defeated them at the cross of Calvary. He will finally defeat Satan when He casts Satan into the Lake of Fire after the Millennial Kingdom.

THE SOLUTION: Go to the cross of Jesus Christ. Put your life at Jesus' feet. Ask Jesus to forgive you for your past sins. Ask Jesus to show you the root causes of your sin. We recommend you read books by Derrick Prince and Neal Anderson. Meditate on Scriptures that teach you how much God loves you. Continually affirm "who you are in Christ" (#6 throughout this book and at the end of the resources).

[see Luke 11:17-20; Rom 8:38-39; 1 Cor 10:20-22; 1 Tim 4:1-2; James 2:19]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse "outloud" together.
- c) Then, verbally say the "truth affirmation" together.
- d) Then, do the next verse, and so on.

I am a child of God. (1 Jn.3:1)
He appeared so that he might take away my sins. And in him is no sin. (1 Jn 3:5)
I am born of God and I will discontinue to sin, because God's seed remains in me. (1 Jn 3:9)
I know that I live in him and he in me, because he has given me of his Spirit. (1 Jn 4:13)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. But, first, as next time is our last meeting, please come prepared to share something personal with the group. Anything you have on your heart.

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

CHAPTER #24

1) LET'S BEGIN. My name is _____ and I'm being set free from my past and growing in Christ through the Power of God's Holy Spirit. We welcome you to this fellowship. We would remind you that the goal of this meeting is to support each other in our walk with Jesus Christ. In order to do this we set up an environment that is free of judgments and condemnation. Nobody is "right" or "wrong" here. We believe that we can't change people but God can. This should be a "safe" and "loving" environment, so we ask that what is said herestays here. We would encourage each person who comes to these meetings and in the future, to do 3 things:

- 1) Find a godly person to mentor/disciple you.
- 2) Find support thru small groups, Bible Study, and Spirit-led fellowships.
- 3) Find a Gospel-preaching church that supports your growth in Christ and your spiritual gifts.

In these meetings we support and minister to each other through prayer, worship, scripture, personal testimonies, sharing, and teachings. Let's begin our final meeting with prayer.

2) LET'S FULFILL OUR PURPOSE AND WORSHIP GOD.

3) LET'S "WAIT ON GOD" & MEDITATE ON SCRIPTURE.

Relax, let God come into your being, and allow God to reveal His Word:

"As the Father has loved me, so have I loved you. Now remain in my love."
(John 15:9)

4) LET'S STUDY ABOUT BIBLICAL HEALINGS. We are going to spend time now reading Scripture about God healing people in the Bible. Then, we'll talk about the Scripture and how it relates to us personally.

Paul: Lame man cured (Acts 14:8-13)

8 In Lystra there sat a man crippled in his feet, who was lame from birth and had never walked. 9 He listened to Paul as he was speaking. Paul looked directly at him, saw that he had faith to be healed 10 and called out, "Stand up on your feet!" At that, the man jumped up and began to walk. 11 When the crowd saw what Paul had done, they shouted in the Lycaonian language, "The gods have come down to us in human form!" 12 Barnabas they called Zeus, and Paul they called Hermes because he was the chief speaker. 13 The priest of Zeus, whose temple was just outside the city, brought bulls and wreaths to the city gates because he and the crowd wanted to offer sacrifices to them.

Points to Ponder

The man was crippled in his feet, lame from birth, and had never walked.

He listened to Paul sharing the Word of God.

Paul saw that he had faith to be healed.

The man didn't think, he jumped up and began to walk.

The people misinterpreted Paul and Barnabas as gods.

Other Healings to Study:

Stephen: Great miracles (Acts 6:8-10);

Dorcas restored to life (Acts 9:36-43);

Eutychus restored to life (Acts 20:7-12);

The sick healed (Acts 5:12-16);

Philip: Various miracles (Acts 8:4-14);

Paul/Barnabas (Acts 14:1-3);

Father of Publius healed (Acts 28:1-10)

5) NOW, LET'S REPENT AND WALK ANEW. At this time we will study different areas Christians struggle with & how to walk in freedom.

TRADITION verses REALITY

- Mankind is very interesting. We love to follow “traditions, culture, and customs”. But these usually come from man. Our earthly cultures usually don’t lead to Christ but to glorifying man. We must stop and think if what we are doing is leading us to Christ or glorifying man.
- God should be glorified in everything we do. As Christians we should start new traditions - those that lead us to Christ, glorify God, and build His Kingdom.
- The reality is found in Christ. Our souls demand “reality” – the living God.
- We also love “religious traditions” but unfortunately we can forget the purpose which is to glorify Christ and start to follow the tradition.

THE SOLUTION: Go to the cross of Jesus Christ. Put your old ways at Jesus’ feet. Ask Jesus to forgive you for how you’ve honored “tradition” more than Him. Ask God to help you start traditions that lead to Christ and Building God’s Kingdom.

[see Matt 15:2-7; Col 2:8-12; Col 2:16-19]

6) LET'S RENEW OUR MINDS NOW.

DIRECTIONS:

- a) Everyone look up the first verse below in your Bible
- b) Read the verse “outloud” together.
- c) Then, verbally say the “truth affirmation” together.
- d) Then, do the next verse, and so on.

I acknowledge that Jesus is the Son of God, so God lives in me and I in God. (I Jn 4:15)
I don't fear because I am made perfect in love. (I Jn 4:18)
I possess eternal life. (I Jn.5:13)
I know him who is true. And I am in him who is true—even in his Son Jesus Christ. He is the true God and eternal life. (I Jn 5:20)

7) HOW IS YOUR PRAYER JOURNAL GOING? Does anyone have any thoughts or comments about doing a daily prayer journal?

8) NOW, LET'S ENJOY OUR MINISTRY TIME. This is our last meeting so who would like to share something first?

9) FINALLY, LET'S CLOSE OUR MEETING. We thank you for attending this fellowship. Let me remind you that what has been said here - stays here. In this way we can continue to create a safe environment for our recovery and growth. We also want to encourage you to continue in your healing and growth in Christ. You can do this by continuing your personal discipleship, joining a bible study, and being involved with your church. We also encourage individuals to consider using this material & leading others in their healing and ministry. Let's have a word of prayer and then let's say the Serenity Prayer together.

*God grant us the serenity to accept the things we cannot change;
the courage to change the things we can;
and the wisdom to know the difference.
In Jesus' name we pray. Amen.*

KNOWING GOD: The Salvation Message

SALVATION THROUGH CHRIST: A Matter of FAITH: What do you think it takes for someone to get to heaven? Is it luck? Good deeds? Nothing at all? Or is there something more? The Bible has the answer to this question. It's a matter of F-A-I-T-H

“F” stands for FORGIVENESS: We cannot have eternal life without God's forgiveness. Ephesians 1:7a in the Bible says, “In Him (Jesus Christ) we have redemption through his blood, the forgiveness of sins.”

“A” is for AVAILABLE: Forgiveness is available for all. John 3:16 says, “For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.” But forgiveness is not automatic. “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven,” says Matthew 7:21a.

“I” is for IMPOSSIBLE: It is impossible for God to allow sin into heaven because of who He is and because of who we are. God is loving and just, but His judgment is against sin. James 2:13a says, “Because judgment without mercy will be shown to anyone who has not been merciful.” We are sinful people. Romans 3:23 says, “For all have sinned and fall short of the glory of God.”

“T” is for TURN: To turn means to repent. We can repent – or turn – from our sin and from ourselves. “But unless you repent, you too will all perish,” Luke 13:3b says. We can also turn to Someone. Trust Christ alone. Romans 10:9 tells us how: “That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised Him from the dead, you will be saved.”

“H” is for HEAVEN: Heaven is eternal life. Here, that means life “to the full.” “I have come that they may have life, and have it to the full (John 10:10b).” In the hereafter, it means the promise of heaven: “And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am (John 14:3).”

Take the step of faith described by another meaning of FAITH:

Forsaking All I Trust Him

To receive God's love and forgiveness, pray the following from the heart:

“Lord Jesus, I know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your death and resurrection can I be forgiven. I want to turn from my sin and ask You to come into my life as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Now, fill me with Your Holy Spirit so I can serve You. Thank you, Jesus, for saving me. Amen.”

Then have a pastor find you a godly Christian mentor to help disciple you. Join a church where you worship God, grow in your faith, & attend Bible Study. Begin a daily personal worship experience where you study the Bible and pray. For more information about JESUS CHRIST, please see the following websites:

[\[http://www.altogetherlovely.org\]](http://www.altogetherlovely.org)

[\[http://www.whoisjesus-really.com/index.htm\]](http://www.whoisjesus-really.com/index.htm)

[\[http://www.whoisiam.com\]](http://www.whoisiam.com)

[\[http://www.historicjesus.com\]](http://www.historicjesus.com)

GUIDELINES FOR HEALING

It must be noted that there is no easy path or easy way in healing. Jesus' healing for us was painful. We are His disciples and are to live as He did. Sometimes God does a "big, miraculous healing". Sometimes God takes us through a long process. The most important thing to understand about healing is that God wants a relationship with us. He knows that if we were instantly healed, many of us would start to think we don't need Him anymore. The greater our need for God, the better off we are. Yes, it is painful!! Oh, so painful!! But, it is the means that keeps us constantly drawing close to our Lord. If you ever feel that God is just a far off God who doesn't care about your pain; just look at the cross. God has gone through every degree of pain, rejection, physical suffering, heart ache, abuse, and shame that any of us have. And to a greater degree. He understands and is with us in our healing. The following are some GUIDELINES for healing:

- Embrace the "FIREBALL" in your heart. Draw deep down as much as you can and allow Jesus in.
- God doesn't heal at the surface. He is the "Great Physician". He goes down to the "core" of the problem which is usually confession of sin or unforgiveness.
- Find people to share with who are mature, trustworthy, and caring. Be wise in your relationships. Unfortunately, wounded, dysfunctional people usually attract wounded, dysfunctional people. Step out and seek "healthy relationships" that nourish, encourage, and build you up.
- Start a daily "PRAYER JOURNAL". Take time each day to allow God to heal you as you write your prayers down on paper. (See Chapter 1 – Activity #7 of this book)
- When you are in a lot of pain, take time to draw close to God even though it is painful. Breathe slowly & deeply and focus on God in your heart. Prayer Journaling is also good to do at this point.
- Do nourishing things. Don't just stay in a mode of healing and pain. Go for walks, read a good book, go swimming, ride your bicycle, etc. God wants to give you time to rest for the next healing.
- Minister to others. If you are feeling sorry for yourself, find someone who is "worse off" than you.
- Meditate on healing Scriptures. Learn more about God's compassion, love, and healing power.
- Be wise in sharing your testimony of healing. Many times Christians ask "new converts" to share their testimony. The problem is that sometimes they share too much and end up feeling spiritually abused. Be wise and get guidance from mature Christians who have gone through healing.
- Our time here is preparation for eternity. We are being healed and transformed into the likeness of Christ for eternity. This time here is but "a breath". Learn to understand this and renew your mind.
- God wants to restore the losses in our lives. But first He needs to prepare us to receive all His glorious riches. Having us mature as a Christian is God's first goal.
- It is okay to get angry. David throughout the Psalms got angry. But he "wrote" his thoughts down on paper and never hurt someone else or himself. Write your anger on paper. Read it. Then throw the paper away. (Then read the Psalms "outloud").
- Allow yourself to GRIEVE your losses. You may start to cry for no reason. You may even feel depressed. It is alright. You are being healed. Your pain within you from your past is coming out.
- Be wise with prescription medicines. Read about the medication on the internet. Find out what they are treating, what the side effects will be, how long they plan on having you on the medication, whether or not it is addictive, how it will affect your healing process, etc. Get a few different doctors' opinions. Find the balance between anti-medication people and people who give medications for everything. Remember, medications "mask" the problem – they don't get to the root. But, sometimes they help stabilize a person until they can get their life balanced. BE WISE. A spiritual Christian doctor, who can explain the pros and cons of medications, would be wise to talk to.
- Read Scripture that affirms who you are "in Christ". You are God's child and a blessing.
- God loves you. Meditate on this truth. Believe this truth. Listen to His voice about this truth.

DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a "tool" to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers "laymen" resources for those wanting to grow in Christ.

HEAL – HEALED – HEALING (Meditate on One Verse a Day)

1) if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land (2 Chronicles 7:14)
2) Be merciful to me, LORD, for I am faint; O LORD, heal me, for my bones are in agony (Psa. 6:2)
3) I said, "O LORD, have mercy on me; heal me, for I have sinned against you." (Psalm 41:4)
4)and a time to heal, (Ecclesiastes 3:3)
5) Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise. (Jer.17:14)
6) But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.' (Jeremiah 30:17)
7) Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security. (Jeremiah 33:6-7)
8) "Come, let us return to the LORD. He has torn us to pieces but he will heal us; he has injured us but he will bind up our wounds. (Hosea 6:1)
9) "I will heal their waywardness and love them freely, for my anger has turned away from them. (Hos.14:4)
10) Jesus said to him, "I will go and heal him." (Matthew 8:7)
11) He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness. (Matthew 10:1)
12) Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give. (Matthew 10:7-9)
13) He replied, "Go tell that fox, 'I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.' (Luke 13:32)
14) Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus." (Acts 4:30)
15) Reckless words pierce like a sword, but the tongue of the wise brings healing. (Proverbs 12:18)
16) A wicked messenger falls into trouble, but a trustworthy envoy brings healing. (Proverbs 13:17)
17) The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit. (Pro.15:4)
18) Pleasant words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:24)
19) But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall. (Malachi 4:2-3)
20) Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. (Matt 4:23)
21) and the people all tried to touch him, because power was coming from him and healing them all. (Luke 6:19)
22) but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. (Luke 9:11)
23) By faith in the name of Jesus, this man whom you see and know was made strong. It is Jesus' name and the faith that comes through him that has given this complete healing to him, as you can all see. (Acts 3:16)
24) how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him. (Acts 10:37-38)
25) O LORD my God, I called to you for help and you healed me. (Psalms 30:2)
26) He sent forth his word and healed them; he rescued them from the grave. (Psalms 107:20)
27) But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Isaiah 53:5)
28) News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them. (Matthew 4:24)
29) The centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. (Matthew 8:8)
30) When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. (Matthew 8:16-17)
31) She said to herself, "If I only touch his cloak, I will be healed." Jesus turned and saw her. "Take heart, daughter," he said, "your faith has healed you." And the woman was healed from that moment. (Matt.9:21)
32) Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by evil spirits, and all of them were healed. (Acts 5:16)
33) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (James 5:16)
34) He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

The 12 Steps of Christians in Recovery

The 12-Steps were originally given by a Christian man to struggling Christians for personal growth. Upon studying them, you'll see they are FOUNDATIONAL Christianity. If every Christian were to daily incorporate the 12-Steps into their lives, we would have mass revival.

[Steps 1 to 3: Coming to God; Steps 4 to 9: Cleaning up our Past; Steps 10 to 12: Walking with Jesus]

1. We admitted we were powerless over our addictions and dysfunctions – that our lives had become unmanageable. (Genesis 6:5)

[Psalm 6:2-4; 6:6-7; 18:6; 18:27; 69:33; 72:12-13; 102:1; Matthew 9:36; Romans 3:10,23; 6:23; James 2:10]

2. Came to believe that God, a Power greater than ourselves, could restore us to sanity and stability. (Mark 9:23,24)

[Exodus 14:14; Psalm 18:1-3; Matthew 9:12-13; John 3:3-6; 14-18; 10:37-39; 2 Corinthians 5:21]

3. Made a decision to turn our will and our lives over to the care of God as we understood Him. (Romans 5:1,2)

[Psalm 91:1-4; Matthew 11:28-30; John 5:24; Romans 5:17; 8:1; 10:9-13; 1 Peter 1:3-5]

4. Made a searching and fearless inventory of ourselves. (Proverbs 16:2,3)

[Psalm 66:18; 90:8; Proverbs 16:2-3; Luke 11:33-36; Romans 8:5-9; Galatians 5:13-21; Ephesians 5:22-23]

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (James 5:16)

[Psalm 32:3-5; 38:17-18; 40:11-13; 51:3-4; Luke 15:4-7; John 3:19-21; 1 John 1:8-10; 2:1-2]

6. Were entirely ready to have God remove all these defects of character. (1 Peter 1:13-16)

[Psalm 4:4-5; 16:7-11; 32:9-11; 139:23-24; Matthew 7:24-27; Acts 3:19; Romans 12:1-2; Galatians 5:16-17]

7. Humbly asked Him to remove our shortcomings. (Psalm 34:4)

[Psalm 10:17; 25:8-11; 32:1; 37:23-24; 51:10; Acts 3:19; Hebrew 12:5-11; 1 John 1:9; 5:14-15]

8. Made a list of all persons we had harmed, and became willing to make amends to them all. (Romans 2:1)

[Psalm 133; Proverbs 10:12; 14:1; Matthew 6:14-15; Luke 6:37-38; Romans 12:17; 1 Corinthians 13]

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. (Matthew 5:23,24)

[Psalm 51:14-17; 90:17; Proverbs 12:18-20; Matthew 7:12; Luke 6:27-30; Philippians 1:9-11; 1 Peter 1:22]

10. Continued to take personal inventory and when we were wrong promptly admitted it. (Romans 12:3)

[Psalm 24:3-5; 101:2-4; Matthew 5:8; Luke 6:41-42; Romans 12:16; 16:19-20; Galatians 4:9; Colossians 3:1-3]

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (Philippians 4:6,7)

[Psalm 1:1-3; Proverbs 3:5-6; Matthew 5:6; Luke 6:20-26; John 3:30; John 8:31-32; 2 Corinthians 5:14-15]

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs. (Matthew 5:16)

[Psalm 96:1-2; Mark 5:18-20; Luke 12:35-40; John 4:34-36; 16:33; Romans 1:14-17; 2 Corinthians 5:18-20]

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GUIDELINES FOR STEP FOUR & STEP FIVE (of the 12 Steps)

STEP FOUR:

- a) Pray the following prayer before writing your Step 4:

Father God, I come to you in the name of Jesus Christ your Son. I thank you that I am your child and that you love me deeply and dearly. I come to you through the shed blood of Jesus Christ on the cross. Thank you Jesus for dying for me. Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life. (Psalm 139:23,24)

- b) Write your past biography (good and bad). Write the incidents that were negatively done to you as well as the negative things you did to God, others, and yourself. You can do this chronologically if you wish. This can be done in one session or more. God will lead you.

STEP FIVE:

- a) Take your Step 4 to a trained, spiritually mature, and committed Christian. They should not be a gossip. A male/male or female/female relationship is essential. A few sessions may be needed.
- b) With the person, start with prayer. Then begin to share your Step 4 to them. After each incident, use one of the following prayers as a guideline:

EXTENDING FORGIVING

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what happened and how you felt). Lord, you ask me to forgive (the person's name) [Matthew 18:21-35; Matthew 5:21-2]). So Lord as an act of obedience I forgive them. Lord, what they did was wrong – it was sin. But I choose to forgive the sinner. I want them to be set free so I give them to You. I release them and lay them at the foot of the Cross of Jesus Christ. Now, come and remove the pain from my life. Remove the feelings of (bitterness, anger, resentment, etc.). Forgive me for what I have held in my heart for all these years. Thank You for Your forgiveness. Now Lord, I ask you to bless this person. To work in their life and guide them. Thank You for this time of healing today. Lord, I love You and ask You for Your power to continue to forgive. I know forgiveness is a choice and not a feeling. In Jesus' name I pray. Amen.

ASKING FORGIVENESS

Father, I come to You through the Blood of Jesus. Thank You for Your love and forgiveness in my life. Lord, when (tell what you did and how you felt then and now). Lord, I ask You to forgive me for my (selfishness, deceit, dishonesty, etc.). I ask You to now come and work in that person's life in a mighty way. Open up the doors for Your love, healing, and forgiveness in their life. I am truly sorry. Lord, when the time is right and appropriate, give me the wisdom and power to make this right with this person. I thank You Lord for Your forgiveness and Your shed blood at the Cross of Calvary. You are an amazing God. Now, come and fill me with Your Holy Spirit so I can serve You in Your Power and Grace. In Jesus' name I pray. Amen.

AFTERCARE

- a) For aftercare, when you are finished Step 5, read Romans Chapters 6 to 8 for thirty days straight. You should also meditate on verses that speak of God's love to you. Continue to "FORGIVE". Forgiveness is a choice. The "feelings" will come later.
- b) Eat properly, rest, and exercise. Also, reach out to someone in love.
- c) Continue to do your Steps. Continue to reinforce Steps 1-3 and move on to Steps 6-9.

[For more info. see: Christians in Recovery, Inc. at: <http://christians-in-recovery.com/>]

Characteristics of Unbroken (Proud) and Broken (Humble) People

Nancy Leigh DeMoss contrasts characteristics of proud, unbroken people who are resistant to the call of God on their lives with the qualities of broken, humble people who have experienced God's revival. Read each item on the list as you ask God to reveal which characteristics of a proud spirit He finds in your life. Confess these to Him, then ask Him to restore the corresponding quality of a broken, humble spirit in you.

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<http://www.ReviveOurHearts.com>. All other uses require written permission)

	UNBROKEN PEOPLE	BROKEN PEOPLE
1	Focus on the failures of others	Overwhelmed with sense of their own spiritual need
2	A critical, fault-finding spirit; look at everyone else's faults with a microscope, but their own with a telescope	Compassionate; can forgive much because they know how much they have been forgiven
3	Self-righteous; look down on others	Esteem all others better than themselves
4	Independent, self-sufficient spirit	Dependent spirit; recognize their need for others
5	Have to prove that they are right	Willing to yield the right to be right
6	Claim rights; have a demanding spirit	Yield their rights; have a meek spirit
7	Self-protective of time, rights, reputation	Self-denying
8	Desire to be served	Motivated to serve others
9	Desire to be a success	Motivated to be faithful to make others a success
10	Desire self-advancement	Desire to promote others
11	Have a drive to be recognized/appreciated	Have a sense of their own unworthiness; thrilled that God would use them at all
12	Wounded when others are promoted and they are overlooked	Eager for others to get the credit; rejoice when others are lifted up
13	Have a subconscious feeling, "This ministry / church is privileged to have me and my gifts!"	Heart attitude is, "I don't deserve to have a part in any ministry."
14	Think of what they can do for God	Nothing to offer God except the life of Jesus flowing through their broken lives
15	Feel confident in how much they know	Humbled by how much they have to learn
16	Self-conscious	Not concerned with self at all
17	Keep others at arm's length	Willing to risk getting close to others and to take risks of loving intimately
18	Quick to blame others	Accept personal responsibility – can see where they are wrong in a situation
19	Unapproachable or defensive when criticized	Receive criticism with a humble, open spirit
20	Concerned with being "respectable"	Concerned with being real
21	Concerned about what others think	All that matters is what God knows
22	Work to maintain image / protect reputation	Die to own reputation
23	Find it difficult to share their spiritual needs with others	Willing to be open and transparent with others as God directs
24	Want to be sure nobody finds out when they have sinned; their instinct is to cover up	Once broken, don't care who knows or who finds out; are willing to be exposed because they have nothing to lose)
25	Have a hard time saying, "I was wrong; will you please forgive me?"	Quick to admit failure and to seek forgiveness when necessary.
26	When confessing sin, deal with generalities	Able to acknowledge specifics when confessing sin
27	Concerned about the consequence of their sin	Grieved over the cause, the root of their sins
28	Unremorseful over their sins, sorry that they got caught or found out	Truly, genuinely repentant over their sin, evidenced in the fact that they forsake that sin
29	When there is a misunderstanding or conflict, wait for others to come and ask forgiveness	Take the initiative to be reconciled; see if they can get to the cross first!
30	Compare themselves with others and feel worthy of honor	Compare themselves to the holiness of God and feel a desperate need for His mercy
31	Blind to their true heart condition	Walk in the light
32	Don't think they have anything to repent of	Continual heart attitude of repentance
33	Don't think they need revival. (Think everybody else does!)	Continually sense their need for a fresh encounter with the filling of the Holy Spirit!

COME UNTO ME

COURAGE IS SOMETHING ABSENT FROM MANKIND
BUT IN OUR LORD JESUS, THIS COURAGE WE FIND
TO COME BEFORE SOMEONE WHO IN QUIET CARE
WE ASK OURSELVES REPEATEDLY, “DO I DARE?”
OPEN UP MY LIFE AND BEAR THIS SHATTERED HEART?
WHAT WILL THEY THINK? WILL THEY TOO SOON DEPART?
BUT GROW WE MUST FOR IF WE DON’T – WE DIE.
FOR TO BE LIKE JESUS IS OUR LONGING AND HEART’S CRY.
WE WANT TO COME BEFORE HIM WITHOUT HIDDEN SIN
AND EXPERIENCE THE FULLNESS OF JESUS WITHIN.

CAN I TRUST IN MAN? OR WILL THEY LET ME DOWN?
BUT JESUS IS “ACCEPTANCE” AND NO REJECTING FROWN.
FOR JESUS KNOWS EVERYTHING FROM WHEN I WAS A KID
FOR SHE SAID, “HE TOLD ME EVERYTHING I EVER DID.”
AND SO WE WALK TOWARDS THE HEALING WE DESIRE
AND GOD IN HIS MERCY STIRS IN US A HOLY FIRE.
AS WE BEAR OUR SOUL REFRESHING COMES FROM WITHIN
OH, TO BE SET FREE FROM THIS BURDEN OF SIN.
HE KEEPS HIS WORD TO ALL; HIS PROMISES ARE TRUE
TIMES OF REFRESHING FOR ME AND FOR YOU.
OH, TO HAVE DOUBTED THE PERFECT SAVIOR’S PLEA
WHEN HE SAID SO LOVINGLY, “COME UNTO ME.”

by Dr. Richard of Altogether Lovely Ministries

PRAYER FOR HEALING THE WOUNDED SPIRIT

I SAY IN THE NAME OF THE LORD JESUS CHRIST THAT MY LIFE IS NOT A MISTAKE. GOD MADE ME OUT OF THE LOVE THAT HE IS. HE CALLED ME INTO BEING AT THE RIGHT TIME AND THE RIGHT PLACE. HE PREPARED A WAY FOR ME AND GAVE HIS LIFE FOR ME. I AM A PRIVILEGE, NOT A BURDEN; A JOY AND A DELIGHT, NOT A DISAPPOINTMENT; I AM NOT AN INTRUSION, I BELONG. I AM A TREASURE JUST BECAUSE I AM, NOT MERELY FOR WHAT I CAN DO. I AM ONE OF GOD'S OWN CHILDREN, AND HE DELIGHTS IN ME. THE LORD IS POURING HIS LOVE IN TO ME. I CHOOSE TO FORGIVE THOSE THAT WOUNDED ME. FORGIVE ME FOR REJECTING THE LIFE YOU PLANNED FOR ME. I ASK, LORD, THAT YOU EMPOWER ME TO CHOOSE LIFE. I CHOOSE LIFE - YOUR LIFE. IN JESUS' NAME I PRAY. AMEN.

(MATT.6:12,14-15; 18:21-35; JOHN 20:23)

(Unknown)

LORD, TEACH ME TO LOVE MYSELF

I CANNOT LOVE ANOTHER,
IF I HAVE NO LOVE TO GIVE.
I CANNOT LIGHT ANOTHER'S WAY,
UNTIL I'VE LEARNED TO LIVE.
I CANNOT LEND A HELPING HAND,
UNLESS MY ARM IS STRONG.
OR TEACH YOU LOVELY MELODIES,
UNTIL I'VE LEARNED MY SONG.
I CANNOT TELL MY LOVED ONE,
TO BE STRONG AND PROUD AND FREE.
UNLESS I FEEL WITHIN MY HEART,
THAT'S HOW YOU FASHIONED ME.
I CANNOT TOUCH YOUR CHILDREN,
LORD, AND SHOW THEM THAT I CARE.
UNTIL I LOOK INSIDE MYSELF,
AND LOVE WHAT I SEE THERE.

(Unknown)

A TIME TO RISK

To Laugh Is To Risk Appearing The Fool,
To Weep Is To Risk Appearing Sentimental,
To Reach Out For Another Is To Risk Involvement.
To Expose Feelings Is To Risk Exposing Your True Self.
To Place Your Ideas, Your Dreams Before The Crowd Is To Risk Loss,
To Love Is To Risk Not Being Loved In Return.
To Live Is To Risk Dying,
To Hope Is To Risk Despair,
To Try At All Is To Risk Failure.
But Risk We Must -
Because The Greatest Hazard To Life Is To Risk Nothing.
The Man Who Risks Nothing; Does Nothing, Has Nothing, Is Nothing.
He May Avoid Suffering - But
He Simply Cannot Learn, Feel, Change, Grow, Love, Live.
Chained By His Attitudes, He Is A Slave; He Has Forfeited Freedom.
Only The Person Who Risks Can Be Called A True Man.

(Unknown)

"BREAKING GENERATIONAL SIN"

Father God, in the mighty name of Jesus Christ,
I come to You now and repent on behalf of my family line.
Lord, whenever there was the sin of (name the sin) on my father's or mother's side,
I repent of that sin on behalf of myself and my family,
both on the (father's family name) side and on the (mother's family name) side.
When ever I or my ancestors yielded to this particular sin, even as far back as Adam,
I ask You to forgive us as a family and to cleanse the family line of this sin by the Blood of Jesus.
When ever You see an invisible soul-tie that connects me with any of those people who yielded to
this sin, I now take a sword in the spirit and in the name of Jesus Christ and through the Blood of
Jesus Christ I sever that connection in the spirit and I break every unholy soul-tie between myself
and those previous generations. And I now place a river of the Blood of Jesus Christ and those
generations and render myself free from any unholy influence. I also break any curse that has
come to me or my children through generational sins and curses. In Jesus' name and through His
Blood, I ask you to turn the curses into blessings. In Jesus' name I pray. Amen.

*(Pray this prayer as many times as necessary,
each time you identify a generational sin operating in your family).*

**From the Book "Spiritual Warfare and Your Children"
by Ray Beeson & Kathi Mills**

"A PRAYER FOR BLESSING"

As I seek to cleanse my hands, O God,
purify my heart and make me acceptable in Your sight.
I pray that You would look upon me and bless me.
As I humble myself before You, exalt me and let Your favour go before me.
Spread Your goodness before me.
May it accompany Your mercy as it follows me in accordance with Your promises.
Lord, cause Your face to shine upon me.
Let Your blessings overtake me.
Grant me peace with all who would set their face against me
as I walk in peace and fellowship with You.
Let no weapon formed against me succeed.
Equip me with the strength to do Your will.
Bless the work of my hands, and cause me to prosper in all my ways,
even as my soul prospers.
Order my steps on paths of promotion as I acknowledge You.
Grant me the power to gain wealth as I surrender my all to You.
Most of all, I pray that You grant me wisdom.
The wisdom to seek You above all things.
Teach me to be a wise steward of all You grant,
and let each blessing that You render,
be an occasion to further glorify Your name in all the earth.
In the matchless and wonderful name of Jesus I pray. Amen.

**From the book "How to be Blessed and Highly Favored"
by Michelle McKinney Hammond**

ARMOUR OF GOD

Good morning Father! Good morning Jesus! Good morning Holy Spirit!
Today Heavenly Father, according to Your Word,
I present my body to You as a living sacrifice,
holy and acceptable in Your sight.
Because I am not attending against flesh and blood,
but against principalities, powers, world rulers of this present darkness,
and spiritual hosts of wickedness in heavenly places,
I take the whole armour of God so that I am be able to withstand in the evil day.
So today I stand and gird my loins with truth.
I put on the breastplate of righteousness.
I shod my feet with the preparation of the Gospel of peace.
Above all these, I take the shield of faith to quench all the flaming darts of the evil one.
I take the helmet of salvation and the Sword of the Spirit, which is the Word of God.
I pray at all times in the Spirit with all prayer and supplication
for all God's family and for me
that I may open my mouth boldly to proclaim the Gospel.
The weapons of my warfare are not worldly
but have divine power to destroy strongholds.
Today I destroy obstacles and every proud obstacle
to the knowledge of God and take every thought captive to obey Christ.
Thank you Lord, that according to Your Word
the glory of the Lord is my rear guard.
I praise You and thank You for the armor of light You have provided for me this day.
I am completely covered now.
Upon Jesus I have built my life.
The gates of hell shall not prevail against me.
Jesus I apply Your precious Blood to my life,
my family, my home, and all my possessions.
You are my Shepherd and I shall not want.
You have supplied all my needs according to Your riches in glory.
I can do all things through Christ who strengthens me.
I praise You for walking in divine health
for You are my God who heals all my diseases.
I praise You and thank You for my prosperity
and good health even as my soul prospers.
For the joy of the Lord is my strength.
Father, I have prayed according to Your Word.
You said You would watch over Your Word to perform it.
I am reminded that every word spoken becomes a living thing –
either to minister life or death and destruction.
Jesus, let my meditation be sweet to You
as I will rejoice in You all day.
Just rise up and live big within me.
For I am Yours and You are mine.
In the Mighty Name of Jesus I pray. Amen.
(PRAY THIS PRAYER EVERY MORNING)

AUTHOR UNKNOWN

From Agape Banners at: <http://www.agapebanners.com>

INTERCESSORY PRAYER FOR A SON/DAUGHTER

I come to You in the name of Jesus on behalf of my son/daughter (their name).
I thank You Lord that You have given him/her to me as a heritage
to love and raise to Your glory.
I ask You to forgive me for my failures
to lead and guide him/her in the way he/she ought to go.
I thank You that You are the God that restores
and brings good out of evil.
Take my past failures and use them to Your glory
as you faithfully draw (their name) to Yourself.
I thank You that through You I am mighty
and can pull down the strongholds of the enemy.
I exercise that authority now in the mighty name of Jesus.
And in Jesus' name I bind the powers of darkness
that would bind (their name) to Your truth
and I command them to loose him/her now.
And Father, in Jesus' name, I ask that You would draw (their name)
to Yourself, convicting him/her of their sin by Your Holy Spirit.
I plead the protection and deliverance
of the Blood of Jesus over (their name)
and by faith claim (their name) for the Kingdom of God.
In Jesus' name I pray. Amen.

**From the Book "Spiritual Warfare and Your Children"
by Ray Beeson & Kathi Mills**

PRAISE

You are holy, my only God and Your deeds are wonderful.
You are strong. You are great. You are the Most Almighty.
You, Holy Father, are King of heaven and earth.
You are Three and One, Lord God, all Good.
You are Good, All Good, Supreme Good,
Lord God, living and true.
You are my love. You are my wisdom. You are my humility.
You are my endurance. You are my rest. You are my peace.
You are my joy and my gladness.
You are my justice and my moderation.
You are all my riches, You are my gentleness.
You are my protector, my guardian, and my defender.
You are my courage. You are my haven and hope.
You are my faith, and my great consolation.
You are my eternal life, Great and Wonderful Lord,
God Almighty, Wonderful and Merciful Savior.
Amen.

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Scripture Index for Christian Growth

ACTION: [Isaiah 30:21; 1 Cor.4:20; Romans 6:1-4; Gal.5:16-26; Eph.4:1-3; 5:1-2; 5:15-18]
ANGER/RESENTMENT: [Psa.37:8-11; Pro.19:11; 20:22; 22:24; Matt.5:5-21; James 1:19-20]
BITTERNESS: [Ex.16:1-3; Pro.10:12; Matt.7:1-5; Eph.4:31-32; Heb.12:14-15; James 5:9; 1 John 2:9-11]
BLAME: [Gen.3:9-15; Ex.32:19-24; 1 Sam.13:11-14; 15:16-23; Jer.1:6-7; Luke 14:15-24; Romans 1:20]
COURAGE: [Psa.27:14; 34:1-2; 46:1-2; 91; 118:5-7; John 16:33; Eph.6:10-17; Philippians 1:27-28]
DEPENDENCE UPON GOD: [Deut.33:27; 2 Chron.20:6-12; Psa.127:1; Pro.3:5-6; John 15:5]
DISCOURAGEMENT: [Psa.42:4-11; 61:1-5; 73:26; 2 Cor.4:15-18; Heb.12:3-4; 12:15; Rev.21:3-4]
“EASY DOES IT”: [Psa.94:19; Ecc.7:8-9; Rom.12:12; Titus 2:2; Heb.10:36; James 1:2-4; 5:7]
FAITH: [Matt.6:30; 8:23-27; Mark 9:14-24; 11:24-25; Rom.4:18-25; 5:1-2; Eph.6:13-17; James 1:5-8]
FEAR: [Psa.23:4; 34:4; 41:1-3; Pro.28:1; 29:25; Isa.43:1-2; 51:12-13; Matt.5:39; Rom.8:38-39; 12:21; 1 John 4:18]
FREEDOM: [Psa.107:13-16; 116:16; John 8:32; Rom.6:1-7, 22; 8:1-14; Gal.5:1; 5:13-24; 1 Pet.1:2; 2:16]
FORGIVENESS: [Gen.50:14-21; Psa.32:1-5; 65:3; 103:1-2; Mark 11:24-25; Luke 17:1-4; Col.3:9-13]
FRIENDSHIP WITH GOD: [Ex.33:1; Job 16:20-22; Psa.25:14; Pro.18:24; John 15:13-14; Heb.13:5-6]
GUILT: [Gen.3:8-10; Psa.51:11-15; Isa.53:6; Ro.3:23-24; 5:8-9; 5:20-21; 7:15-17; Gal.3:21-22; Jam.2:10]
GRATITUDE: [Psa.9:11-12; 106:1-2; 107:1-2; Luke 15:11-32; 17:11-19; Col.1:12-14; 3:15; 1 Pet.2:9-10]
HEALING: [Hos.5:15-6:3; Psa.107:10-22; Isa.53:3-5; 61:1; Mark2:17; 5:21-34; Heb.2:14-15; Jam.5:16]
HONESTY: [Lev.19:11-13; 35-36; Psa.51:6; Pro.11:1; 16:8; 20:10; Ro.12:17; 13:12-14; 1 Pet.3:10-12; 1 Joh.1:8-10]
HOPE: [Psa.31:19-24; Pro.13:12; Lam.3:20-26; Jer.29:11; 31:13-14; Hos.2:15; Rom.5:3-5; 15:13; 2 Thess.2:16-17]
HUMILITY: [Psa.37:11; 69:32-33; Pro.22:4; Mic.6:8; Mark 9:35; Romans 12:1-3; 1 Cor.1:3-16; James 3:13-18]
JOY: [Psa.28:6-7; 31:7-8; 32:1; 33:20-22; 34:1-3; 42:4-8; 69:29-33; 100:1; Pro.13:12; Isa.12]
“LET GO & LET GOD”: [Psa.33:18-22; 39:1-7; 42:9-11; 46:1-2; Jer.17:7-8; 2 Cor.1:9; James 4:10]
LONELINESS: [Psa.31:20-22; 68:6; 146; Ecc.4:9-10; Matt.28:18-20; 1 Pet.3:8; 1 John 1:7]
“LIVE & LET LIVE”: [Matt.7:1-5; Luke 10:38-42; Rom.2:1; 14:4; 14:10-13; 1 Cor.2:11; 4:5; 1 Thess.4:11; Jam.5:9]
LOVE: [Deut.10:12; John 3:16; 13:34-35; 15:9-14; Ro.8:35-39; Gal.2:20; Col.3:12-15; 1 Pet.4:7-10]
NEWNESS OF LIFE: [Eze.11:19-20; Luke 15:11-24; Rom.6:1-4; 2 Cor.5:17; Eph.2:1-10; Phil.4:8-9; Col.3:9-14]
OBEDIENCE: [1 Sam.12:14-17; 15:22-23; 1 Chro.22:19; John 15:9-10; Acts 5:28-29; James 2:12-13, 17-20]
“ONE DAY AT A TIME”: [Psa.110:3; Pro.27:1; Matt.6:25-34; Luke 12:11,12,25,26; Phil.3:13-14; 4:6; 1 Pet.5:7]
OPEN-MINDEDNESS: [Pro.18:15; Isa.30:21; 55:8-9; Matt.16:23; 21:28-32; Mark 9:23; Eph.3:21-21; Heb.3:10]
OVERCOMING: [Psa.40:1-2; Nah.1:7; Isa.40:28-31; John 16:33; Rom.12:21; 13:11-14; 2 Tim.3:14-17; 1 John 5:1-5]
PAIN: [Psa.50:14-15; Isa.53:5-6; Mark 14:32-38; Rom.8:17-18; 2 Cor.4:7-18; Heb.2:9-10; 11:24-25; James 5:10-11]
PATIENCE: [Psa.27:14; 37:7; 116:1-2; Ecc.7:8; Rom.12:12; Heb.10:36; James 1:2-4; 5:7-11]
POWER: [1 Chron.29:12-14; Matt.8:23-27; Rom.1:16-17; 8:26-39; 1 Cor.1:26-31; Eph.3:14-21; 1 Pet.5:10-11]
PRAYER: [1 Chron.16:11; Psa.65:1-3; Matt.7:7-11; 26:41; Luke 1:1-8; John 16:16-24; Rom.8:24-28; James 5:13-16]
PROMISES: [Joshua 21:45; 2 Chron.7:14; Psa.34:18-20; Luke 1:1-8; John 14:1-4; Rom.4:21-22; 8:28; 2 Cor.12:9-10]
REBELLION: [Dan.9:9; Ecc.12:13; Isa.30:1-3; 65:1-2; Jer.5:21-25; James 1:26-27]
RECONCILIATION/AMENDS: [Isa.53:1-6; Matt.5:21-24; Rom.5:1-2; 2 Cor.5:17-20; Eph.2:14-18; Col.1:20-23]
RELAPSE: [Psa.26:12; 71:20-21; Rom.6:1-4; 1 Cor.10:12-13; James 1:13-15; 1 Pet.1:14-16; 2 Pet.2:9]
RELIGION: [Deut.10:12-13; Ecc.12:13; Hosea 6:6; Mark 12:28-34; Romans 13:8-10; James 1:26-27]
SERENITY/PEACE: [Psa.5:11; Isa.26:3; Matt.5:6-10; John 15:9-12; Phil.4:4-7; Col.3:15; 1 Pet.1:8-9; 3:11]
STUMBLING BLOCKS: [1 Cor.5:3-9; 8:9; Eph.5:1-9; 1 Peter 2:7-8; 1 John 5:18-21]
TEMPTATION: [Pro.4:14-19; Matt.26:41; Luke 17:1-4; 2 Thess.3:1-5; Heb.2:14-18; 4:12-16; James 1:12-18; 4:4-10]
VENGEANCE: [Lev.19:18; Pro.20:22; 24:28-29; Matt.5:38-39; 1 Pet.3:9]
WILL OF GOD: [Psa.40:6-8; Pro.16:1; Matt.6:31-34; John 6:25-29; Rom.8:28,29; 12:1-2; Jam. 4:13-17; 1 Pet.1:5-8]
WILLINGNESS: [1 Chron.28:9; Psa.51:10-12; Isa.1:18-19; Rom.12:1-2; 2 Cor.8:10-12; Philippians 2:13]
WISDOM: [Job 28:28; Psa.111:10; Pro.2:1-9; Ecc.7:11-12; Matt.7:24-29; Col.3:16-17; 2 Tim.3:14-17; Jam.3:17-18]

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Comparing an “Unrenewed” Heart to a “Renewed” Heart

Character of the Unrenewed Heart

Hateful to God (Pro.6:16,18; 11:20); Full of evil (Ecc.9:3); Full of evil imaginations (Gen.6:5; 8:21; Pro.6:18); Full of vain thoughts (Jer.4:14); Fully set to do evil (Ecc.8:11); Desperately wicked (Jer.17:9); Far from God (Isa.29:13; Matt.15:8); Not perfect with God (1 Kings 15:3; Acts 8:21; Pro. 6:18); Not prepared to seek God (2 Chr.12:14); A treasury of evil (Matt.12:35; Mark 7:21); Darkened (Rom.1:21); Prone to error (Psa.95:10); Prone to depart from God (Deut.29:18; Jer.17:5); Impenitent (Rom.2:5); Unbelieving (Heb.3:12); Blind (Eph.4:18); Uncircumcised (Lev. 6:41; Acts 7:51); Of little worth (Pro.10:20); Deceitful (Jer.17:9); Deceived (Isa.44:20; James 1:26); Divided (Hos. 10:2); Double minded (1 Chr.12:33; Psa.12:2); Hard (Eze.3:7; Mark 10:5; Rom.2:5); Haughty (Pro.18:12; Jer.48:29); Influenced by the devil (John 13:2); Carnal (Rom.8:7); Covetous (Jer.22:17; 2Pet.2:14); Despitful (Eze.25:15); Ensnaing (Ecc.7:26); Foolish (Pro.12:23; 22:15); Froward (Psa.101:4; Pro.6:14; 17:20); Fretful against the Lord (Pro.19:3); Idolatrous (Eze.14:3,4); Mad (Ecc.9:3); Mischievous (Psa.28:3; 140:2); Proud (Psa.101:5; Jer. 49:16); Rebellious (Jer.5:23); Perverse (Pro.12:8); Stiff (Eze.2:4); Stony (Eze.11:19; 36:26); Stout (Isa.10:12; 46:12); Elated by sensual indulgence (Hos.13:3); Elated by prosperity (2 Chr.26:16; Dan.5:20); Studies destruction (Pro.24:2); Often judicially stupefied (Isa.6:10; Acts 28:26,27); Often judicially hardened (Ex.4:21; Joshua 11:20)

Character of the Renewed Heart

Prepared to seek God (2 Chr.19:3; Ezra 7:10; Psa.10:17); Fixed on God (Psa.57:7; 112:7); Joyful in God (1 Sam.2:1; Zech.10:7); Perfect with God (1Kings 8:61; Psa.101:2); Upright (Psa. 97:11; 125:4); Clean (Psa.73:1); Pure (Psa.24:4; Matt.5:8); Tender (1 Sam.24:5; 2 Kings22:19); Single and sincere (Acts 2:46; Heb.10:22); Honest and good (Luke 8:15); Broken, contrite (Psa.34:18; 51:17); Obedient (Psa.119:112; Rom.6:17); Filled with the law of God (Psa.40:8; 119:11); Awed by the word of God (Psa.119:161); Filled with the fear of God (Jer.32:40); Meditative (Psa.4:4; 77:6); Circumcised (Deut.30:6; Rom.2:29); Void of fear (Psa.27:3); Desirous of God (Psa.84:2); Enlarged (Psa.119:32; 2 Cor.6:11); Faithful to God (Neh.9:8); Confident in God (Psa.112:7); Sympathizing (Jer.4:19; Lam.3:51); Prayerful (1Sam.1:13; Psa.27:8); Inclined to obedience (Psa.119:112); Wholly devoted to God (Psa.9:1; 119:10, 69, 145); Zealous (2 Chron.17:6; Jer.20:9); Wise (Pro.10:8; 14:33; 23:15); A treasury of good (Matt.12:35)

Christ’s Example

Is perfect (Heb.7:26); Conformity to, required in Holiness (1Pet.1:15,16; Rom.1:6); Righteousness (1 John 2:6); Purity (1 John 3:3); Love (John 13:34; Eph 5:2; 1 John 3:16); Humility (Luke 22:27; Phil.2:5,7); Meekness (Matt.11:29); Obedience (John 15:10); Self-denial (Matt. 16:24; Rom.15:3); Ministering to others (Matt.20:28; John 13:14,15); Benevolence (Acts 20:35; 2 Cor.8:7,9); Forgiving injuries (Col.3:13); Overcoming the world (John 16:33; 1 John 5:4); Being not of the world (John 17:16); Being guileless (1Pet.2:21-22); Suffering wrongfully (1Pet.2:21-23); Suffering for righteousness (Heb.12:3); Saints predestinated to follow (Rom.8:29); Conformity to, progressive (2 Cor.3:18)

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BIBLICAL MIRACLES

Miracles of Christ

Water turned to wine (John 2:6-10); Nobleman's son healed (John 4:46-53); Centurion's servant healed (Matt. 9:5-13); Draughts of fish (Luke 5:4-6; John 21:6); Devils cast out (Matt 8:28-32; 9:32,33; 15:22-28; 17:14-18; Mark 1:23-27); Peter's wife's mother healed (Matt. 8:14,15); Lepers cleansed (Matt. 8:3; Luke 17:14); Paralytic healed (Mark 2:3-12); Withered hand restored (Matt.12:10-13); Impotent man healed (John 5:5-9); The dead raised to life (Matt. 9:18; 19:23-25; Luke 7:12-15; John 11:11-44); Issue of blood stopped (Matt. 9:20-22); The blind restored to sight (Matt. 9:27-30; Mark 8:22-25; John 9:1-7); The deaf and dumb cured (Mark 7:32-35); The multitude fed (Matt. 14:15-21; 15:32-38); His walking on the sea (Matt.14:25-27); Peter walking on the sea (Matt.14:29); Tempest stilled (Matt.8:23-26; 14:32); Sudden arrival of the ship (John 6:21); Tribute money (Matt.17:27); Woman healed of infirmity (Luke 13:11-13); Fig tree blighted (Matt.21:19); Malchus healed (Luke 22:50,51); Performed before the messengers of John (Luke 7:21,22); Many and divers diseases healed (Matt.4:23,24; 14:14; 15:30; Mark 1:34; Luke 6:17-19); His transfiguration (Matt. 17:1-8); His resurrection (Luke 24:6; John 10:18); His appearance to his disciples, the doors being shut (John 20:19); His ascension (Acts 1:9)

Miracles Done Through Servants of God

Moses and Aaron: Rod turned into a serpent (Ex.4:3; 7:10); Rod restored (Ex. 4:4); Hand made leprous (Ex. 4:6); Hand healed (Ex. 4:7); Water turned into blood (Ex.4:9,30); River turned into blood (Ex.7:20); Frogs brought (Ex.8:6); Frogs removed (Ex. 8:13); Lice brought (Ex.8:17); Flies brought (Ex.8:21-24); Flies removed (Ex.8:31); Murrain of beasts (Ex.9:3-6); Boils and blains brought (Ex.9:10,11); Hail brought (Ex. 9:23); Hail removed (Ex.9:33); Locusts brought (Ex.10:13); Locust removed (Ex.10:19); Darkness brought (Ex.10:22); The first-born destroyed (Ex.12:29); The red-sea divided (Ex. 14:21,22); Egyptians overwhelmed (Ex.14:26-28); Water sweetened (Ex.15:25); Water from rock in Horeb (Ex 17:6); Amalek vanquished (Ex.17:11-13); Destruction of Korah (Num.16:28-32); Water from rock in Kadesh (Num.20:11); Healing by brazen serpent (Num.21:8,9)	
Joshua: Waters of Jordan divided (Jos.3:10-17); Jordan restored to its course (Jos.4:18); Jericho taken (Jos.6:6-20); The sun and moon stayed (Jos.10:12-14)	
Gideon: Midianites destroyed (Judges 7:16-22)	
Samson: A lion killed (Judges 14:6); Philistines killed (Judges 14:19; 15:15); The gates of Gaza carried away (Judges 16:3); Dagon's house pulled down (Judges 16:30)	
Samuel: Thunder and rain in harvest (1Sam.12:18); Jeroboam's hand withered (1Kings 13:4); The altar rent (1Kings 13:5); The withered hand restored (1Kings 13:6)	
Elijah: Drought caused (1Kings 17:1; James 5:17); Meal and oil multiplied (1Kings 17:14-16); A child restored to life (1Kings 17:22,23); Sacrifice consumed by fire (1Kings 18:36,38); Men destroyed by fire (2Kings 1:10-12); Rain brought (1Kings 18:41-45; James 5:18); Waters of Jordan divided (2Kings 2:8); Taken to heaven (2Kings 2:11)	
Elisha: Waters healed (2Kings 2:21,22); Children torn by bears (2Kings 2:24); Oil multiplied (2Kings 4:1-7); Child restored to life (2Kings 4:32-35); Naaman healed (2Kings 5:10,14); Gehazi struck with leprosy (2Kings 5:27); Iron caused to swim (2Kings 6:6); Syrians smitten with blindness (2Kings 6:20); Syrians restored to sight (2Kings 6:20); A man restored to life (2Kings 13:21)	
Isaiah: Hezekiah healed (2Kings 20:7); Shadow put back on the dial (2Kings 20:11)	
The seventy disciples: Various miracles (Luke 10:9,17) The apostles: Many miracles (Acts 2:43; 5:12)	
Peter: Lame man cured (Acts 3:7); Death of Ananias (Acts 5:5); Death of Sapphira (Acts 5:10); The sick healed (Acts 5:15,16); Aeneas made whole (Acts 9:34); Dorcas restored to life (Acts 9:40)	
Stephen: Great miracles (Acts 6:8)	Philip: Various miracles (Acts 8:6,7,13)
Paul: Elymas smitten with blindness (Acts 13:11); Lame man cured (Acts 14:10); An unclean spirit cast out (Acts 16:18); Special miracles (Acts 19:11,12); Eutychus restored to life (Acts 20:10-12); Viper's bite made harmless (Acts 28:5); Father of Publius healed (Acts 28:8) Paul and Barnabas: Miracles (Acts 14:3)	

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WHERE TO FIND HELP WHEN.....

AFRAID	Psalm 34:4; Matthew 10:28; 2 Timothy 1:7; Hebrews 13:5,6
ANXIOUS	Psalm 46; Matthew 6:19-34; Philippians 4:6; 1 Peter 5:6,7
BACKSLIDING	Psalm 51; 1 John 1:4-9
BEREAVED	Matthew 5:4; 2 Corinthians 1:3,4
BITTER/CRITICAL	1 Corinthians 13
CONSCIOUS OF SIN	Proverbs 28:13
DEFEATED	Romans 8:31-39
DEPRESSED	Psalm 34
DISASTER	Psalm 91; 118:5,6; Luke 8:22-25
DISCOURAGED	Psalm 46; 42:6-11; 55:22; Matt.5:11,12; 2 Cor. 4:8-18; Phil.4:6,7
DOUBTING	Matthew 8:26; Hebrews 11
FACING A CRISIS	Psalm 121; Matthew 6:25-34; Hebrews 4:16
FAITH FALLS	Psalm 42:5; Hebrews 11
FRIENDS FAIL	Psalm 41:9-13; Luke 17:3,4; Romans 12: 14,17,19,21; 2 Tim.4:16-18
LEAVING HOME	Psalm 121; Matthew 10:16-20;
LONELY	Psalm 23; Hebrews 13:5,6
GOD'S PROTECTION	Psalm 27:1-6; Psalm 91; Philippians 4:19
GUIDANCE	Psalm 32:8; Proverbs 3:5,6
PEACE	John 14:1-4; John 16:33; Romans 5:1-5; Philippians 4:6,7
RULES FOR LIVING	Romans 12
OVERCOME	Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9
PRAYERFUL	Psalm 4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14,15
PROTECTED	Psalm 18:1-3; Psalm 34:7
SICK or in PAIN	Psalm 38; Matthew 26:39; Romans 5:3-5; 2 Corinthians 12:9,10
SORROWFUL	Psalm 51; Matthew 5:4; John 14; 2 Corinthians 1:3,4; 1 Thess.4:13-18
TEMPTED	Psalm 1; 139:23,24; Matthew 26:41; James 4:7; 2 Peter 2:9
THANKFUL	Psalm 100; 1 Thessalonians 5:18; Hebrews 13:15
TRAVELING	Psalm 121
IN TROUBLE	Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25
WEARY	Psalm 90; Matthew 11:28-30; 1 Corinthians 15:58; Galatians 6:9,10
WORRIED	Matthew 6:19-34; 1 Peter 5:6,7

Your Identity: Who you are “in Christ”

1) I rejoice that my name is written in heaven. (Luke 10:20)
2) I have life in Christ. (John 1:4)
3) I shall not perish but have eternal life by believing in Christ. (John 3:14-16)
4) I shall not be condemned. (John 3:18)
5) I believe in Christ, have eternal life and will be raised up on the last day. (John 6:40)
6) I have everlasting life. (John 6:47)
7) I have abundant life. (John 10:10)
8) I have eternal life. (John 10:28)
9) I am a son of the light. (John 12:36)
10) I have an untroubled heart because I trust in God. (John 14:1)
11) I have a mansion of Glory waiting. (John 14:2)
12) I am indwelt by Christ. (John 14:23)
13) As I remain in Christ, I will bear much fruit. (John 15:5)
14) I am a friend of God. (John 15:15)
15) I am in Jesus' prayers and a gift to Jesus from God. (John 17:9, 12, 14)
16) I am saved by Christ (Acts 4:12)
17) By believing in Christ I receive forgiveness of sins through his name. (Acts 10:43)
18) In Christ, I live and move and have my being. I am His offspring. (Acts 17:28)
19) My hope in God has given me the promised resurrection of my body. (Acts 24:15)
20) I believe what God has told me will happen (Acts 27:25)
21) I have righteousness from God through faith in Jesus Christ. (Rom 3:22)
22) I am justified through faith in Jesus (Rom 3:26)
23) I am credited righteousness because I believe in Jesus. (Rom 4:24)
24) I have received reconciliation through Jesus Christ. (Rom 5:11)
25) I am dead to sin but alive to God in Christ Jesus. (Rom 6:11)
26) I have received the gift of God; eternal life in Christ Jesus (Rom 6:23)
27) I have no condemnation in Christ Jesus. (Rom 8:1)
28) I am indwelt by the Holy Spirit (Rom.8:16)
29) I am an heir of God and joint-heir with Christ (Rom.8:17)
30)nothing will be able to separate me from the love of God in Christ Jesus (Rom 8:39)
31) I speak the truth with my conscience confirming it in the Holy Spirit (Rom 9:1)
32) I will never be put to shame because I trust in Jesus (Rom 9:33;10:11)
33) I am part of the Body of Christ belonging to the other members of His body. (Rom 12:5)
34) I'm filled with joy & peace. I overflow with hope by the Holy Spirit's power (Rom 15:13)
35) I glory in Christ Jesus in my service to God. (Rom 15:17)
36) I have fellow workers in Christ. (Rom 16:3)
37) I am tested and approved in Christ. (Rom 16:10)
38) I am sanctified in Christ Jesus and called to be holy. (1 Cor 1:2)
39) I have been given grace in Christ Jesus. (1 Cor 1:4)
40) I have been enriched in every way in Christ – in my speaking and knowledge (1 Cor 1:5)
41) Because of God I am in Christ Jesus (1 Cor 1:30)
42) Christ has become for me wisdom from God-- my righteousness, holiness and redemption. (1 Cor.1:30)
43) I am wise in Christ! (1 Cor 4:10)
44) I have ten thousand guardians in Christ, (1 Cor 4:15)
45) I am made alive in Christ Jesus. (1 Cor 15:22)
46) I am washed, sanctified and justified in the name of the Lord Jesus Christ (1 Cor.6:11)
47) My body is the Holy Spirit's abode (1 Cor.6:19)

48) I have spiritual gifts (1 Cor.12:11)
49) I do everything in love. (1 Cor 16:14)
50) Christ's promises are always "Yes" in Christ. (2 Cor 1:19,20)
51) God makes me stand firm in Christ. (2 Cor 1:21)
52) God has anointed me, set his seal of ownership on me. (2 Cor.1:21)
53) God has put his Spirit in my heart as a deposit, guaranteeing what is to come. (2 Cor.1:21)
54) God, always leads me in triumphal procession in Christ (2 Cor 2:14)
55) Through me, God spreads everywhere the fragrance of the knowledge of him (2 Cor.2:14)
56) In Christ I speak before God with sincerity, like men sent from God. (2 Cor 2:17)
57) In Christ, I am a new creation; the old has gone, the new has come! (2 Cor 5:17)
58) God has reconciled me to himself in Christ, (2 Cor 5:19)
59) He has committed to me the message of reconciliation. (2 Cor.5:19)
60) God made him who had no sin to be sin for me, (2 Cor 5:21)
61) In God I have become the righteousness of God. (2 Cor.5:21)
62) Everything I do is for other's strengthening. (2 Cor.12:19)
63) By God's power I will live with him to serve others. (2 Cor 13:4)
64) I have freedom in Christ Jesus and will not become a slave again to sin. (Gal 2:4)
65) I have put my faith in Christ Jesus that I may be justified by faith in Christ. (Gal 2:16)
66) What Christ has promised me has been given me through faith in Jesus. (Gal 3:22)
67) I am a son of God through faith in Christ Jesus (Gal 3:26)
68) I am one with fellow believers in Christ Jesus (Gal 3:28)
69) I am adopted as a son into God's family (Gal.4:5)
70) I am one of the faithful in Christ Jesus (Eph 1:1)
71) I have been blessed in the heavenly realms with every spiritual blessing. (Eph 1:3)
72) I was chosen in him before the creation of the world to be holy and blameless (Eph 1:4)
73) God predestined me to be adopted as his son through Jesus Christ (Eph 1:5)
74) In Christ I have redemption through his blood, the forgiveness of sins (Eph 1:7-8)
75) God's grace has been lavished on me with all wisdom and understanding (Eph.1:7-8)
76) God's made known to me the mystery of his will according to his good pleasure (Eph 1:9)
77) I have been chosen and predestined in Christ (Eph 1:11)
78) I have been included in Christ. (Eph 1:13)
79) I have been marked in him with a seal, the promised Holy Spirit, (Eph.1:13)
80) God raised me up with Christ and seated me with him in the heavenly realms (Eph 2:6)
81) God will show me the incomparable riches of his grace (Eph.2:7)
82) I am God's workmanship. (Eph.2:10)
83) I'm created in Christ Jesus to do good works prepared in advance for me (Eph.2:10)
84) In Christ Jesus I have been brought near through the blood of Christ. (Eph 2:13)
85) I have access to God through Jesus. (Eph.2:18)
86) In Christ I am being built together to become a dwelling in which God lives (Eph 2:22)
87) As a Gentile, I am now an heir together with Israel, members together of one body, and sharers together in the promise in Christ Jesus. (Eph 3:6)
88) I am part of God's eternal purpose which he accomplished in Christ Jesus. (Eph 3:11)
89) In Christ I may approach God with freedom and confidence. (Eph 3:12)
90) Christ dwells in my heart through faith. I'm being rooted and established in love (Eph 3:17)
91) I am to be humble and gentle; patient, bearing with one another in love. (Eph 4:2)
92) In all things I will grow up into him who is the Head, that is, Christ. (Eph 4:15)
93) From Christ, I am joined and held together by every supporting ligament, (Eph 4:16)
94) I have been taught in him in accordance with the truth that is in Jesus. (Eph 4:21)
95) I've been forgiven in Christ. I should be kind and compassionate. (Eph 4:32)
96) I should pray in the Spirit on all occasions with all kinds of prayers/requests. (Eph 6:18)

97) I should be alert and always keep on praying for all the saints. (Eph.6:18)
98) I am a servant and saint in Christ Jesus. (Phil 1:1)
99) My joy in Christ Jesus will overflow on account of other Christians. (Phil 1:26)
100) I worship by the Spirit of God, and glory in Christ Jesus (Phil 3:3)
101) I put no confidence in the flesh (Phil 3:3)
102) I want to be found in him, having God's righteousness by faith (Phil 3:9)
103) I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil 3:14)
104) I have heavenly citizenship in Christ (Phil.3:20)
105) My name is recorded in heaven (Phil 4:3)
106) The peace of God will guard my heart and mind in Christ Jesus. (Phil 4:7)
107) I am strengthened for all tasks to which God calls me. (Phil.4:13)
108) I have all my needs met according to his glorious riches in Christ Jesus (Phil 4:19)
109) All God's fullness dwells in me. I am complete in him. (Col 1:19)
110) I proclaim him, admonishing and teaching everyone with all wisdom, so that I may present everyone perfect in Christ. (Col 1:28)
111) My purpose is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, (Col 2:2)
112) I have all the hidden treasures of wisdom and knowledge in Christ. (Col 2:3)
113) I am orderly and firm in my faith in Christ (Col 2:5)
114) Just as I received Christ Jesus as Lord, I will continue to live in him (Col 2:6)
115) I will be rooted and built up in him, strengthened in the faith and overflowing with thankfulness (Col 2:7)
116) I have been given fullness in Christ, the head over every power and authority (Col 2:10)
117) I was circumcised, in the putting off of the sinful nature, done by Christ (Col 2:11)
118) I am forgiven and my sin debt is paid (Col 2:13,14)
119) The reality is found in Christ and I am in Christ. (Col 2:17)
120) I died, and my life is now hidden with Christ in God. (Col 3:3)
121) The Lord's message has rang out from me - my faith in God's known everywhere. (1Thes 1:8)
122) I believe that Jesus died and rose again and so I believe that God will bring with Jesus those who have fallen asleep in him. (1Thes 4:14)
123) I will give thanks in all circumstances, for this is God's will for me in Christ (1Thes 5:18)
124) The name of our Lord Jesus will be glorified in me (2Thes 1:12)
125) The grace of our Lord has been poured out on me abundantly, along with the faith and love that are in Christ Jesus. (1 Tim 1:14)
126) I have served well and will gain an excellent standing and great assurance in my faith in Christ Jesus. (1 Tim 3:13)
127) I won't let anyone look down on me because I'm young. I will set an example for the believers in speech, in life, in love, in faith and in purity. (1 Tim 4:12)
128) God, who richly provides for me everything for my enjoyment. (1 Tim 6:17)
129) I have the promise of life that is in Christ Jesus, (2 Tim 1:1)
130) God has saved me and called me to a holy life because of his own purpose and grace. This grace was given me in Christ Jesus before the beginning of time. (2 Tim 1:9)
131) I will be strong in the grace that is in Christ Jesus. (2 Tim 2:1)
132) I endure everything for the sake of the elect, that they too may obtain the salvation that is in Christ Jesus, with eternal glory. (2 Tim 2:10)
133) I want to live a godly life in Christ Jesus and I will be persecuted (2 Tim 3:12)
134) The Scriptures are able to make me wise for salvation through faith in Christ (2 Tim 3:15)
135) I will be active in sharing my faith, so that I'll have a full understanding of every good thing I have in Christ. (Philemon 1:6)
136) People refresh my heart in Christ. (Philemon 1:20)

137) I have and will receive the Blessed Hope (Titus 2:13)
138) I have trusted in God and will be careful to devote myself to doing what is good. (Titus 3:8)
139) Like Jesus, "I will put my trust in him." (Heb 2:13)
140) I will come to share in Christ if I hold firmly till the end the confidence I first had (Heb 3:14)
141) I will leave the elementary teachings about Christ and go on to maturity (Heb 6:1)
142) Though I have not seen him, I love him; and even though I do not see him now, I believe in him and I'm filled with an inexpressible and glorious joy. (1 Pet 1:8)
143) I am a child of God, and I belong to him. (1 Pet.1:9)
144) I am redeemed by the precious blood of Christ (1 Pet.1:18,19)
145) Through him I believe in God, who raised him from the dead and glorified him, and so my faith and hope are in God. (1 Pet 1:21)
146) I have been born again of incorruptible seed (1 Pet.1:23)
147) I trust in God and will never be put to shame. (1 Pet 2:6)
148) I am a priest of God (1 Pet.2:5,9)
149) Those who speak maliciously against my good behavior in Christ will be ashamed of their slander. (1 Pet 3:16)
150) The God of all grace, will himself restore me, make me strong, firm and steadfast (1 Pet 5:10)
151) I have fellowship with the Trinity (1 Jn.1:3)
152) I am in Christ and have no darkness in me. (I Jn 1:5)
153) But when I walk in the light, as he is in the light, I have fellowship with one another, and the blood of Jesus, his Son, purifies me from all sin. (I Jn 1:7)
154) Christ is my advocate. (I Jn. 2:1)
155) Because I claim to live in him, I must walk as Jesus did. (I Jn 2:6)
156) I love my brother & live in the light, and there's nothing to make me stumble (I Jn 2:10)
157) I don't love the world and I have the Father's love in me. (I Jn 2:15)
158) The anointing I received from God remains in me. (I Jn 2:27)
159) I will continue in him, so that when he appears I may be confident and unashamed before him at his coming. (I Jn 2:28)
160) I am a child of God. (1 Jn.3:1)
161) He appeared so that he might take away my sins. And in him is no sin. (I Jn 3:5)
162) I am born of God and I will discontinue to sin, because God's seed remains in me. (I Jn 3:9)
163) I know that I live in him and he in me, because he has given me of his Spirit. (I Jn 4:13)
164) I acknowledge that Jesus is the Son of God, so God lives in me and I in God. (I Jn 4:15)
165) I don't fear because I am made perfect in love. (I Jn 4:18)
166) I possess eternal life. (I Jn.5:13)
167) I know him who is true. And I am in him who is true—even in his Son Jesus Christ. He is the true God and eternal life. (I Jn 5:20)

Personal Evaluation

Rate yourself in the following areas. Use the scale of 1 to 10 (1 being the lowest and 10 the highest). Then make a small note of how you could improve. It's recommended that every six months you go back over this page and read your comments. God Bless you and "press on" as you grow in Christ.

<u>AREA OF GROWTH</u>	<u>EVALUATION</u> <u>(DATE)</u>	<u>PERSONAL</u> <u>COMMENTS</u>
FAITH IN JESUS:		
PERSONAL BIBLE STUDY:		
DESIRE TO WITNESS:		
PRAYER LIFE:		
BIBLE READING:		
MEMORIZATION/ MEDITATION:		
OPENNESS TO PERSONAL CHANGE:		
WILLINGNESS TO ASK QUESTIONS:		
WILLINGNESS TO BE TAUGHT/DISCIPLINED:		
OTHERS:		

HOW TO USE THIS BOOK (FOR THE LEADER):

The following are a few thoughts on how to lead this healing group. This book can be used for one on one discipleship, bible studies, and/or larger group settings. Nobody can tell someone how to teach. Please be aware of how “YOU” teach as an individual. My goal was to give lots of material as well as to provide a teaching tool that would take little preparation and be used by “lay people” to further the kingdom. The following are a few suggestions for you to lead and facilitate with:

- I like to start out with a prayer (#1). I may pray or ask a member to pray.
- After prayer, we worship (#2). The goal is to soften hearts and allow the students to worship. I either lead the singing or appoint a worship leader to guide us in this special time of worship.
- After worship, we do exercise (#3). “Scripture Meditation/Waiting on God” allows individuals to soften their hearts, absorb God, and learn to sit before God allowing Him to touch them. I encourage the individuals to memorize the verse.
- Next, we take some time to teach/share about Biblical healings and miracles (#4).
- After the teaching/sharing, we learn about areas of weakness in our lives (#5). This time enlightens individuals to areas of character defects and fleshly patterns that need to be repented.
- Now, in exercise (#6), we learn “who we are in Christ”. We take some time to look at, read, and verbalize Identity Verses so we can begin to build our lives on “how God sees us as His children”.
- HOMEWORK (#7): I ask individuals who are healing to do PRAYER WRITING. Each week, I encourage people to work this discipline into their walk. I then ask for testimonies of how God is healing them thru prayer. I also encourage members to find time to do nurturing activities for a balanced life.
- In exercise (#8), I have individuals volunteer to sing a healing song, give a testimony of healing, share a healing poem, talk about answered prayer, etc.
- Finally, we finish with a closing prayer (#9). I also encourage people to stay and fellowship after.

Time Allotment Suggestions/Guidelines

	<u>90 Minutes</u>	<u>120 Minutes</u>
1. Prayer	3 minutes	5 minutes
2. Worship	10 minutes	15 minutes
3. Meditation/Waiting on God	7 minutes	10 minutes
4. Christ’s healings	15 minutes	20 minutes
5. Awareness/Repentance	20 minutes	25 minutes
6. Affirming “WHO WE ARE”	10 minutes	15 minutes
7. Homework	5 minutes	5 minutes
8. Song/Poetry/Sharing, etc.	10 minutes	15 minutes
9. Closing Prayer	<u>5 minutes</u>	<u>5 minutes</u>
	85 minutes	115 minutes

Bibliography:

Scripture taken from the **HOLY BIBLE, NEW INTERNATIONAL VERSION. NIV.**

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DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow in Christ.

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