Oaks of

Righteousness

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**Introduction**

Thousands of men and women over the decades have been moved by the Spirit of God to step out in faith for the purpose of extending His kingdom on earth. This step of faith is usually propelled by an unmistakable urge from the Holy Spirit. This process is no different than it was two thousand years ago when ordinary people were challenged to do the unthinkable: Jesus asked the first disciples to quit their jobs, leave their homes, and follow Him. In return, the Lord would make them “fishers of men.” In this same way, my wife and I were also challenged. It seemed as though we were “drop-kicked” into this new journey with God—a journey with an itinerary that only He could have planned. We needed only to say yes. And the same way thousands before us have done, we needed only to take that first step.

My wife, Carla, and I were happily working in different ministries at our local church in Kansas City. We had participated in a few outreaches through the church and were excited about all we had experienced. Then one summer day in 1988 our mission pastor gave us the book “*Is That Really You, God?”* by Loren Cunningham. We started reading the book on a weekend, and by Monday we were no longer content with the ordinary, or life as we knew it. I was in the construction business, and no longer could I be satisfied cutting long boards into short boards or remodeling bathrooms simply because they weren’t the right color. I knew it was time my labor began reaping eternal benefits for the kingdom of God.

Many are the stories of men and women who were led to the mission field by a particular Scripture that jumped from the page or by a country that God had laid upon their hearts. I was not motivated by either. In fact, aside from my experience in construction, I had little to offer God. Then one day a line from Numbers 22:28 was brought to mind—“Then the Lord opened the mouth of the donkey”—and I concluded that if God could use a donkey, He could use me.

Loren Cunningham had founded a mission organization called Youth with a Mission (YWAM), and we wanted to be a part of what God was doing through this organization. We began the application process for our family, including our eighteen-year-old daughter, to attend training schools in YWAM. In September of 1988, Carla, our daughter Patty, and I headed to Hawaii, and our wonderful journey with the Lord had begun.

God placed us in the discipleship schools at YWAM, working with young adults. Most of the students attending the discipleship schools had a desire to pursue a career in ministry, but we found that very often these potential ministers needed to deal with pain from their own past before they could be effective in ministry themselves. Carla and I wanted to help those who were struggling with these wounds. While Carla was a natural with this kind of ministry, I did not possess either the skills or training to help them. We promptly enrolled in the Introduction to Biblical Counseling class at YWAM.

Carla and I were experiencing our own struggles at the time and were in marriage counseling ourselves. Our relationship had deteriorated to the point that we had the same feelings for each other that one might have toward a person you are passing in the grocery store … in the frozen food section. The Counseling School not only taught us how to help others, but it was a place of healing in our own lives. As we continued to help in the Counseling and Discipleship Schools with YWAM over the next three years, we began to witness healing in other people’s lives. And as is always the case in ministry, we received healing and blessing ourselves while helping others.

Shortly after we returned home to Kansas City in 1993, our pastor approached us with a need he had identified in the church. A woman had come to him with a situation that was becoming all too common: She had been a Christian for seventeen years, and after numerous altar calls, hours of praying, more hours of counseling, and several prescription medications, she was nearly void of hope. Finally she asked, “Isn’t there any help for me?” Our pastor asked if we could help not only this woman but many others from similar life circumstances.

Because of his request, we began planning a ministry based on what we had experienced in YWAM. We met with our friends who had given us the book by Loren Cunningham (they had also served in YWAM) every week for about three months, and in the fall of 1994 the four of us offered the first course to our church, known as “Oaks of Righteousness.” It was a twelve-week course, designed to benefit anyone who had wounds or regrets from their past. We used the materials and ministry models that we learned while serving in YWAM.

The class provided a safe environment that empowered the participants to break down the walls that had imprisoned them and allow Christ’s healing power to set them free. By the third class, the enrollment was too many to facilitate from in our home. I found myself telling those who completed the course to “go and tell no one.” This was no longer a Mom and Pop ministry; we had to begin training others. Since then, we have trained about 150 individuals in the Kansas City area and have multiplied to five other churches.

The program has grown so rapidly that our church has a waiting list of seekers who desire to experience God’s healing through the class. Our church has also taken the class to maximum security prisons, where desperate men and women are experiencing the miracle of God’s healing and are being set free from walls constructed of materials much stronger than man-made bricks. Hundreds of people have gone through a life-changing transition using the principles and ministry models described in this book.

**syllabus index**

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**Weekly Assignments**

We are instructed in James 1:22 to be “*doers of the word, and not merely hearers.”* Wewant to encourage you toapply what the Lord is speaking to you during this time – whether it is through teachings, scripture meditation, reading, or worship in your everyday life. We designed the following assignments to enhance this process.

**Meditation Verse**

* Write the verse of the week.
* Spend time daily meditating on it.
* Record what the Lord is speaking to you through the verse.

**“Living in the Freedom of the Spirit”** by Tom Marshall (provided with the class)

* Read the assigned chapters each week.
* Record insights you receive while reading.
* Record how you will apply this insight to your life.

**Proverbs “The Fear of the Lord Study”**

* Read the assigned chapters each week.
* Record insights you receive while reading.

**“Oaks of Righteousness” Syllabus** (provided)

* Read assigned articles each week.
* Make notes on your Ministry Worksheet of issues that relate to you.

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### FEAR OF THE LORD

Fear is that affection of the mind that arises on the conception of approaching danger. The fear of God is of several kinds:

* Superstitious, which is the fruit of ignorance.
* Servile, which leads to abstinence from many sins through apprehension of punishment.

*“Filial, which has its spring in love, and prompts to care not to offend God and to endeavor in all things to please him. It is another term for practical piety and comprehends the virtues of the godly character”* (Ps. 111:10) “*A wise woman builds her house, but a foolish woman tears it down with her own hands.”* (Prov. 14:1)

*“Absence of the fear of the Lord is a characteristic of a wicked and depraved person.”* “*And the way of peace they have not known. There is no fear of god before their eyes”.* (Rom. 3:17-18)

It is produced in the soul by the Holy Spirit, and great blessing is pronounced upon those who possess this Christian trait: His angels protect them (Ps. 34:1) “*they are “Under the shadow of the Almighty”* (Ps. 91:1-3). *“The angel of the Lord encamps all aroun those who fear Him, and delivers them.”* (Psalm 34:7)

The fear of the Lord, dreads God’s displeasure, desires his favor, reveres his holiness, submits cheerfully to his will, is grateful for his benefits, sincerely worships him, and conscientiously obeys his commandments.

* Fear and love must coexist in us so that we may please and rightly serve God.

“The fear of the Lord” is used for the worship of God; e.g., *“I will teach you the fear of the Lord”* (Ps. 34:11), The “fear of Isaac” (Gen. 31:42, 53) *is God, whom Isaac worshiped with reverent awe.* The “fear of man” is that dread of the opinions of our neighbors which makes us cowards in the performance of those duties which we fancy they do not practice. *The fear of man brings a snare, but whoever trusts in the Lord shall be safe.* (Prov. 29:25)

**Unger Bible Dictionary**

Psalm 111:10 – Fear of the Lord is the foundation of true wisdom, All who obey his commandments will grow in wisdom.

Prov. 14:2 - Those who follow the right path fear the Lord; Those who take the wrong path despise Him.

**WORD STUDY**

**Fear of the Lord**

*By Peggy Deuser*

### Reverence: Webster

1. A fear or attitude of deep respect, love, and awe, as for something sacred; veneration.

2. A manifestation of this; specif., a bow, curtsy, or similar gesture of respect; obeisance.

3. The state of being revered.

4. To treat or regard with reverence; venerate (Syn. awe, honor, revere)

### Revere

To fear, feel awe; to regard with deep respect, love and awe.

### Awe

1. A mixed feeling of reverence, fear and wonder, caused by something majestic, sublime, sacred, etc.

2. [Archaic] The power of inspiring intense fear or fearful reverence.

3. Terror, dread, stand in awe of; to respect and fear.

Awe refers to a feeling of awe or respect or wonder inspired by the greatness, superiority, grandeur, etc. of a person or thing and suggests an immobilizing effect.

Reverence is applied to a deep feeling of respect mingled with love for something one holds sacred or inviolable and suggests a display of homage, deference, etc.

### Veneration

Implies worshipful reverence for a person or thing regarded as hallowed or sacred and specifically suggests acts of religious devotion; dread, as it comes into comparison here, suggests extreme fear mixed with awe or reverence (a dread of divine retribution).

### Honor

1. High regard or great respect given, received or enjoyed; esp. (a) glory, fame, renown, (b) good reputation.

2. To worship (a deity) other - to show respect for. Syn. honor as compared here, implies popular acknowledgement of one’s right to great respect as well as any expression of such respect. Reverence implies deep respect together with love.

**POSSIBLE SOURCES OF SPIRITUAL BONDAGE**

Listed below are some sources of spiritual bondages we normally see in our ministry with brief descriptions. No matter which areas with which we identify, the wonderful truth is that the redemptive power of the Cross of Christ brings freedom from any and all bondages. We will expound further on these topics later.

**Unforgiveness** is the most common root of a spiritual bondage. It can lead to resentment, bitterness and internal torment, demonization and physical ailments.

**Relinquishment** is holding onto our right to something that we think we deserved, or a future desire as, If only I were married, or if only I could have a baby, etc. It can also be the act of holding onto someone for whom we think we are responsible to control their life or behavior.

**Condemnation** can come from others’ expectations of what we *should or should not have done*. It can also be the result of our own negative self-talk or failure to live up to our own standards.

**Vows, inner vows, or pledges** are spoken or unspoken oaths or promises made in our hearts and are often made at a young age. These can blaze a trail for our wrong choices in life.

**Bitter root judgments** are vows that include another person as a reference point. These are basically judgments about others thatare caused by our resentment of that individual. We can begin to act like the ones we resent as our judgments come back on us.

**Curses** are often the result of negative words spoken over us. An authority figure may make a negative statement to a young person and the person will repeat it to himself over and over until it has become their core belief. Once it becomes a core belief, it then has the power of a curse over that person.

**Soul** **ties** are formed between any two people who have a strong emotional connection. This can be based on a sexual relationship, an inappropriate authority, or fantasies. Soul ties that are not broken can cause a spiritual bondage, which in turn, cause problems in other relationships.

**Shame** is the feeling of unworthiness, disgrace, or dishonor toward our own personhood. It is the inability to separate who we are from what we do. It can be a consequence we experience when we do not live up to expected or perceived standards or commonly held values.

**Non-Christian spiritual experiences** (false religions and the occult) are an open invitation to demonic influence in our lives.

**Generational or hereditary sins** can be recognized by family patterns such as alcoholism, divorce or adultery that are passed on from parents to children and to the children’s children.

**Nationality or ethnic bondages** can result from living under a commonly spoken, negative phrase regarding cultural traits such as: “Americans are prideful and materialistic.” “Germans are perfectionists.” or “The English are aloof.”

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**Redemption from bondage**

Redemption means “to be bought back from” as if someone else owned you. A redeemer reclaims what once was his but was lost. We have been redeemed from the hands of the enemy by Jesus dying on the cross and shedding His blood that we might live, and have life more abundantly. Experiencing new life in Christ comes from faith in Him. Experiencing “life more abundantly” comes through praying and applying God’s principles to the bondages in our lives. Sadly, few Christians are truly applying the redemption of the cross to every area of their lives; therefore, they are missing out on living an abundant life.

**Revelation** is the first step to redemption. Just as we received revelation of the need for a Savior, we also can have our eyes opened to the various parts of our lives that still need the redemptive power of the cross. However, revelation without application can leave us stagnant. Simply understanding without acting will not bring change.

**Repentance** is the next step and the beginning of change in our lives. We must identify the sin and who we have sinned against; repent of our sin; ask for forgiveness; receive forgiveness; accept the cleansing of our sin. These are the common redemptive steps that we can take in an area where we are stuck.

**Release** is the most powerful step to redemption we can take. When we release forgiveness to those who have sinned against us we are free from being bound to them.

**Recognition** of the works of the enemy and spirits that are possibly controlling or influencing us helps us uncover and realize the lies that we believe. With this knowledge, we can renounce the control of the enemy.

**Renouncing** is a verbal rejection. Through this action, we can break our connections to false beliefs, curses, spirits that are influencing or tormenting us, vows, false religions, soul ties, generational sins, condemnation, and any other forces of darkness that binds us.

**Relinquishment** is letting go of responsibility for—and control of—someone else; or it is the surrendering of our own perceived rights, plans, expectations, hopes, dreams, and things that we think we deserve.

**Restitution** is paying back what we owe someone else.

**Reconciliation** is restoring relationship with someone from whom we have become distanced.

The process of redemption for any one event in our lives may include one or more of the above steps. As we go through the process it is important that we do so with the help of another person. Together, you should speak and pray out loud instead of in our thoughts. We must recognize that the true healing of redemption comes through Christ’s power and not our own strength or the strength of someone helping us.

We have many natural human responses that we use to avoid pain. On our own we tend to dance around the point of pain and usually fail to adequately address it. To have a helper that is objectively walking us through the process of redemption will make all the difference. This person can aid us in working through difficult points and help us catch the things we are missing. In addition, the Holy Spirit’s presence, where two or more people are gathered in His name, is a significant part of the process that is often overlooked.

In Romans 10:10 the Bible states, “It is with your mouth that you confess and are saved.” There is an importance to speaking things out loud that has an effect on our lives that goes deeper than when we just think about things. Speaking out loud is part of the redemption process that moves us from having thoughts in our mind to making decisions in our heart. For this reason, much of the process involves speaking out loud to forgive others, break curses, etc.

It is also important to speak out loud when dealing with issues relating to demonic forces. Satan will only be defeated if we confront him out loud. He cannot read our mind and does not have to obey our thoughts. Only God has complete knowledge of our mind. As we address areas of the occult, it is important that we submit to God inwardly and resist the devil by praying, renouncing, and breaking the bondage out loud.

Christ purchased our victory when He shed His blood for us on the cross. Realizing our freedom will be the result of what we choose to believe, confess, forgive, renounce, and forsake. No one else can do that for us. The battle for our mind can only be won as we personally choose truth.

**FORGIVENESS**

**FORGIVENESS IS NOT…**

**Saying that what was done is okay**

What was done was wrong. It wasn’t right. You did not deserve it. This may be the first time that you have heard this. You may have even been accused by family or friends of lying about the event.

**Releasing the guilty parties from the legal or divine consequences of their behaviors**

Believe me, they will be judged. If the consequences of their sin have not come upon them already, it will.

**Something that you have to achieve on your own**

Some of what God asks of us in terms of forgiveness seems so huge that in our own strength we can’t possibly accomplish it. And *WE* can’t. Sometimes, it is only through God’s grace that can we do this. So what I often suggest is, **“Would you like to pray and ask for God’s grace to begin forgiving”?** It is often amazing the way His grace will flood over the person, and in minutes they are ready to begin forgiving some of the worst of offenses. With others it may take days or weeks for forgiveness to come. His grace is sufficient.

**Merely words said to satisfy some legal standard**

If we are forgiving because we must, it won’t be fruitful. If we are forgiving because we have made an excuse for them, it will be equally unfruitful. For example: “I can forgive them because I know they had a bad childhood”. This is **excusing or rationalizing** not forgiving, and, while it may seem healthy, it is ultimately not helpful.

**Dependent on the perpetrator’s response**

This procedure is completely between God and us. The person doesn’t have to be alive, present, or involved. In fact, only rarely will the one who has hurt you will be a part of this process and then only by God’s doing and even this may not come until years after you have forgiven.

**Easy**

It begins with a choice and continues as a process. If there is any one thing that the enemy is using most effectively to keep the church in bondage, it is unforgiveness. Most people we do ministry with begin forgiving this way: “God help me”. “Lord I’d like to”. “Father I want to”. or “Jesus, give me the strength to forgive”. We gently stop them from going further and suggest that forgiveness will start to be effective when they choose to forgive. Forgiveness begins with a choice.

**A feeling**

Forgiveness is not a feeling, it is a choice. If we wait until we feel like forgiving, we will be in bondage indefinitely.

**FORGIVENESS IS…**

**Taking yourself out of the judgment seat simply because it belongs to God alone.**

Most of us either don’t realize – or don’t acknowledge – that when we don’t forgive we are setting ourselves up as the judge of that person. If we acknowledge and accept Christ’s forgiveness for ourselves, we have no right to withhold forgiveness from someone else.

**An act of God’s grace being poured out through our hearts**

We are often unable to forgive as completely as God would like us to if we rely solely on our own strength as humans. But, He gives us the grace to go beyond what we think is possible.

**A result of being transformed into His image**

When we forgive, we are taking on His mind and heart, and we are clothing ourselves with Him. It is just as much an opportunity to set ourselves free as it is an opportunity to release the person who wronged us. In reality, when we choose not to forgive, we give the offender the right to continue hurting us. This is true even if the person who hurt us is no longer around. The offender has power over us until we choose to forgive.

**A removal of a significant portion of Satan’s ground**

In the act of forgiving, we remove what has allowed our perpetrators to continue hurting us over and over again. This sets us free from their ability to damage us emotionally. It also removes their ability to damage our relationship with God and others. Do you really want to give your perpetrator the right to continue having power over you?

**An act of the will**

If we are using our free will to harbor resentment toward someone, we can also use our free will to let go of that resentment. Forgiveness need not be subject to our feelings.

**One of the basic elements for deliverance**

In all our times of ministry, we have never seen a seeker experience freedom without them first choosing to forgive or repent or both. If someone renounces an evil spirit or attempts deliverance without considering the steps of forgiveness, they may not experience freedom. Without forgiveness the sense of freedom is only temporary or rarely occurs.

**WHY FORGIVE?**

We were doing a three month outreach in New Orleans area to apply what we had learned in our counseling school. The men on the team were working at the City Union Mission and getting to know the people who came for meals each day. This is a common outreach for local churches in many large cities. The local churches provide Bibles to everyone who want one. Many of these individuals have read the Bible several times simply because that is all they have to do and it is free. Because they know the Bible well, some make it a sport to heckle the Christians who come on these outreaches to witness.

I met such a guy and visited with him on several occasions. He tried the typical criticizing and questioning the Bible, quoting scripture and asking rhetorical questions. “If God is a loving God why …….”? After two or three days of interviewing this man I finally asked him, “If you know the Bible so well, why is it that you have not accepted Christ and become a Christian”? He answered without hesitation. “If I become a Christian I have to forgive”. “Wow!” I responded, “I wish the members of the church had that revelation”. Admittedly his story was one, which most people only know from watching the news. His older brother shot his mother, father, and younger brother and then turned the gun on himself and committed suicide. The man with whom I was talking was the younger brother and only survivor. He had constant health problems from the stomach wound from the gun shot. He was also consumed with bitterness and resentment from his brother’s actions. When we left that ministry, he was still stuck in his unforgiveness, consumed with bitterness and resentment. You see there are two wounds to heal, the physical and the emotional.

It seems forgiveness is the last thing a person in conflict wants to do even though the majority of people to whom we minister are church members.

**LEVELS OF FORGIVENESS**

In our first year of working in the healing ministry, we noticed a common theme among the seekers we were working with: they had many misconceptions and many definitions of forgiveness. There are several misunderstandings of what forgiveness is for both people within the Church and those outside the Church. Most of these misunderstandings are, in truth, an excuse not to forgive, even though Jesus commands that we must forgive. Many people in the body of Christ have adopted these convenient ways of avoiding His command. In order for us to truly walk through forgiveness in the way Christ is asking us, we must walk through the pain of that event. The following are some of the different rungs on the ladder of forgiveness:

**I can’t forgive**

We hear this often, but after asking God for His grace it is usually overcome. If a person has made a vow (“I will never forgive…”), then they are unable to forgive until the vow is identified and renounced. Some have made a vow never to forgive themselves. When in prayer, this should be renounced and the power of the vow broken. Forgiving ourselves may be necessary before any healing can take place.

To break such a vow, it is necessary to ask forgiveness for making the vow, renounce it, and break it, then the individual can forgive.

God’s grace is an amazing thing. It flows in abundance and it reaches whomever asks for it. We have seen the grace of God cleanse many hearts, minds, and spirits, and all we have to do is ask for it in earnest, then yield.

**I can’t forgive, it would be a betrayal**

This is a bondage often found within a fused relationship. For example, a mother can draw her daughter into a marital conflict with an alcoholic father. She shares about the father’s bad behaviors, and this causes the child to take ownership of the mother’s offense. The relationship becomes an alliance against the father. Later in life, the adult child is stuck with the mother’s offense and doesn’t know how to get rid of it without feeling like she is betraying her mother. In a case such as this, the daughter needs to put the responsibility for her mother into the Lord’s hands and let Him be the mother's protector.

**I will forgive when they ask me**

Jesus said we have to forgive unconditionally. A person’s repentance is not a requirement for us to forgive. If it was, what would happen if the person died before they could ask for forgiveness?

**I will forgive, but I’ll have nothing to do with them**

In some cases, this could just be a way to punish the other person or to get revenge. In either case, forgiveness has not truly taken place. This happens all too often in the Church. Scripture commands us to find reconciliation and be reunited. This doesn’t happen in many instances; instead, we hear, “The Lord is leading us to another church,” as the offended party evades the command in favor of holding on to the human inclination to hold grudges. (It should be made clear, however, there ARE situations such as domestic violence, or other forms of abuse, when it is wise to forgive but maintain healthy boundaries or distance in the relationship.)

**I will forgive, but I’ll never trust them**

This is sometimes a wise boundary but it can be another way to get revenge. If we vow to never trust, we never will. Trust eventually comes down to a choice, just like forgiveness. Of course, there is the need for repentance, change, and consistent appropriate behavior of the other party. However, we often say “I’ll never trust again” as a way to punish or get revenge. (There are natural exceptions, such a case of child sexual abuse, where I would not recommend the risk of trusting a father who had molested his daughter to the point where he is left alone with his grandchildren*.*)

**I will forgive, but they owe me**

When we come to the place where we can pray **“I forgive and he/she owes me nothing”.** Just as in an accounting ledger we can look at the bottom of the page and see a balance due of zero. This is not an easy process and we want to take time to weigh the cost of what we are giving up. Often, the debt is huge and it is one that can never be repaid. So what other choice do we have but to forgive?

**I will forgive, but I want justice**

This often needs to be addressed with survivors of incest, rape or other violent crimes that seemingly go unpunished. Although the world declares that we have the right to see a perpetrator come to justice, our need for justice can get in the way of our ability to forgive. Jesus laid down all of His rights and unjustly died on the cross for us.

**I will forgive, but I want revenge**

In the same way that our need for justice can hinder forgiveness, our need for revenge can do the same thing. Scripture tells us vengeance is God’s and He will repay. His word guarantees that no one ever gets away with anything. We can forgive a person on multiple levels, but if we are still looking for an opportunity for revenge we have not completely forgiven them.

**I can forgive because...**

To say, “I can forgive because…” is an act of adult reasoning in place of actual forgiveness. Some examples of this might include: “I can forgive, because he didn’t mean to…”; “He was drunk at the time…”; or “My mother had a terrible childhood...". None of these express the true meaning of forgiveness. These are just excuses for wrong behavior. When we forgive as if the person did what they did on purpose, we are truly beginning to forgive.

**Lord help me forgive**

At least 80% of the people we minister to begin with the action of forgiving, praying, "Lord I would like to…”; “Lord help me…”; or “Father, I need to…”. That is like saying, “I would like to take a shower. I want to take a shower. I need to take a shower." Until I choose to get in the shower do I actually take a shower. How about, **“I choose to forgive”.**

**I forgive**

**“I choose to forgive**” is the principle in forgiveness that we are trying to accomplish. However, it is a good first step and not total forgiveness. To find total freedom we want to follow through with forgiving specific offenses.

**I forgive and they owe me nothing.**

This is a healthy beginning and a declaration that brings freedom.

**I forgive, and I choose to bless them**

Even better is forgiving and blessing the person, pray for their salvation and seeing the person as God sees them-precious in His sight.

**HOW DO WE FORGIVE?**

We pray and ask for God’s grace. We begin forgiveness with a choice as an act of our will. We come to a place of forgiveness where no one owes us anything. When forgiving we need to be as specific as possible with the individual offenses for each event. It’s necessary to understand that forgiveness begins with a choice but often continues as a process. There may be days where we are reminded of hurtful events and we may need to continue to forgive again.

One example is about a lady that came to a pastor for counseling. She immediately began with, “I am divorced four times and separated from my fifth husband. I have been to four other churches trying to get help, what can you do about it"? The pastor referred her to us. She began sharing her story about being an incest survivor. She said that she had forgiven her father. I asked her what offenses she had forgiven him. She answered, “I guess I forgave him for the incest." I began to ask her specific questions after explaining there may be offenses within an offense. (“Have you forgiven for the betrayal? Have you forgiven for the defilement or for stealing your innocence? Have you forgiven him for stealing your childhood, or for rejecting you as a daughter and taking you as a mistress? Have you forgiven for the dishonor and for the disrespect? Have you forgiven for devaluing you, for enslaving you, for deception, for manipulation"?) I then asked if she would like to begin praying and forgiving for all of these offenses. She thought for a moment and replied, "I’ll have to think about it." She chose not to forgive, and she left.

About four months later, a friend called who had been through our ministry and was trying to minister to a lady she had met recently. She was asking for a suggestion of how to help this woman. She began to explain that the lady was divorced four times and separated from her fifth husband. I responded, “Yes, I think I know her. We had met with her several months ago and suggested if she could begin forgiving specifically that it could be a good start for her."

**WHY HAVEN’T WE FORGIVEN?**

The problem that exists when forgiveness is taught is the majority are left to go through this process on their own. Because this has been the model given, most believe this is an acceptable option; however, it is not. I seldom see anyone go through this process alone and in a healthy manner, or be objective about their own situation.

I think one reason, is because forgiveness is not simple. Most don’t go to areas of forgiveness without experiencing the pain involved in the originating offense. When we get close to that pain, we will avoid the specifics needed to get to the place of healing that God wants to take us. We will address our issues, in generalities, and remain stuck for years.

**HOW WILL WE KNOW WE HAVE FORGIVEN?**

When we are reminded of the person, see them or speak to them; and we have no negative response, we are free! In years to come, we may even choose to pray for this person, and our hearts will be broken with compassion for them. When this happens, we have experienced the heart of Jesus.

**FORGIVING OURSELVES**

I know God has forgiven me, but how do I forgive myself? Self-condemnation is another bondage that can be used against us to keep us from fulfilling God’s purpose in our lives. Much of the bondage in which most Christians live is self-inflicted. I have found it so helpful to explain how, when we don’t forgive ourselves, we are placing ourselves above God. Since God forgives us, who are we not to forgive ourselves? We are saying God isn’t the judge, we are. God sent His Son so we might be free. How much more we can worship Him when we experience another redemptive power of the cross.

Forgiving ourselves is as simple as this: **“I choose to forgive myself for…”**

This one principle seemed to work well until a few months ago…

I was doing ministry with a man who could not forgive himself even though he understood he was putting himself above God. He couldn’t bring himself to forgive. We prayed and asked the Lord to show us what the hindrance was. Immediately, God showed us the man had made a vow never to forgive himself. This has been a huge freedom for others as well. There are similar occurrences in the lives of others who have done something so terrible (in their opinion) that they would immediately vow “I’ll never forgive myself for this”. Until they identify this vow, ask God to forgive them for making it, and break the vow in the name of Jesus, they are bound in self-condemnation.

To quote one of my co-workers in this ministry, “If we don’t forgive ourselves, we are saying what Jesus did on the cross was not good enough for me”. WOW! Do any of us want to make that claim? Of course not!

**Relinquishment**

Relinquishment is not a familiar term to us. In its simplest sense though, it is “letting go". For those of us that have grown up in the church, we are familiar with the biblical concept of “dying to ourselves". And, as Christians, we often give and receive the advice to “just give our problems to God". Both of these are means of relinquishment. However, experience has shown that most of us aren’t sure what “letting go", “dying to ourselves”, and “giving our problems to God” “let go and let God” really means. The application of relinquishment, has not taken place in most of our lives.

**So, what is relinquishment?**

Three basic dictionary definitions of relinquishment are:

* To loosen one’s hold on something or someone.
* To surrender a right.
* To put aside a future plan.

*All of the above can be difficult and an on-going process*

**RELINQUISHING A RELATIONSHIP WITH SOMEONE**

One area of relinquishing a person is letting go of someone with whom we have lost relationship. This loss of relationship of a daughter or mother can happen through brokenness, life circumstances, or death. Friendships fall apart, families move away, and loved ones pass on. Bondage comes when we hold the right to these relationships in our hearts and refuse to release them.

For example, a child may have difficulty releasing their right for having their biological father with them at all times. The father may even abandon the biological children and spend all of his time with his new stepfamily. I have seen adult children carry resentment for this type of offense years into their adult lives. The only path to healing for this is to release the father to the other family.

When one loses a family member by death, miscarriage, or abortion, it is common for us to hold on to the deceased in a way that it can be a burden. We almost deny that the person has died, and we keep them alive in our hearts. Over time, this burden usually becomes more than we can bear. One day we finally must release the person into the Lord’s hands; and trust God will take care of them, so we can be free.

**Redemption**

Pray and release the person (or the child) into God’s hands. In the case of an infant’s death, it’s letting go of the responsibility for the infant and allowing God to carry it. The case of releasing an adult (such as a close family member) to death eventually requires releasing the right to that relationship in our hearts. When we lose a relationship it is necessary to allow a time of mourning to take place to grieve the loss.

Where a relationship has ended simply because of circumstances in life (such as geographic changes or a broken friendship) we again need to grieve the loss or change in the relationship. We must release the right to have the relationship and release the person into God’s hands so that we are not bound, and they aren’t either.

**RELINQUISHING CONTROL AND RESPONSIBILITY**

Another area of relinquishment is to release control of—or responsibility for—another person who may not be meeting our standards or living in a way with which we approve. It is a common occurrence for us to accept responsibility for another person’s behavior, choices, or life decisions. When we do this, we are likely not respecting the person as an individual and are often unknowingly enabling them to continue in their bad choices.

When we act in this way, we are committing the sin of unbelief. We are not trusting God with this person. In fact, we are interfering with God by preventing them from experiencing the consequences of their behavior or bad decisions. A second sin that follows closely behind is the sin of trying to take Christ’s place as their Savior. Everyone already has a Savior; they just may have not accepted Him or fully submitted to His authority.

Often, the person making poor life choices is actually trying to escape from our control. A controlling parent can be the driving force behind the exact thing the parent is trying to prevent. By exerting inappropriate control and taking inappropriate responsibility for a child, a parent can leave a child feeling rejected and like they don't measure up. As discussed earlier, the wound of rejection is often the cause of rebellious behavior. In fact, a common definition of rebellion is “the rejection of rejection".

**How is relinquishing someone different from abandonment?**

Relinquishment is giving someone up; abandonment is giving up on someone. When we let go of someone we love, we stop taking responsibility for them, but we don’t stop fulfilling our responsibility to the individual. We can relinquish by not rescuing a person from their consequences (legal or financial), but we do continue to support them spiritually and emotionally. We can stop trying to control, to condemn, and to enable people while maintaining a loving relationship of compassion, empathy, and conversation.

**Redemption**

An effective approach is to pray and put this person in God’s hands; releasing responsibility and control. If applicable, we can confess and ask forgiveness for the unbelief and for attempting to be someone’s savior.

When we are able to release someone to God’s care, we are set free from inappropriate responsibility, the associated guilt, and an emotional roller coaster of moods. One of the ways we know we are free is when we do not feel a sense of anxiety or depression every time the person comes to mind. Our minds and hearts are freed to focus on other things and to care about other people. Letting go allows us to do new things with joy and enthusiasm.

**RELINQUISHING OUR RIGHTS**

Society tells us about our rights. Television ads tell us about our rights. We are entitled to this, we are destined for that. We deserve better. The truth is: If we all got what we deserved we would be dead. When we hold onto rights we think we deserved, it either keeps us stuck in the past or it can keep us stuck in unmet expectations of the future. Both of which can end up bringing us grief.

A good way to determine whether we are in bondage of this type is to look for “if only’s” in our lives. “If only’s” are impossible and illogical demands of the past or future placed on others or ourselves in the present. These obsessions deny reality as it is now, and they are one of the most effective tools the enemy uses to prevent us from functioning rationally.

**“If Only’s” of the past**

“If only I had a different father or mother…”, “If only someone had loved me…”, “If only I had gone to college…”, “If only my parents had not divorced…”, “If only my parents *had* gotten divorced…”, or “If only I had a normal childhood…”

This is an area of relinquishment that lies on the edge of forgiveness. It is often a part of unforgiveness which is usually not identified; and therefore, often we do not deal with it. This area can cause us as much grief as the unforgiveness itself.

It is not that we did not have needs or that the wounds of injustice were not devastating. The problem here is we have a life message stating that if only something in the past would be different then I would be okay. These thoughts and a constant focus on the past can become idolatry. This focus can repeatedly throw us into a downward spiral toward anger, depression, and self-pity. We believe life still owes us something. Unfortunately, life can never pay us back. We can’t be born into another family. We can’t change the past. Nor, can we change what was done to us. What we can change is how we respond to these things. So, how do we get free of the “If Only’s” of the past?

**Redemption**

If we are holding on to an “if only” of the past we can repent of the idolatry and ask God’s forgiveness. Then, we can relinquish our rights and ask God to fill the voids in our hearts. He is the only one that can complete us. Where needed He can also “re-parent” us; stepping in and taking the place of the loving father or mother that was missing from our lives.

**“If only’s” of the future**

“If only I were married…”, “If only I had my own business…”, “If only I would win the lottery…”, “If only I could have children…”, “If only I had a boyfriend…”, “If only I could pass geometry…”, “If only I had someone to love me…”, or “If only I could get away from my house…”

It is healthy to have hopes, dreams, goals, and plans for our lives; but when they determine our identity or become a way to make us complete, they then become idolatry. Jesus gave us the example of living our lives saying to God, “Not my will, but Your will be done". Some of our plans may not be part of God’s plan, and giving up our rights to those plans—relinquishing our hopes, dreams, and goals—will help us come to peace with His plan.

**After Abraham gave up Isaac to the Lord, God responded and built a great nation out of him.** Similarly, it may often be the case that after we relinquish our hopes, dreams, goals, and plans to God, we find that He is the source of them; and He may respond by returning the items relinquished to us in a bigger and better sense. When these things get restored, they may not look the same or match our expectations; but we will always be more blessed for our obedience.

**Redemption**

If we can identify with the idolatry in an “if only” of the future it can be a good start to repent of it and ask God’s forgiveness. Then we can relinquish our rights and trust God with our hopes and dreams. Scripture promises us that if we trust in Him for our future instead of trusting in our own understanding, He will make our paths straight.

**“If only’s” that bring condemnation (the “Should haves”)**

“I should not have done that…”, “I should be getting better grades…”, “I should not have taken drugs…”, “I should not have had an abortion…”, or “I should be better at respecting my parents…”

These are all statements that have an element of truth; but when we dwell on them, they bring condemnation. They are like a mask of good intentions, but they will never bring change. They will only cause shame, guilt, failure, depression, anger, and self-loathing. These statements can cause us to be in a continual cycle of failure and regrets (as commonly seen in cases of substance abuse). Often, this condemnation can come from people in authority, our peers, or our cultures that put demands or expectations on our lives.

**Redemption**

The solution to this condemnation is to ask God to forgive us for sins that we have committed; forgive ourselves for not measuring up to our own standards, God’s standards, or someone else’s standards; and ask for God’s strength to make better choices next time.

In many cases, a new vocabulary can also be of great help. Instead of saying, “I shouldn’t keep eating like this", we can learn to say, **“Lord, please give me the strength to eat in a healthy way",** or “**Lord, I would like to improve my eating habits. Please teach me your ways**".

RELINQUISHMENT

1. An area Beyond Forgiveness. Sometimes called “If Onlys” Amos 7:7&8
2. The If “Onlys”
3. We usually focus on the past d. It is an excuse for our behavior
4. We deny reality e. It can be a constant focus on our unmet needs
5. We nurse it. f. It can cause anger, depression and self-pity
6. These unmet needs of the past can become our unmet expectations of the present.
7. They continue to produce the same unwanted behavior.
8. This can become our life message (from the issues in the heart the mouth speaks).
9. We can live like the world owes us.
10. We express through actions the level of forgiveness (they owe me).
11. What we didn’t receive at home we expect our spouse to fulfill.
12. Can become idolatry
13. If only I had a normal childhood e. If only I weren’t married
14. If only I had different parents f. If only I had married Susan
15. If only they hadn’t gotten divorced g. If only mom or dad had been there
16. If only I could have children

1. “If Only’s” of the future

a. If only I had a promotion c. If only I had my own business

b. If only I were married d. If only I could have children

6. The basic issue with most “If Only’s” is that we’ve missed out on something God intended for us.

1. We did not receive the love, acceptance, identity, validation, a nurturing environment, etc.
2. We try to achieve filling that in our adult life by a work of the flesh, as Abraham did with Ishmael.
3. We function in some relationships expecting to receive those unmet needs of the past.
4. The problem with our achievements of the flesh is our needs remain unmet.

7. Relinquishment is;

1. Surrendering a right.
2. To put aside a plan.
3. To loose one’s hold on something or someone (as Hanna did with Samuel).

For our purposes this may involve all three of these actions (Jesus set an example of relinquishment). We may need to relinquish a child to God –a miscarriage or still born.

8. We may need to give up our rights to;

1. An education g. Revenge
2. A parent that loved us h. Self-pity
3. A normal childhood i. Wealth
4. A relationship with a parent j. Prestige
5. Acceptances, validation, love etc. k. The right to have a child
6. Be angry I. Marriage

**VOWS and Inner Vows**

**VOWS**

“When a man makes a vow to the Lord or takes an oath to obligate himself by a pledge, he must not break his word but must do everything he said.” (Numbers 30:2)

"Again, you have heard that it was said to the people long ago, 'Do not break your oath, but keep the oaths you have made to the Lord.' But I tell you, do not swear at all: either by heaven, for it is God's throne; or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. And do not swear by your head, for you cannot make even one hair white or black. Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.” (Matthew 5:33-37)

“It is a trap for a man to dedicate something rashly and only later to consider his vows.” (Proverbs 20:25)

A vow is a solemn promise that commits us to a behavior, a course of action, or a way of thinking. Vows allow us to adopt a statement as part of our belief system. We bind and hinder ourselves with vows such as “I’ll never get married”, or “I’ll never have children”,” or “I’ll never trust a man”.

Sinning and saying, “I will never do this again”, has good intentions, but we immediately condemn ourselves when we do this. When we make this same mistake again, we have not lived up to God’s standards. However, when we vow never to do it again and break the vow, we have failed to live up to our own standards. When we break God’s standards, we can go to Him for forgiveness and redemption. When we break our own standards, who can we go to for our redemption? We are stuck. Therefore, even vows with the best of intentions can lead us into condemnation and shame. To break a good vow, try this instead;

**Lord today I choose to break the vow “I will not have sex before marriage”. I pray for your grace to walk in your ways and abide in your word.**

**INNER VOWS**

“For as he thinks within himself, so is he.” (Proverbs 23:7)

An inner vow is an unspoken determination we have made in our heart. Inner vows are different from spoken vows in that they are non-verbal and therefore frequently undetected. They can arise from traumatic life experiences and often occur very early in life. An inner vow made as a child can go deep into our heart where it lies forgotten but continues to guide the course of our life. A distinctive mark of inner vows is a resistance to a behavioral change, and consequently, we rarely grow out of them. Inner Vows have a strong ability to blaze a trail for decisions we make in our adult life and can direct the course of our life in the same way a railroad track directs a train.

Inner vows may be at the root of, or work together with, compulsive behavior, bitter root judgments, hidden resentments, fears, and wounds. Discovering the inner vows are often the key to healing. Their stubborn resistance to change, until recognized and broken, may be what blocks our release from other areas of bondage.

As practitioners of these principles for many years, we can only confirm how powerful the vows that we make can be in our lives. These vows will blaze a trail for our choices in life. One school that we worked with in Chile had 30 students. At least 20 of these students had made the vows “I will never get married and never have children.” These vows were made as a reaction to their personal life experiences. One young man in the school had arranged for his girlfriend to have 4 abortions. A young woman had such difficulty in relationships with young men that she was convinced she was made differently. So she pursued same sex relationships. We have known some to reject their sexuality by vowing “It is just easier not to be a woman”. I once asked a man “Is it possible you have made an inner vow”? He quickly replied, “No, I said it out loud many times…I will never get married again”.

Either way, these vows can have tremendous power over us until we identify and renounce them. During one ministry time, a husband confessed one vow he made when he was 18 years old. His fiancé had broken their engagement and married another man. From that rejection he vowed never to let anyone get close to him again. His wife of 30 years was sitting a few feet from him when he confessed this vow. We heard her gasp like she’d been hit in the stomach. “No wonder we have had such difficulty becoming one,” she said. Her husband had committed adultery with at least 35 other women during their 30 years of marriage but could not be one with his wife.

A vow can prevent someone from forgiving themselves. This has been a profound freedom to identify the vow someone had made like “I’ll never forgive myself”. This can be huge in being free from our regrets of the past. We must pray and break the vow before we can even have the power or receive the grace to forgive ourselves.

**Redemption**

When you have recognized that you have made a vow, you can pray in this way: **“Lord, I ask you to forgive me for making this vow of \_\_\_\_\_\_\_\_\_\_\_. I renounce it in the name of Jesus. It no longer has a part of me”.** Instead of making vows, a healthy choice for positive change would be to say, “Lord, I want to walk in your ways in this area of my life. Please give me the grace to accomplish it”.

The way to find hidden inner vows is to ask the Holy Spirit to reveal them to us. As David wrote in Psalm 139, we can pray, “Search me, O God, and know my heart”.

When vows are released in the power and authority of Jesus’ name, they are broken, immediately restoring our freedom of choice. Our lives are free from the predetermined route of the vow and we are more open to the Lord directing us into His fullness.

**Bitter Root Judgments**

Bitter root judgmentsare vows that include another person such as; “I will never be a drunk like my dad”, or “I will never marry anyone like her”, or “I will never treat my children like my dad treated me”.

**The simple laws of God that affect all life**

Life will go well for us in every area in which we could honor our parents, and life will not go well for us in every area in which we could not honor them (Deuteronomy 5:16). To honor means to respect or to esteem. No child has yet had a set of perfect parents; therefore, as children we have all had areas of opportunity to dishonor or disrespect our parents. If we have chosen to dishonor, we may now be encountering difficulties in our own lives.

We will receive judgment in the same areas of life in which we have handed out judgment against others. (Matthew 7:1 & 2 states "Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you"). Psalms 96:13 also declares that God will judge the world in righteousness and the peoples in His truth. The laws of God will operate regardless of whether we know of them or are ignorant; whether we believe or disbelieve.

Whatever we sow, we will reap. (Galatians 6:7 states "Do not be deceived; God is not mocked: for whatever a man sows, that he will also reap.") This is another law of God that is as certain as the physical law of gravity. When we sow a seed of judgment against someone, it has multiplication potential to cause much torment in our lives. The longer a judgment continues, unrepented and unconfessed, the greater power it gains.

**Consequences of Judgment**

Judgment is made and registered in the spirit. It becomes an expectation such as, “that is the way my parent is", “that is the way men are", or “that is the way authorities are”. This is referred to as “bitter root” judgment, because it is a judgment created and festered out of unforgiveness.

When we harbor a bitter root judgment against someone, the same judgment is projected into our other relationships, especially marriage or other close relationships. There is often a negative expectation that our spouse (or others) will show the same characteristics as the person we have harbored a judgment against. (Hebrews 12:15 states: *“See to it that no one misses the grace of God and that no bitter root, grow up to cause trouble and defile many"*.) The fruit we harvest from a bitter root makes others not want to be around us.

We can also project a similar judgment toward God. We can know in our mind the truth about God’s character, but our heart can have trouble fully believing it. Our perception of God is based on life experience with people in authority; and instead of believing God’s character to be as the Bible describes it, we can project aspects of their character onto Him.

We were ministering to a young mother of two children who had made such a vow. She was 23 years old at the time, and her girls were two and three. She testified that if she would have had this ministry two years earlier; she would still be married. She confessed that she had driven her husband away. She had repeatedly projected her anger for her dad onto her husband. It seemed he could do nothing right. He eventually left her for another woman.

**Redemption**

To be free of bitter root judgments, we can identify vows such as “I will never be like my mother", or “I will never marry someone like my dad". To break the power of the judgment, we can pray; **God forgive me for this bitter root judgment that I will never be like my dad. I renounce it in the name of Jesus, and I pray that you break any judgment I have brought on myself.**

**A Good Next Step**

A good next step is suggesting the wife go to her husband and ask his forgiveness for projecting her anger toward her father onto him. Any time we want to bring change in our lives of an unwanted behavior; it is essential to repent to the one we have wounded and pray for them that God would heal them from our wrong actions. If I am working with the couple at the time this comes up in ministry, I will coach them on how to pray for their spouse and encourage them to do that during that ministry session.

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**ACTIONS THAT MAY HAVE THE POWER OF A CURSE**

**Negative words spoken over us** can be very hurtful. Even if they were only spoken once, we may continue repeating these words to ourselves hundreds of times. These statements can become a part of our belief system going deep into our spirit, affecting our personality, our behavior, and even our physical appearance. This is evidence that the hurtful words can certainly have the power of a curse over us.

*“But no one can tame the tongue; it is a restless evil and full of deadly poison. With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God.*” (James 3:8-9).

**Negative Self-Talk** can be a self-induced curse. The negative self-talk can begin from how we see an event. Such as, when parent’s divorce, a child may believe they are at fault or there is something wrong with them. Other times we have started the negative talk from not meeting our own standards. Other examples of a self-induced curse could be: “I’m tired of living…", "Nothing ever goes right…", "What’s the use…", "I give up…", or "I might as well be dead…”. And then, there are comments like: “It’s driving me crazy!", "It runs in the family...", "I’ll never amount to anything…", and "I’m a mess…”. *“For as he thinks in his heart, so is he.”* (Proverbs 23:7)

**Implied curses** are non-verbal actions by others that show disapproval. This is very subtle and not as easy to define. The implied curse comes from what we interpret from someone else’s expressions of disapproval (frowns, rolling the eyes, scowls, or other negative body language). Some people in authority have an uncanny ability to control or manipulate others with their actions or expressions of disapproval with facial expressions or body language. Sometimes this perception comes from the way these people may ignore you or fail to acknowledge your presence when they walk in a room. We begin interpreting what their actions mean and tell ourselves that we don’t matter, or we can’t do anything right because of our perceived view of their disapproval. We receive these signals and establish a conclusion in our minds that can have significant power over us.

**Sarcasm (the deceptive killer)** Sarcasm is often used in a joking manner to bring humor into a group event or family gathering. Though the comments about another are spoken like a joke, it is often hostility disguised as humor. Sarcasm is a subtle form of bullying, and most bullies are angry, insecure, cowards. This is another tool of the enemy to emotionally tear one down.

The word, sarcasm, comes from the root word in the Greek, “sarkasein” which literally means “to tear or strip the flesh off”. Sarcasm isn’t so funny now. It is often another cause of a curse

**Curse;** a noun and a verb

* The expression of a wish of misfortune, evil doom to fall on a person
* A profane oath
* An evil that has been invoked on someone
* Lies we say and believe

**Redemption**

There may be a few steps to breaking these kinds of curses. First forgive the one who spoke the curse, we then *recognize* the lie we have believed and *repent* of it; asking the Lord to forgive us for believing it. Next, we *renounce*the words spoken over us: **In the name of Jesus, that curse no longer has power over me.** Third, we *replace*the lie with the truth: **From this day forward, I choose to believe what the Word of God says about me.**

**Proverbs 26:2** *Like a fluttering sparrow or a darting swallow an undeserved curse will not land on its intended victim.*

**Galatians 3:13 – 14** *Christ has redeemed us from the curse of the law having become a curse for us.*

*There will be no causeless curse...no consent, no curse.*

Demons wish they could torment believers without legal rights. They wish they had more than the power of a lie. We’d all be sick or dead if it worked like that. If demons could do whatever damage whenever they choose, we would be in big trouble. Demons and evil spirits are limited by the truth of God’s Word and the principles set forth by God Himself.

 Of more importance than recognizing the “curse” is discovering the “cause”.  I believe that if you can receive this truth, it will help you greatly in your spiritual walk. Demons must have legal rights, rights recognized by Jehovah God to gain access to believers.

Cause for curse is simply legal permissions that demons have gained through either the decisions made by our ancestors or the experiences of our own life.  While our lives may indirectly be affected by demons that torment other individuals, we are in control of what comes and goes by confessing open doorways and casting out demon spirits! All causes CAN be removed through repentance, confession, renunciation/denunciation...by receiving and applying the work of the cross...by coming into agreement with what God says.

*God’s Word says there is no curse without a cause. So, if one does have demon spirits, the key is removing the cause.  Here’s a simple step by step procedure that is always true.*

**Cause** … What event(s) gave legal permission for demons to torment

**Curse** … What results from that root cause. All demons’ goals are to kill, steal and destroy. What is being stolen from you? What is damaged? What is dying?

**Consequence** … This is tied to the curse

**Choice** … God always honors our choices, choosing to hold onto to a legitimate cause for curse extends the consequences ... I have seldom seen a demon leave without the command to leave.

**Confess** … Until there is confession of sin and agreement and alignment with truth, they don’t have to leave. Confession cancels permission.

**Confront/Cast out** … demons must be cast out, they cannot be counseled or medicated out. Jesus  said, “Cast out demons”. My experience has been until an evil spirit is confronted it will not leave.

**Cure** … Once the demon spirits have been re-moved and Holy Spirit invited in, often physical healing takes place and emotional wounds begin to mend. That is God’s process, and it always works!

**CAUSES OF CURSES DESCRIBED IN GOD’S WORD**

Some may experience events for which they can find no logical reason. It may seem there is a force at work that is causing a negative outcome in their lives, which not only continues, but keeps getting worse. Could it be a curse? Review the scripture references on pg. 98

**Rebellion against God**

*“For rebellion [is as] the sin of witchcraft, and stubbornness [is as] iniquity and idolatry. Because thou hast rejected the word of the LORD, He hath also rejected thee from [being] king”* ([1 Samuel 15:23](http://www.blueletterbible.org/kjv/1Sa/1Sa015.html#23)). This is an act of knowing God’s principles and truth but still disobeying Him and choosing our own way.

**Oppression or injustice**

*“In transgressing and lying against the LORD, and departing away from our God, speaking oppression and revolt, conceiving and uttering from the heart words of falsehood”* ([Isaiah 59:13](http://www.blueletterbible.org/kjv/Isa/Isa059.html#13)). This could be actions toward a minority, or a person we try to exercise power over to control or put down.

**Idolatry**

“Therefore, consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which is idolatry” (Colossians 3:5). Anything we escape to or run to instead of God is a form of idolatry: drugs, alcohol, materialism, video games, or other gods.

**Involvement in the Occult or False religions**

*“There shall not be found among you [any one] that made his son or his daughter to pass through the fire, [or] that used divination, [or] an observer of times, or an enchanter, or a witch”* ([Deuteronomy 18:10](http://www.blueletterbible.org/kjv/Deu/Deu018.html#10)). Some occult activities are: Ouija board, tarot cards, palm reading, astrology, blood pacts, or games with demonic characters.

*“The Lord said to me; the prophets are prophesying falsehood in My name. I have neither sent them nor commanded them nor spoken to them; they are prophesying to you a false vision, divination, futility, and the deception of their own”* (Jeremiah 14:14).

*“But there were false prophets also among the people, even as there shall be false teachers among you, who privately shall bring in damnable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction”* ([2 Peter 2:1](http://www.blueletterbible.org/kjv/2Pe/2Pe002.html#1)). ***See Non-Christian, pg 39***

**Occult items still in one’s possession**

*“Or what agreement has the temple of God with idols? For we are the temple of the living God just as God said, I will dwell in them and walk among them and I will be their God, and they shall be My people. Therefore, come out from their midst and be separate, says the Lord and do not touch what is unclean”* (2 Corinthians 6:16-17, 2 Kings 23:4). Idols, occult items, or things that do not honor God can bring anxiety, fear, depression, health problems, spiritual attack, torment, and bad dreams.

**A gift from someone that had been in Occult activity**

“*Thou shall not wrest judgment; thou shall not respect persons, neither take a gift: for a gift doth blind the eyes of the wise, and pervert the words of the righteous”* ([Deuteronomy 16:19](http://www.blueletterbible.org/kjv/Deu/Deu016.html#19)). A gift of this nature could keep you tied to that person spiritually drawing you toward occult involvement leading toward a spirit of death.

**Dishonor of parents**

*“Children obey your parents in the Lord, for this is right. Honor your father and mother, that it may be well with you, and that you may live long on the earth”* (Ephesians 6:2-3).

*“Cursed is, one who treats his father or mother with contempt”* (Deuteronomy 27:16).

*“Whoever curses his father or mother, his lamp will be put out in deep darkness”* (Proverbs 20:20). Dishonor is an act of violating values and/or bringing embarrassment, it always ends in a consequence of shame until confessed and forgiven.

**Illicit or unnatural sex**

*“For this reason, God gave them over to degrading passions; for their women exchanged the natural function for that which is unnatural, and in the same way also the men abandoned the natural function of the woman and burned in their desire toward one another, men with men committing indecent acts and receiving in their own persons the due penalty of their error.”* (Romans 1:26-27)

*“Cursed is one who, lies with his father’s wife...who lies with any kind of animal…who, lies with his sister/brother…father’s daughter…mother’s daughter…mother-in-law”* (Deuteronomy 27:20-23).

**Theft or swearing falsely**

*“A false witness [that] speaks lies, and he that sows discord among brethren”* ([Proverbs 6:19](http://www.blueletterbible.org/kjv/Pro/Pro006.html#19)).

*“A false balance [is] abomination to the LORD: but a just weight [is] his delight”* ([Proverbs 11:1](http://www.blueletterbible.org/kjv/Pro/Pro011.html#1)).

*“And he said to me ‘This is the curse that is going out over the whole land; for according to what it says on one side, every thief will be banished, and according to what it says on the other, everyone who swears falsely will be banished. The Lord Almighty declares, “I will send it out, and it will enter the house of the thief and the house of him who swears falsely by my name, it will remain in his house and destroy it, both its timbers and it’s stones”* (Zechariah 5:3-4). Zechariah is saying once the curse enters it remains until the whole house is destroyed.

**Legalism**

*“But false prophets also arose among the people, just as there will also be false teachers among you, who will secretly introduce destructive heresies, even denying the Master who bought them, bringing swift destruction upon themselves. And many will follow their sensuality, and because of them the way of the truth will be maligned”* (2 Peter 2:1-2). (*Legalism is the attempt to achieve righteousness with God by observing a set of rules).*

**Pledges or oaths that bind people to ungodly people**

*“And it will be to them like a false divination in their eyes; they have sworn solemn oaths. But he brings iniquity to remembrance, that they may be seized”* (Ezekiel 21:23).

*“But chiefly them that walk after the flesh in the lust of uncleanness and despise government. Presumptuous [are they], self-willed, they are not afraid to speak evil of dignities”* ([2 Peter 2:10](http://www.blueletterbible.org/kjv/2Pe/2Pe002.html#10)).

**Judging**

*“Judge not, that ye be not judged”* ([Matthew 7:1](http://www.blueletterbible.org/kjv/Mat/Mat007.html#1)). *We begin to resemble those we resent.*

*“Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven”* ([Luke 6:37](http://www.blueletterbible.org/kjv/Luk/Luk006.html#37)) *Judgments usually come from a Root of Bitterness.*

*”Judge not according to the appearance but judge righteous judgment”* (John 7:24).

**Redemption**

If we have taken part in any one of these items, we want to pray and ask God for forgiveness in the involvement, renounce the oath or involvement connected with each one specifically, and ask Him to break any curse we may have brought upon ourselves. Because Jesus became a curse for us we can claim the power of what Jesus did on the cross to break it. (Psalm 43:5)

**GENERATIONAL OR HEREDITARY SINS**

*“For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate me. But showing mercy to thousands, to those who love me and keep my commandments.”* (Ex. 20:5-6)

Some generational sins are easy to identify and often easy to see the trends in some families as you get to know them. We have known families who have three or four generations of illegitimate children. Others have had several generations of divorce. These are the ones that are easily identifiable. Some that aren’t so easy to see are the addictions. Some families that have a history of alcoholism look at their present family with pride thinking the sin is broken. The truth is the second or third generation simply substituted one compulsive behavior for another. They may have kept from drinking, only to have an eating disorder. Other adult children became workaholics. The eating, drinking and working compulsively are all unhealthy ways to remain disassociated from the pain we are carrying. I have seen another example where the adult son follows the pattern of the dad by being disrespectful or even abusive toward women.

When the Scripture above indicates the passing on of the sins of the fathers I see in a practical sense how this is manifest. Our family values good and bad seem to continue. Along with traditions, we pass a large portion of our belief systems from one generation to another. The ways we handle conflict in the family, forms of discipline, family rules and responsibilities. The problem with many of these values is until we come into the knowledge of Christ we don’t question many of these behaviors. Many still don’t question the values in their family even after becoming a Christian. I have heard my son tell me time after time “that is how you handled me dad and I turned out OK”. I tried to explain many of the things I did were what my dad taught me but that doesn’t make it right.

I remember that time when I met Christ; there were some beliefs and values that changed immediately. There were other things God had to change one at a time. The traditions, patterns and values are another area of our lives that may need to be totally redeemed. What was once the norm in our lives now may not be acceptable.

The good news is, whatever it is we have struggled with or identified as something that needs to be broken. We can do that with the power of the cross.

**Redemption**

You may confess and renounce each involvement by praying aloud the following prayer, repeating it separately for each item on our list:

**Lord, I confess the generational sin of** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**I ask your forgiveness, and I renounce** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **in the Name of Jesus it no longer has power over me.**

**Non-Christian Spiritual or religious Experiences**

In searching for the truth, many of us have tried out a variety of religious and spiritual experiences. From involvement in these experiences, we may have set up beliefs and values that are not true to the Word of God. In doing so, we may have opened ourselves up to occult practices and demonic activity. Other religions, cults, and spiritual teachings have elements of truth to them but they also have areas of deception.

The following list of non-Christian spiritual experiences is not complete, but it can guide us in identifying things in which we may have participated. As you read through the list ask the Lord to show you anything that you have been involved in (knowingly or unknowingly) or have put faith in that you would like to renounce and be free of.

|  |  |
| --- | --- |
| **False Religions** | **Cults/Secret Societies (con’t)** |
| Zen Buddhism | Roy Masters |
| Hare Krishna | Eckankar |
| Baha’ism | Family of Love |
| Mormonism | The Family International |
| Jehovah’s Witness | Science of Creative Mind |
| Yoga (religion) | Swedenborgianism |
| New Age | Church of the Living Word |
| Islam | Science of the Mind |
|  | Herbert W. Armstrong |
| **Cults/Secret Societies** | Worldwide Church of God |
| Christian Science |  |
| Unity | **The Occult** |
| The Way International | Astral-projection |
| Unification | Speaking in trance |
| Rosicrucian | Automatic Writing |
| Free Masonry | Transcendental Meditation |
| Shriners | Spirit Guides |
| Eastern Star | Psychics/Fortune Telling |
| Unitarianism | Tarot Cards |
| Silva Mind Control | Palm Reading |
| Scientology/Dianetics | Clairvoyance |
| Theosophical Society | Materialism |
| Black Muslim | Telepathy |
| **The Occult (con’t)** |  |
| Mind Swapping | Mental Suggestions |
| Cutting | Blood pacts |
| Ouija Board | Astrology |
| Table lifting | Séances |
| Psychic Healing | Dungeons & Dragons |
| Fetishism (objects of worship) | New Age Medicine |
| Black/White Magic | Incubi & Succubi (sexual spirits) |
| Sorcery/Witchcraft/Wicca |  |

We don’t necessarily need to renounce things like visiting a mosque or attending a lecture held in a Unitarian building. If we are open, the Holy Spirit will reveal to us any area that requires redemption. If something stands out to you but you are unsure about it, it doesn’t hurt to go ahead and renounce it.

It is good to renounce your previous or current involvement with satanically inspired occult practices and false religions. We also recommend renouncing any activity and group which denies Jesus Christ, offers guidance through any source other than the absolute authority of the written Word of God, or requires secret initiations, ceremonies, or covenants.

**Redemption**

You may confess and renounce each involvement by praying aloud the following prayer, repeating it separately for each item on our list:

**Lord, I confess that I have participated in** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**I ask for Your forgiveness, and I renounce** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **in the Name of Jesus.**

**THE BONDAGE OF Shame**

To understand the bondage of shame, it is necessary to understand and differentiate between guilt and shame. *Guilt* is a consequential feeling that is experienced when we sin against God or break God’s law. *Shame* is what is experienced when we break or don’t live up to man’s law, social standards, or even personal standards or expectations for ourselves.

Guilt is acknowledging, “I did something bad”. Shame is the belief, “I am bad”.

A person who was raised in a Christian home or a home with high values or expectations may carry shame for years because they have fallen short of the high values or expectations of the family. In addition, people can experience shame resulting from deep wounds of rejection, while others can develop an intense sense of shame because of their past home environment.

A lack of outward expression of love in a person’s family such as physical touch, verbal and non-verbal affirmation, and an inadequate relationship with parents can cause one to experience shame. A person in this kind of family situation can grow up thinking they were unlovable or inadequate in some way. Others may grow up in a home environment of perfectionism and feel they never measured up. Then, again, how many of us have truly sinned against God and others? Even though we have received forgiveness from God, we continue to live a lifestyle of trying to be perfect to atone for our own sin. This is a futile effort because none of us is able to atone for our own sin; only what Jesus did for us through his death and resurrection can accomplish that.

Many have asked God to forgive them for sins they have committed but still have not experienced complete freedom. The reason for this is because they have not been released from the shame that the sin has caused. The shame in regard to sin is a result of either dishonoring themselves, their family or the body of Christ. An individual can receive freedom from this shame once they have addressed these areas of dishonor.

What if it wasn’t you, who sinned, but someone who sinned against you? Some people are completely crippled by shame resulting from abuse they received as a child—physical, sexual, verbal, or emotional. It is not uncommon for children to carry the shame of another person’s sin into their own adult life. The dishonor that comes through abuse may have been perpetrated against a child, but the child often carries the shame of it. This kind of shame is often seen as a by-iproduct of false guilt. In this situation, it is usually necessary to begin by forgiving the one who has dishonored us. This is followed by renouncing the false guilt and shame which has been inflicted by the perpetrator and assumed by the victim. Once this is accomplished, the person is free to receive the honor they deserve as described in Isaiah 61:7, “Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours”.

A devastating result of shame is that we may adhere to a belief system that we are worthless, don’t matter, or are not worthy of love and acceptance. Most people who deal with shame may reject themselves and struggle with self-hatred. It is possible that a resulting demonic oppression may drive one to hopelessness, despair, and even a tendency toward suicide—perhaps even embracing the thought, “the world would be better off without me".

The following quote is from Neil Anderson’s book, *Victory over the Darkness.* “That’s why you are called to live by faith (Romans 1:16-17). The essence of the victorious life is already true about you. Do you have a choice? Of course! Satan will try to convince you that you are an unworthy, unacceptable, sin-sick person who will never amount to anything in God’s eyes. Is that who you are? No, you are not! You are a saint whom God has declared righteous. Believing Satan’s lie will lock you into a defeated, fruitless life. But, believing God’s truth about your identity will set you free”.

**Redemption from the shame of the sins we have committed**

The good news is Jesus took our shame to the cross as well as our sin. The redemption provided for us through the cross is clear. We first ask God to forgive us for dishonoring our family by considering the family values that have been violated. We may sense the need to ask a representative of the body of Christ to forgive us, if the sin we feel shame about was committed after we accepted Christ. If we are still not free, we may need to forgive ourselves for falling short of the reasonable expectation set by ourselves or others. Finally, it can be helpful to ask our family members to forgive us for our sin as well.

**Redemption from the sins committed against us**

We begin by forgiving the one who has sinned against us. We renounce the false guilt and the shame that we are carrying. We may need to break soul ties or inappropriate authority or both. We may need to accept and acknowledge this is the family from which I came but it does not have to be who I am today. We must find our identity in Christ and what he has done for us to become a vital living part of the body of Christ. We can then take on a new identity. No longer are we being driven by shame but we are secure in who we are in Christ.

**Redemption from ourselves**

“As far as the Devil is concerned, the next best thing to keeping you chained in spiritual darkness or having you live as an emotional wreck is confusing your belief system. He lost you in the eternal sense when you became a child of God. But, if he can muddy your mind and weaken your faith with partial truths, he can neutralize your effectiveness for God and stunt your growth as a Christian”. (This quote is taken from Neil Anderson’s book, “*Victory over the Darkness”*)*.*

“We can be our own worst enemy. The lies that we believe. Some lies are from the enemy, some we have adopted on our own.

**For freedom;** Identify the lies and pray; *God forgive me for believing this lie and I renounce it in the name of Jesus; it no longer has power over me.*

Some of our beliefs might be identified as self-imposed curses. We can pray; *Lord I ask forgiveness for speaking this curse over my life, I renounce this curse in the name of Jesus, it no longer has power over me.”*

*“Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs.”* {Isaiah 61:7 NKJV)

**SELF-PITY**

*By Cindy Nichols*

**What is self-pity?**

Pity is an emotion that often brings about emotional intimacy with others as we share in their pain. Pity can also motivate us to take action on the part of another person*. Self-pity is the**process of turning an emotion inward that is meant to bring about emotional intimacy with others; thereby blocking our ability to emotionally connect with God and others*. Ironically, self-pity is driven by a desire for emotional intimacy. It can become an addictive behavior as we seek the pity of others in an attempt to connect emotionally. But, since it is difficult to connect emotionally with someone whose focus is inward, that need goes unmet, which increases the self-pity; thus, a vicious cycle begins. It can become a thirst that is never satisfied and can become an addictive behavior. Many would rather live with their self-pity because they don’t know how they can live without it. They adopt the identity of a victim and want to stay that way.

**What causes self-pity?** Self-pity can be the result of:

* Emotionally withdrawn parents or rejection
* Physical, psychological, or emotional abuse
* Feeling of sorrow or loss over unmet expectations (the “If Only’s”)
* Fear of other people or circumstances
* Feeling that a situation or circumstance is a punishment from God for a sin
* A means of punishing one’s self for shame or guilt
* A self-curse or a curse by others - I’m so stupid… ugly; I’ll never be …; I don’t deserve…
* A behavior that is modeled by a parent which becomes a generational sin
* A lack of hope
* Self-pity may be the result of an offense done to us by another person

**Recognizing Self-pity**

Self-pity is most often revealed in our words and our thoughts. The following are some ways to identify signs of self-pity:

* Repeatedly telling others, sometimes even strangers, about your difficulties or an offense
* Continually thinking about an offense, or the person who offended you
* Asking why did this happen to me
* Feelings of unfairness which can be recognized in statements such as “it’s not fair” or “I didn’t deserve”
* Self damning global statements such as “I will never succeed…I always fail…nothing good ever happens to me”
* First person focused thoughts – “I, me, my”

For example: The parent who is distraught over a wayward child, not because the child is acting out of pain but because the child’s behavior somehow reflects on the parent’s failure in parenting. This can be rather difficult to identify but is more obvious when you ask yourself: What about this situation is causing me pain? Who is the *real* focus of your concern? Listen to yourself and be aware of your emotions as you think or talk about the situation. Do you feel shame or guilt (self-pity) or do you feel compassion for their pain?

* Comparison and envy

When we compare ourselves to another person, especially in areas where we are lacking, or are envious of another person we are in essence saying: “poor me, I don’t have ‘xyz’… it’s not fair”. This is why Proverbs 14:30 says *“envy rots the bones”.* Comparison and envy break off relationship and create isolation; the opposite of emotional intimacy.

* Pride

Sometimes pride is a shield that self-pity hides behind. Sometimes when you have endured some horrific offense against you; there is a source of pride in telling others about how you have ‘overcome’. Your own strength of resolve becomes the focus of others praise when you recount your story; but self-pity is lurking beneath the ‘apparent strength’ nonetheless.

**Biblical Examples of Self-pity**

Many of the Old Testament characters were full of fear and self-pity. As you read, look for the phase ‘But so-and-so said’ after God tells them to do something. The person is either pretty gutsy or full of self-pity to contradict God’s command to do something. The books of Genesis and Exodus have several examples of this.

* In Genesis 12:10-20, Abraham tells Sara to say she is his sister, because he fears for his own safety (this falls under the heading of fear of others).
* In Genesis 15:1-18, Abraham asks God what reward God could give him, since he is childless.
* In Judges 6:12 to 7:15, Gideon tells God he is the weakest of his clan.

**Results of Self-pity:**

* Staying stuck in unforgiveness towards another person.
* Continually focusing on the offense or the offender; thereby, remaining in a wounded state.
* Creating a false sense of having a ‘right not to forgive’. You begin to think to yourself (whether you are conscience of it or not) “Look how this person has done this awful thing to me. I have the right to feel sorry for myself and to not forgive them”.
* A diminished view of God and His character which creates a belief that God has let us down; will let us down; isn’t capable of solving our problems; is punishing us for some sin; or worse yet, doesn’t really love us. Regardless of the wrong belief, it creates a *dis*trust of God; which is contrary to His command for us to *trust in Him.*
* Another result of self-pity is a sense of hopelessness, or a lack of hope. Hope is a belief that something desired is obtainable; it also involves trust and reliance.

As you look at the definition of hope, you find it has three basic elements: confidence, expectancy, and security. Because hope is confident, secure, and expectant; it creates in a person an inner attitude of openness toward God, towards other people, and towards life. This is extremely important, because we receive what we expect, and we receive only what we are open to receiving. When we do not have hope, we are pessimistic--expecting the worst. Therefore, we put up protective barriers against life, against people, and against God. Then, we wonder why we never seem to receive anything.

**Possible results of hopelessness:**

* Relationship problems

# Many times, attempts at personal relationships are futile, because we are afraid to commit ourselves in trust to another person. We have no confidence, because we fear what we have offered the other person will not be valued, will not be appreciated, or will not be responded to in a positive manner. Either we do not reach out to the other person, or we do not allow them to reach us. Hopeless people lack assurance that God values what they have to offer Him and also feel that God will not respond to them.

* A general sense that everything is beyond our control. When we feel like we have no control to change circumstances, we begin to blame others for our problems and do not accept responsibility of how we may have contributed to our circumstances.
* When we feel there is no hope, we develop a self-centeredness for emotional survival.
* It leads us to block or ignore other people’s emotions.
* Hopelessness becomes a curse we bring on ourselves.
* Hopelessness becomes a stronghold of the enemy.
* Hopelessness creates bitter root judgments from, comparison and envy of those who God seemingly favors.
* Hopelessness prevents praise.
* Hopelessness brings about depression and despair.

**Redemption**

So how do you find release from such depths of hopelessness, despair and depression?

Begin with making a list of “what the world owes you”. Parents, Government, God, whoever. Begin relinquishing your rights to all that you feel robbed of. Give up the right to everything you thought you deserved and did not receive. (Be specific)

Next confess the sin of self-pity. Confess any wrong beliefs about God’s character; doubting His sovereignty, goodness, and kindness. Confess and repent of your feelings of hopelessness, disappointment, fear, or anger.

Forgive others who have wounded you.Ask God to forgive you for misjudging His character, for doubting Him, and for blaming Him.You may also need to forgive yourself for the sin for which you are punishing yourself.Relinquish the right to your self-pity**.** You may also need to relinquish the right ‘to not forgive’. Ask for the grace, or ability, to hope.

It is especially important to praise God for the attribute of His character that you misjudged;His sovereignty and goodness, His desire for relationship with us, and His love for us.Find Scriptures that demonstrate attributes in His dealings with other people. **‘**Taking every thought captive’ and ‘renewing your mind’ are the keys to getting free and staying free from self-pity. Helping others can also take the focus off of yourself.

Give thanks (1Thessalonians 5:18, Psalms 136). Make a list of things to be grateful for. Begin cultivating a heart of gratitude. Find someone to hold you accountable.

Sometimes pride can play a part in self-pity and may need to be confessed and repented. Pray and ask God to reveal this to you.

**Performance Orientation**

Performance orientation is a constant striving by our own human efforts, motivated by fear in an attempt to obtain love through what we do. It can have its roots in our lives from a young age. When we only receive approval or praise for performing well, we can begin to believe our worth comes from what we do. For example, one child has great athletic ability and is affirmed when they do well. Another may have the ability to bring home good grades and is affirmed only when they have top honors. It is often possible that we begin to relate to our Heavenly Father in this same way. We feel the same need to perform for His acceptance, love or even His forgiveness. The lie may be, “I don’t believe God loves me unless I measure up.”

Within families there is often subtle comparisons made between siblings. One sibling might be praised for their accomplishments while the other goes unnoticed. The point is many children receive acceptance for what they do rather than for who they are. Our job as parents is to instill worth in our children and encourage the gifts and character qualities in each one. This is best done by acknowledging that no gift is greater than the other but all gifts are from God.

Competitiveness, overachieving, and perfectionism are closely related. Performance orientation is also a common condition among Christians which involves a constant striving by human effort. (Galatians 3:3) *“How foolish can you be? After starting your Christian lives in the Spirit, why are you now trying to become perfect by your own human effort?”* Our Father’s loving acceptance of us has nothing to do with our performance. He accepts us for what Christ has done for us. His acceptance and love, like grace, are freely given, undeserved, unmerited, un-earnable, and unrepayable.

We often have a head knowledge about the free gift of salvation, but the heart retains the habit of earning love by performing. In our human efforts we strive for acceptance and love. Tension, fear of rejection, and wrong motives impel the person to continue this behavior far into their adult life and even after salvation. There is nothing wrong with doing well and working hard, but often we work hard for the wrong reason or the wrong motive. God encourages us to serve others from the overflow of His love for us. Are we serving to receive acceptance from others and from God or because we want to share the love, He has freely given us?

God’s unconditional, eternal, infinite love, can make up any love deficit in any human life. Without it there will always be a void. It is God who gives us our significance. It is a total gift of God’s grace. You cannot add one bit to it. If you succeed in everything you do, it does not add anything to your eternal worth. On the other hand, if you fail in everything you attempt and your whole life is a personal disaster, you do not diminish that eternal worth even a little.

One might be under the bondage of performing if the word should is often used in self talk or conversation with others. I should do this, I should have done that, I shouldn’t have done that, I need to be more… I ought to do…

**The causes of performance can be:**

* Deep-rooted rejection, neglect, abuse or where, outburst of anger are, prominent.
* Wrong motives or a wrong view of what “success” is.
* Escape from one’s pain.
* Feelings of inadequacy, inferiority or guilt
* Hidden resentment from the past, especially early childhood.
* Lack of proper identity and security in Christ.
* Bitter-root judgment and expectancy.
* Parents instilling a competitive spirit in the child, basing their acceptance on performance at school, sports, arts or financial success.
* High standards one puts on himself.
* Parents speaking “shoulds” to their children

**The Redemption steps are:**

* Pray and ask the Holy Spirit to reveal the effects of performance orientation in your life.
* Ask forgiveness for striving for His acceptance and love.
* Identify and forgive those who showed acceptance based on your performance.
* Renounce aloud the whole pattern of performance.
* Ask the Heavenly Father to show you His unconditional love and acceptance.
* Pray and choose to believe what God’s word says about you.

**Renewal**

Practicing the presence of God, the abiding presence of Christ, helps to overcome Performance Orientation. It provides a deep sense of acceptance and affirmation from the Father, helping us to secure our proper identity. It is wonderfully healing, and promotes a state of rest and peace to the soul. It enables us to be in a position to hear the Father’s voice of affirmation and guidance. “Let us therefore be diligent to enter into that rest.” (Hebrews 4:11) It is the secret of sanctification.

**Soul Ties**

God created us for relationship with Him. He also created us to be relational beings and form closeness and unity with others. But, when our relationships are inappropriate, we break relationship with God and directly affect our relationships with others. There is bondage that comes from having inappropriate relationships (such as sex outside of marriage or someone taking advantage of us sexually against our will). We call this type of bondage “soul ties”.

*“Or do you not know that the one who joins himself to a prostitute is one body with her? For he says, ‘The two will become one flesh.’ But the one who joins himself to the Lord is one spirit with him”* (1 Corinthians 6:16-17).

*“For this reason, a man will leave his father and mother and be united to his wife, and they will become one flesh”* (Genesis 2:24).

Soul ties can occur through strong emotional relationships, sexual experiences, or relationships of inappropriate authority. The bondage that comes from soul ties can keep us from functioning in healthy ways in other relationships. For example, if we have strong emotional ties with someone or have had a physical relationship with someone before marriage, these ties can hinder us from fully becoming one with a spouse.

Regarding purity, the Scriptures tell us that our body is considered to be the temple of the Holy Spirit. Scripture cautions us against defiling our temple by sinning sexually. Through the process of breaking soul ties a cleansing takes place so purity can be restored.

*“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of him who called you out of darkness into his marvelous light”.* (1 Peter 2:9).

*“Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as He who called you is holy, so be holy in all you do; for it is written: ‘Be holy, because I am holy’”* (1 Peter 1:13-16).

**Redemption**

To prepare for the ministry of breaking soul ties, take a time to pray and ask the Holy Spirit to reveal those areas where soul ties exist in your life. Consider the following:

* Are there areas of impurity (sex, inappropriate touching, lustful thoughts, etc.)?
* Has anyone defiled me?
* Have I defiled anyone?
* Are there emotional ties that need to be broken?

It can be helpful to compose a chronological list; starting with the first incident you remember and working your way to the present. You may want to consider discarding photos, memoirs or gifts from those you were in an inappropriate relationship with. Pray and ask the Lord to show these things. When soul ties are broken, we experience freedom that can leave us feeling pure and clean again; free from guilt and shame.

**Soul Tie Prayer**

This prayer is used to break spirit and soul ties when sins of adultery, fornication, homosexuality, bestiality, pornography, or prostitution are an issue.

**Heavenly Father, I ask you to forgive me for committing the sin of [name the specific sin] \_\_\_\_\_\_\_\_\_\_with [name the person]\_\_\_\_\_\_\_\_, I take back any ground I gave the devil through this relationship. I bind, cast off and put away from me any evil influence of their spirit over my spirit or my spirit over their spirit. I cut off any spirit and soul ties and any affinity. I renounce this relationship once and for all, in the name of Jesus.**

**Inappropriate Authority Prayer**

This prayer is used to break the power of an inappropriate authority in your life. Inappropriate authority would be defined as someone oppressing, controlling, dominating, or manipulating someone in a relationship:

**Heavenly Father, I ask you to forgive me for allowing [name the person]\_\_\_\_\_\_\_\_ to have inappropriate authority in my life and I forgive myself for allowing it. I take back any ground that was given the devil through this inappropriate authority. I bind, cast off and put away from me any evil influence of [the person’s] spirit over my spirit. I cut off any spirit and soul ties. I renounce this relationship and I renounce this inappropriate authority, once and for all, in the name of Jesus. (If applicable, you may also want to renounce the spirit of slavery).**

**Alternate prayer; for child abuse**

**Heavenly Father I forgive \_\_\_\_\_\_\_\_for the inappropriate authority they had in my life. I take back any ground……..**

**Ministry Worksheet**

***Pray and ask God to reveal specific issues to consider praying about:***

1. List the Non-Christian spiritual or religious experiences you may have been involved in.

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1. Who might you need to forgive and for what? (consider authority figures)

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1. Are there any traumatic experiences for which you would like to receive prayer.

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## What “If Only’s” or rights are you holding onto you might like to relinquish?

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1. Is there a person or relationship you might you like to relinquish?

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## List possible generational or hereditary sins you might like to break or renounce.

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## List curses to renounce. (i.e. negative words spoken to you, self-talk, implied cur

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1. List any vows, inner vows, or judgments to confess and renounce.

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1. List the regrets in your life. What you should have done or shouldn’t have done.

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1. In what way might you have dishonored yourself, parents, others, or the body of Christ:

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1. Is there an area of sin in your life where you do not feel forgiven or free?

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***As a result of the above, circle any bricks of rejection and/or rebellion in your life, to ask forgiveness for or renounce:***

**Rejection:**   
Sadness – Self-Pity – Self Hatred – Depression – Apathy – Inferiority – Insecurity - Failure – Guilt – Dimness – Dying – Despairing – Discouraged – Quenched.

**Rebellion:**  
Hostility – Conceit – Sophistication – Elation/Deflation – Superior – Competitive – Dominant Rigid – Manipulative – Stubborn – Unteachable – Bitterness - Resentment – Critical – Controlling – Possessive.

**Which is your cardinal sin?**

1. Pride
2. Unbelief
3. Both

**Rebuilding Our Lives to Align with God’s Plumbline**

We see this rebuilding part of the class as important as the ministry part. One teacher we had in our school suggested that deliverance is 10% of the healing process and walking out that healing is 90%. This varies with individuals, of course, because we are each unique, individuals. The principals we have been sharing with you during this time are basic Christianity. Learning to live it and apply it to your lives is a big part of rebuilding. We hope you will acquire some principals that are basic in life and essential to healthy relationships. We also hope you will continue to apply these principles to your life and pass them on to your children. Then they might see the power of God working in a tangible way in their lives and families.

Often during the first few weeks of the class a cloud of deception is lifted and you are able to see life more clearly. The freedom experienced in this time will cause you to want more freedom in other areas of your life. When this happens, you will have rebuilding tools and principals that you can apply to assist you the rest of your life.

One of the important principles from Scripture is to respond in the opposite spirit. If you recognized, for example, that you have been critical or judgmental toward others, you could begin changing this by looking for ways you can encourage or compliment others. If you have been living a life wallowing in self-pity, you could begin changing that by praying and giving thanks for the blessings in your life. When unwanted feelings come back toward someone, it doesn’t mean what you did in ministry did not work. It is more probable that there is a specific issue not addressed during your ministry time that you are having a new understanding. Now, you can deal with this issue and gain more freedom.

Other common challenges are: how you see yourself, your self-talk, and the need to sometimes continue living with or relating to an individual you have had to forgive. Just forgiving someone doesn’t mean they are going to change. One difference now however may be, you may have a greater tolerance toward the person, and you will have the ability to set healthy boundaries in that relationship. We have seen this happen immediately after an initial ministry, which in itself is like a miracle. If you had a low esteem of yourself, the “I Am” scriptures can be a great help for you. The “I Am” scriptures are great refrigerator material. When we have lies in our belief system, we can start eliminating those lies by filling our mind and spirit with God’s word.

Do you remember the Scripture about the unclean spirit that was cast out and when it returned, it found the house empty? Once you renounce a false belief or a curse spoken over you, try to apply truth by asking for revelation from the Lord or meditating on scripture that is truth about who you are in Christ. A helpful resource for this is the “Scriptural Counseling Guide” in this manual and the book “Telling Yourself the Truth” by William Backus. Now you can easily find these scriptures on the internet Bible programs.

Review of the following articles in your manual:

* “**I Am**” scriptures” - Read each one out loud with the group
* **The Scriptural Counseling Guide** – is a good resource for times of struggle. These can help you with the bricks you renounced. These can be used in going to the cross daily.
* **The Dirty Dozen**
* **Conquering Impure Thoughts** - The things we think about are the things we become. Scripture says think on these things that edify.
* **Attributes of God** – These are great for offsetting the lies we have believed about God’s character.
* **Reference Materials** – These are additional resources for understanding this ministry.

“...in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self which, in the likeness of God, has been created in righteousness and holiness of the truth” (*Ephesians 4:22 - 24*).

**Reconciliation-** Part of rebuilding is also reconciliation. We have seen many, including ourselves, recognize the need and are convicted of our offense toward others. For the sake of restoring relationships, many are compelled to seek the possibility of reconciliation not only with those we have offended but with those who have offended us as well. This attempt is not always successful the first time. The ones who have tried this and were unsuccessful had not prepared before attempting this next step to freedom.

**My offense toward others**- Go to God and ask how you have offended someone. He will tell you. I received revelation of so many ways I had hurt my family. I made a specific list of times and events when I had hurt with each one. I went to each child one and asked forgiveness for my actions. I then asked each one to share other times they remembered I had hurt them so we could deal with every unresolved conflict. When you do this, be direct: “I realize I offended you in this way. I am sorry for my actions. I was wrong, would you forgive me”? (Be specific). Don’t say “if” I have offended you.

In each case, do not make excuse for or blame someone else for your actions. If this is the first time you are discussing an offense, it may take a person some time to process the offense and there may be some emotion involved. That is okay. What often happens with family members is that they may not be as prepared for how to forgive effectively. They may try to pass it off as if it did not matter and respond with “that is ok” or “that didn’t bother me”. When this happens, it seems the loop is never quite closed on the event. Please, for every one’s sake process the offense with “would you forgive me?” and ask them “do you forgive me?” “Yes, I forgive you”.

**Who offended me** - **No one you have forgiven needs to be advised, that you have forgiven them.** You are not going to receive a merit badge for your mercy.

You have nothing to gain by going to a past abuser and telling them you have forgiven them. *An opportunity may occur for doing this by divine appointment.* An abuser may come asking forgiveness for what they did, don’t try to manipulate that, let God do it.

There can be an advantage to going to someone who hurt you if your reactions were ungodly. This is not something you accomplish if approached in the wrong way. When approaching someone who has wronged you, for example, go in humility and repent of our wrong reaction to what happened. The son, who rebelled and got into sex drugs and alcohol, may not use what his dad did to him as an excuse. Take responsibility for your wrong behavior and go to your parents and ask forgiveness for what your wrong reaction was. You will accomplish nothing and can even make things worse if you go to them and say “I prayed and forgave you for all the horrible things you did to me when I was a child”. It is common that the one who offended you or abused you does not think they did anything wrong. If you are attempting to convince them how wrong they were and how righteous you are; you are going with the wrong motive. Occasionally, they in turn will know that they had a part in your rebellion and ask for forgiveness.

I do wish to qualify this procedure, is not wise to attempt with a criminal action such as a rape or incest. We have seen this attempted before receiving instructions, and the person thought they needed to tell the guy that raped her that she had forgiven him. He simply laughed at her and raped her again.

**Trust:** If trust has been broken, ask how you might rebuild that trust.

**Restitution:** Within some offenses there may be a monetary value to the offense. If this is the case, you may need to make restitution and arrange with them a way to repay what was lost.

**Generational Sins:** We asked our children for forgiveness, we prayed with them. We pointed out the generational sins we had identified so they could renounce them. We did not make excuses or try to blame someone else. This, of course, needs to be done with children at an age appropriate time.

**Grieving:** You may need to grieve the loss as part of the healing process. If you are still having regrets about areas you began to release in ministry you may need time to grieve the loss you are experiencing. Some rights that we try to relinquish, may be difficult to release at first.

**Wrong Responses:** Some wrong ways to respond when asked for forgiveness:

To forgive with conditions, or statements like “that didn’t bother me”, “You always do that”, or “You’ll never change”.

**Keep short accounts:** When you recognize you are hurt, go to the person and ask if you can talk about what happened. Often it is our perception or a misunderstanding which can cause us to prejudge, or add one offense onto another until we have a hard time knowing when it all started. Instead of dumping all your garbage on them, take it to the Lord or an accountability partner.

**Rejection**: If you have been rejecting someone, go to them and ask forgiveness for your wrong behavior.

**Attitude:** If you have had an attitude problem with someone, ask God to show you what the cause of it is and forgive them.

**Do your part**: Go in love and realize how they respond is their choice.

**Don’t Deny**: When someone hurts you, don't stuff it. Acknowledge the pain, rather than denying it. Cry out to God. “God that hurt, I forgive them please come and heal this hurt”.

**Go to the Cross Daily:** Consider each day and ask the Lord what you need to release to Him. When negative thoughts come, renounce them and begin claiming truth. This is especially important to those attempting to move away from a passive aggressive personality.

**Confrontation:** In most cases, our reason to confront someone should be because you care about them and not because you want to show who is right or for revenge. Confront them for their benefit not yours.

**Expectations:** Unmet expectations can be an ongoing hurt or offense if you let them. You may have forgiven and are ready to move on, but the one you forgave may not have changed at all. This can cause a relapse if you go home to visit and expect mom or dad to treat you differently. This can be unrealistic and another place to practice relinquishment.

**Honor your father and mother:** Ask the Lord to identify instances of dishonor with spouse parents, etc. and repent. (Fornication before marriage is dishonor toward spouse and parents in most cases.) Review the article on The Bondage of Shame in this syllabus. In some homes, the best an adult child can do is honor the parent for giving birth.

**I AM**

*Unknown Source*

**God’s child.**  For I have been born again. This new life will last forever because it comes from the eternal livingword of God (1 Peter 1:23)

**Forgiven of all my sin and washed in the blood. (**Ephesians 1:7, Hebrews 9:14, Colossians 1:14, John 1: 9)

**A new person**. (2 Corinthians 5:17)

**The temple of the Holy Spirit.**  (1 Corinthians 6:19)

**Delivered from the power of darkness and brought into God’s kingdom.**  (Colossians 1:13)

**Redeemed from the curse of the law**.

(1 Peter 1:18-19; Galatians 3:15)

**Blessed.**  (Deuteronomy 28:1-4; Galatians 3:9)

**A saint**. (Romans 1:7; 1 Corinthians 1:2; Philippians 1:1)

**The head and not the tail.** (Deuteronomy 28: 13)

**Above only and not beneath**. (Deuteronomy 28:13)

**Holy and without fault before Him.** (1 Peter 1:16; Ephesians 1:4)

**God’s chosen.** (Colossians 3:12; Romans 8:33)

**Strong to the end**. (1 Corinthians 1:8)

**Brought near by the blood of Christ**. (Ephesians 2:13)

**Victorious**. (Revelation 2:17)

**Set Free.**  (John 8:31-33)

**Strong in the Lord** (Ephesians 6:10)

**Dead to sin**. (Romans 6:2, 11; 1 Peter 2:24)

**Overwhelmingly victorious**. (Romans 8:37)

**Joint heirs with Christ**. (Romans 8:17)

**Sealed with the Holy Spirit of promise**. (Ephesians 1:13)

**In Christ Jesus by God’s own doing.** (1 Corinthians 1:30)

**The recipient of God’s wonderful kindness.** (Ephesians 1:13)

**Complete in Him**. (Colossians 2:10)

**Crucified with Christ**. (Galatians 2:20)

**Alive with Christ** (Ephesians 2:5)

**Free from condemnation**. (Romans 8:1)

**Qualified to share in His inheritance.** (Colossians 1:12)

**Firmly rooted, built up, established in my faith and overflowing with gratitude**. (Colossians 2:7)

**Spiritually circumcised from my sinful nature.** (Colossians 2:11)

**A fellow citizen with the saints and a member of God’s family.**  (Ephesians 2:19)

**Built upon a foundation of the apostles and prophets.** Jesus Christ Himself being the Chief Cornerstone. (Ephesians 2:20)

**Like Christ** **here in this world** (1John 4:17)

**In God’s family** **and the evil one cannot reach me.** (1 John 5:18)   
**His called, chosen and faithful follower.** (Revelation 17:14b)

**Overtaken with blessings.** Deuteronomy 28:2; Ephesians 1:3)

**His disciple. Because I have love for others**. (John 13:34-35)

**The light of the world.**  (Matthew 5:14)

**The salt of the earth.**  (Matthew 5:13)

**Made right with God and healed with His wounds**. (2 Corinthian 5:21: 1 Peter 2-24)

**Sharing in His divine nature.**  (2 Peter 1:4)

**Chosen to live a holy life.**  (2Timorhty 1:9)

**God’s choice possession out of all creation**. (James 1:18)

**Chosen.**  (1 Thessalonians 1:4; Ephesians 1:4; 1 Peter 2:9)

**An ambassador of Christ.**  (2 Corinthians 5:20)

**God’s masterpiece. Created in Christ Jesus for good works.**  (Ephesians 2:10)

**God’s most precious possession and the apple of His eye**. (Deut. 32:10; Psalm 17:8)

**Healed by the wounds of Jesus.** (1 Peter 2:24; Isaiah 53:5)

**Being changed into His image.** (2 Corinthians 3:18; Philippians 1:6)

**Raised up with Christ and seated in heavenly places.**  (Colossians 2:12; Ephesians 2:6)

**Reconciled to God.** (2 Corinthians 5:18)

**Loved by God.** (Colossian 3:12; Romans 1:7; 1 Thessalonians 1:4)

**One in Christ.**  Hallelujah! (John 17:21-23)

**I HAVE**

**The mind and attitude of Christ.** (Philippians 2:5; 1 Corinthians 2:16)

**Received an inheritance**. (Ephesians 1:11)

**Access by one Spirit unto the Father.** (Hebrews 4:15; Ephesians 2:18)

**Overcome the world**. (1 John 5:4)

**Eternal life and will not be condemned.** (John 5:24; 6:47)

**The peace of God which is beyond understanding.** (Philippians 4:7)

**Received power, the power of the Holy Spirit; power to lay hands on the sick and see them recover, power to cast out demons, power over all the power of the enemy, and nothing shall by any means hurt me.**  (Mark 16:17-18b)

**I LIVE**

**By and in the law of the Spirit of life in Christ Jesus.** (Romans 8:2)

**In obedience to Christ Jesus.**

(Philippians 4:13)

**I CAN**

**Do all things through Christ Jesus.** (Philippians 4:13)

**I POSSESS**

**The greater One in me, because greater is He who lives in me than he that lives in the world**. (1 John 4:4)

**I PRESS**

**To reach the end of the race to receive the prize for which God, through Christ Jesus, is calling us to heaven**.

(Philippians 3:4)

**On to triumph in Christ.**

(2 Corinthians 2:14)

**On to show others God’s goodness.**

(1 Peter 2-9)

**I AM CREATED. . .**

*Unknown source*

### Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### I am created in God’s image. (Gen. 1:26, 28)

#### God loves me unconditionally for who I am. (John 3:16, Rom. 5:8)

#### I am precious. I am priceless. I am redeemed by the precious blood of Christ. (Ps. 49:7-8; 1 Pet. 1:8)

#### I am a saint of God. I am justified. (Rom. 5:1)

#### I am sanctified. (Heb. 10:10; 1 Cor. 1:2, 6:11)

#### I am a prince (princess) in God’s kingdom. (Ps. 113:3-8; 1 Pet. 2:9)

#### I am a child of God. I belong to God’s family and household. (John 1:12; Eph. 2:19)

#### I am a son of God adopted into His eternal family. (Gal. 3:26; Eph. 1:3, 5)

### Lord, I believe You.

### Signed:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_The Cross**

# *Unknown Source*

# What Jesus did for Me!

He took my **PUNISHMENT** that I might be forgiven! (Is. 53:4-5)

He was **WOUNDED** that I might be **HEALED**! (Matt. 8:16-17)

He was made **SIN** with my sinfulness that I might be made **RIGHTEOUS** with His righteousness! (Is. 53:10)

He tasted **DEATH** for me that I might share His **LIFE**! (Heb. 2:9)

He was made a **CURSE** for me that I might receive a **BLESSING**! (Gal. 3:13-14)

He endured **POVERTY** that I might share His **ABUNDANCE**! (2 Cor. 8:8-9)

He bore my **SHAME** that I might share in His **GLORY**! (Matt. 27:35-36)

He has endured my **REJECTION** that I might have His **ACCEPTANCE** with the Father! (Matt. 27:45-51)

He was **CUT OFF** (SEPARATED) by death that I might be **JOINED** (HAVE UNION) with the Father forever! (Is. 53:8)

My **OLD MAN** was put to death that my **NEW MAN** might come to life in me! (Rom. 6:6)

**The Challenge of the Cross**

1. **DENY SELF**: Say no to ego

2. **TAKE UP THE CROSS**: The instrument that puts you to death

3. **BECOME A SEED**: That falls into the ground-burial

4. **FIND A NEW LIFE**: Beyond the cross and the grave

## The Dirty Dozen

## *Beliefs Guaranteed to make your Life Miserable*

*Unknown Source*

## Watch out for these:

1. I must be approved of and loved by all the “significant others” in my life.
2. Everyone should think or believe the way I do.
3. I should never make mistakes. I should never fail. I should be perfect.
4. I should never let anyone (especially those I love) down.
5. My life must be conflict free (especially with those closest to me).
6. I need to be accepted by others at all costs.
7. My life should always be happy.
8. Everyone needs to understand me.
9. Everyone needs to agree with me (especially those who love me).

(Loving someone means you’ll always agree.)

1. I need to perform well to be loved and accepted.
2. No one can dislike (or hate) me.
3. I can’t change the way I am.

### THE JOHARI WINDOW

#### INTRODUCTION:

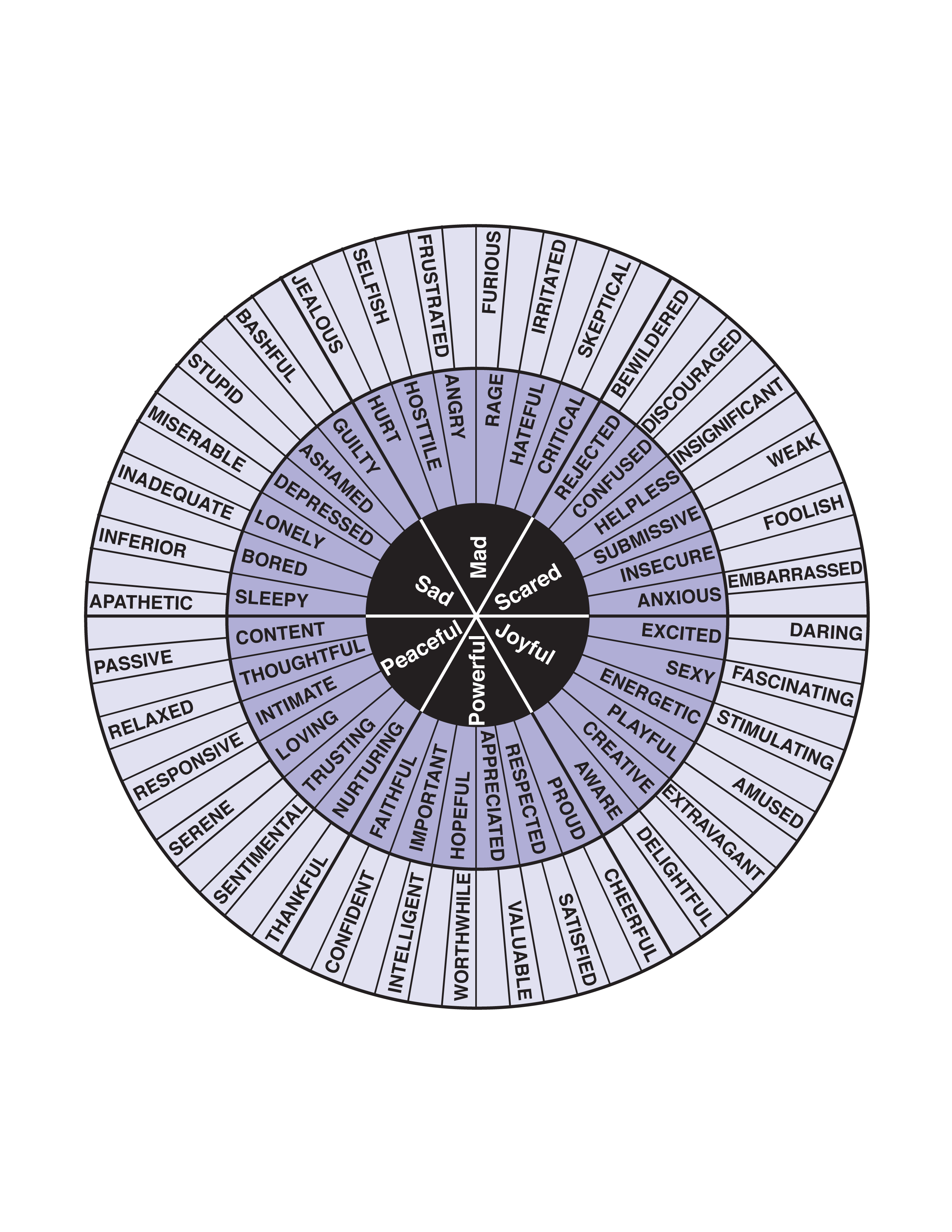
**Known To Self Not Known To Self**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1. SHARED OR OPEN AREA** | **Known**  **To**  **Others** | **1.** | **2.** | **2. BLIND AREA** |
| **3. HIDDEN AREA** | **Not**  **Known**  **To**  **Others** | **3.** | **4.** | **4. KNOWN ONLY TO GOD** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **2.** |  | **1.** | **2.** |
| **3.** |  |  |  |  |
|  | **4.** |  |  |  |
|  |  |  | **3.** | **4.** |

##### DEFENSE MECHANISMS CHARACTERISTICS OF TRUST

##### APPROPRIATE SELF-DISCLOSURE ESTABLISHING TRUST



**The Feeling Wheel**

**The Lerc Model**

*From the book Rational Christian Thinking*

*Life Event Revelation Chart*

###### Part 1

The LERC model is simply a tool used by, and in conjunction with, the Holy Spirit to identify false beliefs within our own personal belief system, specifically to repent or renounce (lay aside, cast off, turn away from) the false beliefs (lies) and replace them with the truth, God’s Word.

**BEING TRANSFORMED BY THE RENEWING OF YOUR MIND**

“...in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self which, in the likeness of God, has been created in righteousness and holiness of the truth” (*Ephesians 4:22 - 24*).

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is - that which is good and acceptable and perfect” (*Romans 12:2*).

### Word Study

***Transformed*** - suggests a major **change** in form, nature and function. It also means to *convert*, which is to **change** in character, condition, and potential, fitting something or someone for a new or different use, function and/or purpose. *Metamorphose* is a root word of *transform* which suggests an abrupt or startling **change** induced by a supernatural power. *Transfigure* also is identified with the word *transform* which means a **change** that exalts or glorifies.

### To be transformed is to be changed.

***Renew*** - to make like new, to restore to freshness, vigor or perfection - to *revive*.

* *Regenerate* - to make new spiritually.
* *Rebuild* - to make extensive changes in.
* *Restore* – to imply a return to an original state after depletion or loss.
* *Rejuvenate* – to restore youthful vigor, power and appearance.
* *Resume* - to begin again.
* *Repeat* - to do again and again.
* *Renewing your* ***mind***, then, is the rebuilding and restoration process of your mind. It is a continual process, one we embrace again and again.

**And so, to be transformed by the renewing of your mind is to be changed by the rebuilding and restoration of your mind so that you can put on the new self which is the likeness of God which has been created in righteousness and holiness of the truth.**

What is a Belief System?

###### A. Activating Event

An ***Activating Event*** is a situation or circumstance that occurs in our outer world (interaction that happens outside of ourselves), or in the inner world of our mind (our imagination or memory). The activating event is viewed through our own perceptions based upon the information in our personal *belief system*. When an *activating event* occurs, more often than not, we become aware of particular feelings which we refer to as *consequential feelings*.

###### Belief System

A ***Belief System*** is a reservoir within our mind that contains our *values, opinions, perceptions, desires, attitudes, experiences, memories, self-talk, ideas, thoughts, etc.*

This is where we gather our information to create our world view.

###### C. Consequential Feelings

***Consequential Feelings*** are those feelings that seem to arise suddenly and spontaneously with an activating event.

Example: An outburst of anger over your child spilling his/her milk at the dinner table.

***Consequential feelings*** are expressed or unexpressed, exaggerated emotions over everyday life events. These feelings and emotions often consume us and capture our attention as well as the attention of others. These feelings and emotions oftentimes victimize us; consequentially, we oftentimes victimize others with behaviors that are a result of these feelings and emotions. Because these feelings and emotions can often seem and appear to be uncontrollable, we decide to behave in inappropriate ways. Sometimes these feelings can be suppressed and may not be evident, but still result in inappropriate behavior, which we refer to as *decisive behavior*.

###### D. Decisive Behavior

***Decisive Behavior*** is a specific action performed and/or displayed as a result of experiencing the *consequential feelings* brought about by an activating event that was viewed through our own perception gathered from the information stored in our belief system.

Example: Meet Joe Sommers. He is a 44 year-old executive. When he was a little boy, he used to watch scary and violent movies about snakes with his dad. One time when Joe was 10 years old, he went camping with his grandpa and grandma. During the night, a snake crawled into his tent and wrapped itself around Joe’s shoe. Joe grew up with a strong dislike for snakes.

One Saturday morning not too long ago, Joe was enjoying a leisurely walk in his neighborhood. While walking, Joe saw a snake cross the sidewalk up ahead of him. Joe stopped suddenly! He became rather anxious, then began to panic and became very much afraid. He was so afraid that he couldn’t talk or move. It seemed he was paralyzed. Finally, Joe screamed at the top of his lungs and ran down the sidewalk in the opposite direction.

**A. ACTIVATING EVENT:**

1. **CONSEQUENTIAL FEELINGS:**

**D. DECISIVE BEHAVIOR:**

**B. BELIEF SYSTEM:**

EXAMPLE:

**A B C D**

Sees Snake 1. Snakes Are Harmful. Fear Runs Off

2. It Will Kill Me. Panic Yells

Anxiety

**Life Event Revelation Chart (Part 1)**

|  |  |  |  |
| --- | --- | --- | --- |
| **A**  **Activating Event** | **B**  **Belief System**  **(Old Man)** | **C**  **Consequential Feelings** | **D**  **Decisive Behavior** |

**Outline for Rational Christian Thinking**

##### & RATIONAL Self-analysis

**ABCDs OF AN EMOTION**

**A. Activating Event** That which happens outside of us or inside  
our mind which indicates the **ABCD**.

**B. Belief System** What we use to evaluate and draw conclusions about the activating event.

1. Evaluative Judgments - positive, negative, neutral

Example: The world is a dangerous place.

2. Self-talk - internal dialogue going on in our minds

Example: I always fail. God loves me just the way I am.

3. Memories - those ideas, images, and experiences from the past that affect our present belief system

Example: Crowded situations - cause anxiety

4. Unique perceptions - our unique way of viewing things

Example: Poi is ono (Poi is an Hawaiian dip that taste like wallpaper paste)

Perception vs. Fact: Perception is not necessarily factual. Facts are not debatable but perceptions are. Most of us believe that how we perceive things is factual.

**C. Consequential** Feelings that arise from the activating event as interpreted through ourbelief system.Feelings: depression, fear, confidence, etc.

**D. Decisive behaviors** We choose to behave the way we do based on how we feel about how we perceive what happens to us. Positive feeling = hug, Negative feeling = punch in nose

**EXERCISE:**

Write your own **ABCD** for an event which was relatively simple.

**EXERCISE:** Read *Numbers 13:27 & 14:9*. Compare the **ABCD’s** of the ten spies with Joshua and Caleb.

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##### The Lerc Model

##### *From the book Rational Christian Thinking*

##### Life Event Revelation Chart

# Part 2

Our goal in Part 2 of the LERC Model is to move into a place of ***Rational Christian Thinking*** and practice walking in it on a daily basis. ***Rational Christian Thinking*** can be defined as thoughts and beliefs that are founded, grounded, and supported in the Word of God.

The ***Christian Belief System*** accepts the Word of God as authority for life. Therefore, any thought or belief that is not in accordance with God’s Word would be considered irrational. Irrational thoughts and beliefs left unaddressed will keep us captive in a place of deception and will continually minister death to our souls and to those who are close to us.

Part 2 of the LERC Model explains how we develop a *Christian Belief System*.

### REBUILDING OUR BELIEF SYSTEM

**I. Reality Check** (Camera Check)

In this section, you correct misconceptions of the information found in the *Activating Event* (Part 1 of your LERC Model) and turn them into statements of fact. Think of this section as showing what a video camera would record or what a camera snapshot of the *activating event* would look like.

When ***Step 1 - Reality Check*** is written, it is good to identify any differences between the facts and your perception of those facts. Learning to recognize this difference quickly is essential for long-term rational emotional control. Perceptions are not necessarily wrong or bad, but when differing from the facts, **when differing from the truth**, they can lead to all sorts of inappropriate feelings which will result in inappropriate behavior. It is best when your reactions are based solidly on the **truth**.

###### II. Belief System

There are five questions to ask regarding ***Rational Christian Thinking***:

1. Is this thought based on objective reality (biblical principles)?

2. Is this thought nurturing my physical, emotional, and spiritual life?

3. Is this thought helping me to achieve my goals?

4. Is this thought keeping me out of inappropriate conflict with others?

5. Is this thought keeping me out of inappropriate conflict with myself?

When “LERCing”, debate each thought and belief in your belief system with the above questions. To be a rational thought or belief, three of the five questions must have a “yes” answer. If your thought or belief fails to answer a “yes” to three of the five questions above, then your thought or belief is irrational. Once you have found out that you have an irrational thought or belief, you can change it to be in accordance with God’s Word.

Result: You will have a new and rational belief, which will produce renewed and rational thoughts, which will produce positive and affirming feelings, which will enable you to minister life to yourself and others through your new and appropriate actions and/or behavior.

*A belief will generate a thought.*

*A thought will generate a feeling.*

*A feeling will generate an action or behavior,*

*Which will minister either life or death.*

###### III. Feeling Goals

This step asks, “How would I want to **feel** in the future if this situation were to happen again”? Remember, thinking rationally does not mean you will not experience your feelings to the fullest degree. Alive, healthy, and conscious persons will always have feelings. God created them and gave them to us to enable and allow us to experience the fullness of life. Our goal is to produce emotional feelings that result from thinking rationally, rather than from thinking irrationally.

### IV. Behavior Goals

This step asks, “How would I want to **act** in the future if this situation were to happen again”? It is helpful to decide what behaviors would be appropriate if this or a similar situation would occur in the future and record them as **specifically** as possible.

### ENCOURAGEMENT IN CLOSING

Each time we embrace the LERC Model and strive to change our belief system, we are **choosing life**! The responsibility to **choose** is ours.

Learning and mastering the LERC Model enables us to change feelings of anger, shame, depression, self-condemnation, and the resulting self-defeating behaviors into peace, joy, self-affirmation, and constructive behavior. The consistent use of this tool is one of the most practical and effective ways that you can renew your mind (*Romans 12:2*), to set your mind on the things above (*Colossians 3:1-2*), so you can think about those things which are pure, good, gracious, and true (*Philippians 4:8*).

Using the LERC Model requires self-discipline. Many of us do not naturally enjoy self-discipline and therefore choose not to be disciplined, even though it might be good for us. Doing the LERC Model takes time, effort, energy and commitment. In addition, it sometimes can be hard work and painful. But, if there is a strong desire to change unwanted feelings and behaviors, using the LERC Model is one of the easiest and most productive ways to remove old ways of thinking. Rather, the principles of ***Rational Christian Thinking*** found within the structure of the LERC Model work most effectively when they become a regular, habitual part of our lives.

The more you embrace and practice the concept of the LERC Model, the more your mind will become trained to think and operate along these lines. At the arrival of unpleasant feelings or behavior, you will automatically begin to refer back to your thoughts and will be able to quickly hear, see, and identify the false belief within your mind that produced such feelings and behavior. This process, **renewing your mind**, takes practice and patience. It took years to develop irrational thinking patterns, and it will take some time to develop rational ones. Therefore, be patient as God is patient with you and enjoy His grace and love as you learn to think, feel, and act rationally.

**Life Event Revelation Chart (Part 2)**

|  |  |  |  |
| --- | --- | --- | --- |
| **I**  **Reality Check** | **II**  **Belief System**  **(New Man)** | **III**  **Feeling**  **Goals** | **IV**  **Behavior**  **Goals** |
|  |  |  |  |

**Life Event Revelation Chart (Part 1 & Part 2)**

|  |  |  |  |
| --- | --- | --- | --- |
| **A**  **Activating Event** | **B**  **Belief System**  **(Old Man)**  **Second Step**  Pray and ask Jesus to reveal the lie behind this feeling. | **C**  **Consequential Feelings** First StepWhich feeling is the strongest? Pray. Invite the Holy Spirit to reveal the first time you experienced this feeling. | **D**  **Decisive Behavior** |
|  | **II.**  **Belief System**  **(New Man)** Third Step Pray and ask Jesus to tell you the truth about this event. | **III.**  **New Feeling** Fourth Step What is the new feeling? | **IV.**  **Behavior Goals** |

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Some Characteristics of Healthy (New Man) Beliefs

**1. They are in accord with Scripture.**

Example:

**Old Man**: I’m not intelligent enough (can’t speak well enough, etc.) to be of any value in the kingdom.

**New Man**: God has created me and redeemed me. If I offer what I have to Him, He can multiply it and use it. (John 6:5-13, 1 Cor. 1:27-29)

**2. They are realistic in that they take into account our own sinfulness and the sinfulness around us.**

Example:

**Old Man:** I am a failure.

**New Man**: I may fail sometimes, but in Christ, I can learn how to succeed.

**3. They nurture our spirit, mind, emotions, and body.**

Example:

**Old Man**: I should never let anyone down.

**New Man**: I need to pray about people’s expectations to see if God wants me to meet them.

**4. They help me meet and resolve conflict with others.**

Example:

**Old Man**: When there is the possibility of conflict, I should withdraw and hope things will resolve themselves.

**New Man**: God’s desire is always for reconciliation. I need to seek Him for strategies to deal with the conflict.

**5. They keep me out of inappropriate conflict with myself.**

Example:

**Old Man**: When there is something not being done that is going to lead to failure, I must do it.

**New Man**: God has called me to listen and be obedient to Him, not to make sure that the world (college, family, etc.) works right.

# Five Important Steps on the Road to Recovery

It is crucial to understand the origin of faulty beliefs and to begin correcting them so that the self-perpetuating destructive effects of those beliefs do not continue. If whatever you are thinking about yourself has been distorted by abuse, determine not to agree with those thoughts or statements. God’s message is, “You’re not worthless, you are special!”, and He wants you to develop the skill of standing up and saying that for yourself.

Five important steps that can help put you on the road to recovery are:

1. Identify the false beliefs you have believed that are blocking your path.

2. Look for the roots of these false beliefs and the underlying factors that are causing you to maintain them.

3. Recognize and acknowledge these false beliefs as lies, then repent of believing the lies and renounce them once and for all.

4. Ask the Lord to replace your false beliefs with His truth about you.

5. Use God’s word, the Bible, to set you free from the deception of all the destructive falsehoods that have been holding you in their grip. Learn to take a stand, even argue against yourself in order to develop a true belief system not rooted and grounded in abuse. Learn not to be so harsh and critical of yourself, but rather give yourself grace.

As a further aid, make this prayer for perseverance a daily affirmation:

**“Thank You for making me a prized treasure with a special plan for my life. Thank You that You have equipped me with everything that I need to achieve the goal that has been set before me. Thank You, Lord, that when I stumble, You lift me up; when I try to run away, You come after me; when I feel defeated, You cause me to persevere to triumph”.**

**Conquering Impure Thoughts**

*By Anita Worthen*

#### DAYDREAM OR SIN?

When does a wandering mind begin to engage in sin? Most of us agree that thoughts which lead to a sinful act are wrong, such as a fantasy that leads to sex with another person outside of marriage. But what about daydreams concerning a new house, or doing some great work for God? I am not sure about the latter, but I know God says in His word that we should be content in all things. When we dream of having something better than what we have, we can easily feel discontent when we come back to the “real world”. When we replay tapes in our mind of events that have come and gone, reliving the event as a witty and smart individual, or plotting ways to “get even” with someone who has done us wrong, we know that it causes wrong emotions to well up within us. As we look at the fruit of what we have sown, we can determine what is sinful.

#### THE BIG EXCUSE

Most of us who have battled a sinful thought life can remember using our mind as a way of escape from boring and uncomfortable situations. When we come to Christ, we often bring with us the old life patterns that are contrary to His ways. God is gentle and loving, and until His return, He will work with us constantly to make us more like Himself. If we continue to handle boring and difficult situations in our lives by escaping (as we did in the world), we will be stunted in our Christian growth. God has a better way for us.

#### MY PERSONAL VICTORY

Over ten years of my single adult life were spent struggling in the area of fantasy. I had no victory at all. I didn’t think I even wanted to be free. I had a love/hate relationship with sin. I spent a lot of time rationalizing that this was okay for me. Besides, I felt it was more of a bad habit than a sin. But one day when I was in a good place with the Lord, I realized that I felt a peace and freedom in my life. I asked God why I didn’t feel like that all the time. He showed me that losing my peace was a direct result of my disobedience to Him. God was asking me to give Him even my thoughts. For the first time, I really wanted to be free, not just outwardly, but inside where only God could see.

God opened my spiritual eyes to see the deception I was living in. He made me aware that, not only were the romantic movies I played in my head sinful, but also the thoughts that began with “if only” (I had done this or that...) and “what if” (this or that happens...). After confessing this whole area as sin, I asked God to shine a big neon light in my head to show me when I was falling into sin. For what seemed like a long time, I felt like a Roman candle. I realized that my mind had been fertile ground for any sinful thought that came along. Coming to a place of victory was a process, but I’m glad to say that today I walk as a free woman in this area. There are times when I am tempted to give in, but I quickly turn my eyes toward Jesus and get on with my walk.

#### BELIEVING THE BIG LIE

“You don’t have to give up everything, you’re not hurting anyone”. Here is Satan’s strategy to deceive us coming in our mind and sounding just like our own voice. Do any of the following thoughts sound familiar to you?

“I need to rest my brain, take a break, live a little, if only in my mind”.

“Thinking up a story in my head is no different than reading a book”.

“It’s not like real sin. I have total control. It’s only in my mind”.

“I’ll just think about it. I’m not really doing it, so I’m not hurting anyone”. (The most used lie)

If we fall for any of the above (and haven’t we all?), Satan has laid the groundwork for his next step - filling us with guilt, fear and doubt: “I can’t change; I never will”. “How could God love me”? “If my friends knew I was thinking like this, they wouldn’t like me”. Can you see what a liar Satan is? I have only scratched the surface, but I want you to see for yourself how he works so you can recognize his approach.

Here is one more lie that is well used by the Father of Lies: “You can look if you don’t touch”. This particular lie leads us to...

#### TRIGGERS

Everything we watch, read and listen to make up what we think. All these messages enter our brain and are permanently recorded in our memory. What percentage of the things we read edify and lift us up? We can’t spend hours a day reading materials we keep hidden from others and pretend it will have no effect on us. I love to read about people and places, but I am careful to see that I also read plenty that ministers to my spirit. What about TV and the movies we see? With home videos now so readily available, it is possible to bring pornography into the privacy of our home. No one at church will see us standing in line at an X-rated show. No one will know. I used to be addicted to television, but I had to give it up when I gave my thought life to Christ. What our eyes see is played back in our minds even while we are awake.

Another problem for some may involve thinking of a certain person too much or returning to a favorite fantasy. Sometimes something we own repeatedly sends our mind on a daydream that isn’t good. Get rid of whatever it is— it simply is not worth it. These things can be a bondage that will draw us back into old thought habits. Also, be aware that boredom will send even the best Christ-controlled mind into a tailspin. Be mindful and extra prayerful at these times.

A person who is prone to worry about everything needs to remember that worry is really fear, which is the opposite of faith. And how can we who know God walk in fear any longer? God says, “Fear not, for I am with you always” (*Matthew 6:34*).

Remember that Satan’s plan is to distract us through the lust of our flesh. Once he has control of our mind, our body will follow suit. But don’t be deceived.

**How do we continue to appropriate the   
deliverance we have received**?

**1. RECOGNIZE THE WAYS OF THE ENEMY**

1. He becomes angry with us. (Nehemiah 2:10)
2. He mocks us. (Nehemiah 2:19-20)
3. He brings confusion and deception. (Nehemiah 4:7-9)
4. He tries to become your friend when all else fails. (Nehemiah 13:7-9)

**2. RENOUNCE**

1. Keep working at it. (Nehemiah 2:11-15)
2. Separate yourself from it. (Nehemiah 2:20)
3. Be ready for battle. (Nehemiah 4:16-17)
4. Walk in the fear of the Lord. (Nehemiah 6:4-9)
5. Wait on God. (Nehemiah 4:9)

**3. RENEW YOUR MIND**

1. Soak yourself in the truth. Meditate on scripture and carry on with your life.   
   Psalms 119:9 – 16)
2. Remember it is a process; be patient; don’t get discouraged. (Psalms 3:1-4)
3. When things get tough, be open to get help. Don't close up, and begin to rebuild your walls. Humility is a must!! (Isaiah 29:19 and 30:15)

**4. REMEMBER THE CROSS IS ALWAYS AVAILABLE FOR YOU**

1. Repentance
2. Renewal
3. Learn the truth instead of the lie
4. Place for us to take our wounds

**5. DON’T BECOME INTROSPECTIVE. FOCUS YOUR ATTENTION OUTWARD**

1. You are loved.
2. You belong to the family of God.
3. You are accepted by the Father.
4. You are valuable.

**6. ALLOW THE FRUIT OF THE SPIRIT TO REPLACE YOUR BROKENNESS AS YOUR PROTECTION OR WALL** (Galatians 5:22)

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**MY FATHER’S HEART**

*Author anonymous*

Many stories about parent-child relationships have the same scenario. A father never saying the phrase “I love you". Looking back on my own story, that was not the case. The phrase was spoken many times but with no meaning behind it. The belief that I was loved was still not there.

Actions do speak louder than words. Growing up I saw my father alienate his family and friends. When there was disagreement, he just quit speaking to them expecting them to know what the problem was, that old mind reading game. He quit talking to his mother and brother, to the point he didn’t even go to his mom’s funeral. Seeing this go on in my childhood and adulthood left me with the thought in the back of my mind, when is he going to disown me like he has his family and friends?

What do you know, it finally did happen? He got angry with me over a miscommunication. When I tried to talk to him about the situation, he hung up on me; he slammed the door in my face, and even changed his phone number. I tried to rectify the situation, and he would have no part of it. You can’t reason with an angry man.

God where do I go with this? What do I do now? I feel like an orphan, but I have a father who doesn’t even act like a father. He says he loves me, but his actions don’t match his words.

I’m a grown woman yet such a little girl inside, still wanting a daddy to love me like a daddy should. That possibility is now a total impossibility. I cry out to you God, “You be the father my dad can’t be, You love me as a father should". All I have now is You, God. I’m letting go now God, of the notion that my earthly father can fill that place that was only meant to be filled by You, my Abba Father (Psalms 27:10, Amplified Bible). Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child].

There is redemption in this story. My Dad and I did come to a point of reconciliation before he died. And, I would not have experienced the love of my Abba Father had I not let go and cried out asking God to come in to fill that place in my heart.

**Attributes of God**

*From Released from Shame by Sandra Wilson*

1. **God is compassionate** as demonstrated in His mercy and loving kindness. “The Lord is compassionate and gracious; slow to anger, abounding in love” (*Psalms 103:8*).
2. **God is forgiving** because of His grace and mercy. Jesus paid our sin debts so that God could forgive sin while remaining holy and just. “In Him [Christ] we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God’s grace” (Ephesians 1:7). (See also *Romans 3:23 - 26*)
3. **God is holy** because of His absolute moral excellence. “For the Mighty One has done great things for me - Holy is His name” (*Luke 1:49*).
4. **God is immutable**, that is to say, He never changes. “Jesus Christ is the same yesterday, today and forever” (*Hebrews 13:8*).
5. **God is just** because He always acts fairly, in accordance with his nature. “He is the Rock; His works are perfect, and all His ways are just; a faithful God who does no wrong; upright and just is He” (*Deuteronomy 32:4*).
6. **God is loving** because of His nature and not because of anything we do to elicit His love. His love is expressed in actions toward us. “God is love” (*1 John 4:16*).
7. **God is omnipotent** because He has unlimited power and ability. “You have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you” (*Jeremiah 32:17*).
8. **God is omnipresent** because He is present everywhere in the universe at the same time. He is never “absent”. “‘Am I only a God nearby,’ declares the Lord, ‘and not a God far away? Can anyone hide in secret places so that I cannot see him?’ declares the Lord. ‘Do not I fill heaven and earth?’ declares the Lord” (*Jeremiah 23:23 - 24*).
9. **God is omniscient** because of His unlimited knowledge and wisdom. “You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue, you know it completely, O Lord” (*Psalms 139:2 - 4*).
10. **God is righteous** because He only does what is right and is free from any wrongdoing. “The Lord is righteous in all His ways and loving toward all He has made” (*Psalms 145:17*).
11. **God is sovereign** because He rules supremely over all creation. “He does as He pleases with the powers of heaven and the peoples of the earth. No one can hold back His hand or say to Him: ‘What have you done?’” (*Daniel 4:35*).
12. **God is truthful** because, in accordance with His nature, he cannot lie. “For the faith of God’s elect and the knowledge of the truth . . . leads to godliness - a faith and knowledge resting on the hope of eternal life, which God, who does not lie, promised before the beginning of time” (*Titus 1:1 - 2*).

**Names of God**

Prayer of Adoration - “Hallowed Be Thy Name”

Taken from *Prayers That Avail Much* published by Word Ministries, Inc.

**Our Father**, which art in heaven, hallowed be Thy Name.

Bless the **Lord**, O my soul; and all that is within me, bless Your Holy Name. I adore You and make known to You my adoration and love this day.

I bless Your Name, ***Elohim***, the Creator of heaven and earth, Who was in the beginning. It is You Who made me, and You have crowned me with glory and honor. You are the God of might and strength. Hallowed be Thy Name!

I bless Your Name, ***EI-Shaddai***, the God Almighty of Blessings. You are the Breasty One Who nourishes and supplies. You are All-Bountiful and All-Sufficient. Hallowed be Thy Name!

I bless Your Name, ***Adonai,*** my Lord and my Master. You are Jehovah— the Completely Self-Existing One, always present, revealed in Jesus Who is the same yesterday, today, and forever. Hallowed be Thy Name!

I bless Your Name, ***Jehovah-Jireh***, the One Who sees my needs and provides for them. Hallowed be Thy Name!

I bless Your Name, ***Jehovah-Rapha***, my Healer and the One Who makes bitter experiences sweet. You sent Your Word and healed me. You forgave all my iniquities and You healed all my diseases. Hallowed be Thy Name!

I bless Your Name, ***Jehovah-M’Kaddesh***, the Lord my Sanctifier. You have set me apart for Yourself. Hallowed be Thy Name!

***Jehovah-Nissi***, You are my Victory, my Banner, and my Standard. Your banner over me is love. When the enemy shall come in like a flood, You will lift up a standard against him. Hallowed be Thy Name!

***Jehovah-Shalom***, I bless Your Name. You are my Peace— the peace which transcends all understanding; which garrisons and mounts guard over my heart and mind in Christ Jesus. Hallowed be Thy Name!

I bless You, ***Jehovah-Tsidkenu***, my Righteousness. Thank You for becoming sin for me that I might become the righteousness of God in Christ Jesus. Hallowed be Thy Name!

***Jehovah-Rohi***, You are my Shepherd and I shall not want for any good or beneficial thing. Hallowed be Thy Name!

Hallelujah to ***Jehovah-Shammah*** Who will never leave or forsake me. You are always there. I take comfort and am encouraged and confidently and boldly say, “The Lord is my Helper, I will not be seized with alarm, I will not fear or dread or be terrified. What can man do to me”? Hallowed be Thy Name!

I worship and adore You, ***El-Elyon***, the Most High God Who is the First Cause of everything, the Possessor of the heavens and earth. You are the Everlasting-God, the Great-God, the Living-God, the Merciful-God, the Faithful-God, the Mighty-God. You are Truth, Justice, Righteousness, and Perfection. You are El-Elyon— the Highest Sovereign of the heavens and the earth. Hallowed be Thy Name!

**Father**, You have exalted above all else Your Name and Your Word, and You have magnified Your Word. The Word was made flesh, and dwelt among us, and His Name is Jesus! Hallowed be Thy Name!

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**God is Easy to Live With**

# *By A. W. Tozer*

# Satan’s first attack upon the human race was his sly effort to destroy Eve’s confidence in the kindness of God. Unfortunately for her and for us, he succeeded too well. From that day, men have had a false conception of God. It is exactly this that has cut out from under them the ground of righteousness and driven them to reckless and destructive living.

# Nothing twists and deforms the soul more than a low or unworthy conception of God. Certain sects, such as Pharisees, while they held that God was stern and austere, managed to maintain a fairly high level of external morality; but their righteousness was only outward. Inwardly they were “white sepulchers”, as our Lord Himself told them. Their wrong conception of God resulted in a wrong idea of worship. To a Pharisee, the service of God was a bondage which he did not love, but from which he could not escape without a loss too great to bear. The God of the Pharisee was not an easy God to live with, so his religion became grim, hard and loveless. It had to be so, for our notion of God must always determine the quality of our religion.

Much Christianity since the days of Christ’s flesh has also been grim and severe. And the cause has been the same - an unworthy, or an inadequate view of God. Instinctively we try to be like our God, and if He is conceived to be stern and exacting, so we ourselves will be.

From a failure to properly understand God comes a world of unhappiness among good Christians even today. The Christian life is thought to be a glum, unrelieved cross-carrying under the eye of a stern Father who expects much and excuses nothing. He is austere, peevish, highly temperamental, and extremely hard to please. The kind of life which springs out of such libelous notions must of necessity be but a parody on the true life of Christ.

It is most important to our spiritual welfare that we hold in our minds always a right conception of God. If we think of Him as cold and exacting, we shall find it impossible to love Him, and our lives will be ridden with servile fear. If we hold Him to be kind and understanding our whole inner life will mirror that idea.

**HE IS ALL LOVE**

The truth is that God is the most winsome of all beings and His service is one of unspeakable pleasure. He is all love, and those who trust Him need never know anything but that love. He is just, indeed, and He will not condone sin; but through the blood of the everlasting covenant He is able to act toward us exactly as if we had never sinned. Toward the trusting sons of men His mercy will always triumph over justice.

Fellowship with God is delightful beyond all telling. He communes with His redeemed ones in an easy, uninhibited fellowship that is restful and healing to the soul. He is not sensitive nor selfish nor temperamental. What He is today we shall find Him to be tomorrow and the next day and the next year. He is not hard to please, though He may be hard to satisfy. He expects of us only what He has Himself first supplied. He is quick to mark every simple effort to please Him, and just as quick to overlook imperfections when He knows we meant to do His will. He loves us for ourselves and values our love more than galaxies of newly created worlds.

Unfortunately, many Christians cannot get free from their perverted notions of God, and these notions poison their hearts and destroy their inward freedom.

These friends serve God grimly, as the elder brother did, doing what is right without enthusiasm and without joy, and seem altogether unable to understand the buoyant, spirited celebration when the prodigal comes home.

Their idea of God rules out the possibility of His being happy in His people, and they attribute the singing and shouting sheer to fanaticism. Unhappy souls, these, doomed to go heavily on their melancholy way, grimly determined to do right if the heavens fail and to be on the winning side in the day of judgment.

**HE REMEMBERS OUR FRAME**

How good it would be if we could learn that God is easy to live with. He remembers our frame and knows that we are dust. He may sometimes chasten us, it is true, but even this He does with a smile, a proud, tender smile of a Father who is bursting with pleasure over an imperfect, but promising, son who is coming every day to look more and more like the One whose child he is.

Some of us are religiously jumpy and self-conscious because we know that God sees our every thought and is acquainted with all our ways. We need not be. God is the sum of all patience and the essence of kindly good will. We please Him most, not frantically trying to make ourselves good, but by throwing ourselves into His arms with all our imperfections, and believing that He understands everything and loves us still.

**Scriptural Counseling Guide**

“Thy testimonies are my delight. They are my counselors.” (Psalm 119:24)

“Great peace have those who love Thy love. Nothing can make them stumble.” (Psalm 119:165)

**Satan is a Liar**

Gen. 3:1-5; John 8:44; 2 Cor. 2:11; 11:14

**God’s Word is Truth**

Num. 23:19; Titus 1:2; Heb. 6:18; Psa. 12:6; 19:7-11;

There are many Scripture references for topical subjects that can be found on the internet. For example, check out [www.openbible.info](http://www.openbible.info).

|  |  |
| --- | --- |
| Anger | Immortality |
| Apathy | Impatience |
| Anxiety & Worry | Insecurity |
| Assurance of Salvation | Loneliness |
| Affliction | Murmuring & Complaining |
| Brokenhearted | Oppression |
| Bitterness | Peace of Mind |
| Condemnation | Peace of Mind |
| Confession of Faith | Power Over the Enemy |
| Choosing Friendships | Problems and Trials |
| Courage | Purpose and Goal in Life |
| Discouragement | Resentment |
| Envy | Righteousness and Holiness |
| Fear | Self-Consciousness |
| Forgiving Others | Self-Pity |
| Guidance | Self-Righteousness |
| Hatred | Sleep |
| Hope | Temptation |
|  | Unbelief |

SCRIPTURAL COUNSELING GUIDE

“Thy testimonies are my delight. They are my counselors.”—Ps. 119:24

“Great peace have those who love Thy law. Nothing can make them stumble.”—Ps. 119:165

### ABANDONMENT

**Psalm 34:18 (ESV)**

The Lord is near to the brokenhearted and saves the crushed in spirit.

**Deuteronomy 31:6 (ESV)**

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”

**Joshua 1:9 (ESV)**

For my father and my mother have forsaken me, but the Lord will take me in. —Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

**Romans 8:38-39, (ESV)**

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

**Psalm 142:4-5, (ESV)**

Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. I cry to you, O Lord; I say, “You are my refuge, my portion in the land of the living.”

**Deuteronomy 31:8, (ESV)**

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

### ANGER

**Psalm 37:8 (NKJV)**

Cease from anger, and forsake wrath; Do not fret—*it* only *causes* harm.

**Ephesians 4:26 (NKJV)**

“Be angry, and do not sin”: do not let the sun go down on your wrath,

**James 1:19-20 (NKJV)**

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.

**Colossians 3:8 (NKJV)**

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

**Proverbs 14:17 (NKJV)**

A quick-tempered *man* acts foolishly, and a man of wicked intentions is hated.

**Proverbs 14:29 (NLT)**

People with understanding control their anger; a hot temper shows great foolishness.

### BETRAYAL

**Ephesians 6:10-18 (ESV)**

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God that you may be able to stand against the schemes of the Devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth and having put on the breastplate of righteousness and, as shoes for your feet having put on the reediness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit with all prayer and supplication.

**1 John 3:9 (ESV)**

No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep on sinning because he has been born of God.

**Romans 3:23 (ESV)**

For all have sinned and fall short of the glory of God.

**Genesis 12:3 (ESV)**

I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed.

**Proverbs 19:5 (ESV)**

A false witness will not go unpunished, and he who breathes out lies will not escape,

against the schemes of the devil.

**BITTERNESS**

**Ephesians 4:31 (NKJV)**

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

**Hebrews 12:14-15 (NKJV)**

Pursue peace with all people, and holiness, without which no will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

**BROKENHEARTED**

**Psalm 23:4 (NKJV)**

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me.

**Psalm 34:18 (NKJV)**

The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.

**Isaiah 61:1-3 (NKJV)**

“The Spirit of the Lord GOD *is* upon Me, because the LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified.”

**2 Corinthians 1:3-4 (NKJV)**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

**2 Thessalonians 2:16-17 (NKJV)**

Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given us everlasting consolation and good hope by grace, comfort your hearts and establish you in every good word and work.

**CONDEMNATION**

**Jeremiah 31:34 (NKJV)**

No more shall every man teach his neighbor, and every man his brother, saying, ‘Know the LORD,’ for they all shall know Me, from the least of them to the greatest of them, says the LORD. For I will forgive their iniquity, and their sin I will remember no more.”

**Psalm 103:12 (NKJV)**

As far as the east is from the west, so far has He removed our transgressions from us.

**John 3:18 (NKJV)**

“He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.

**Romans 8:1 (NKJV)**

There is therefore now no condemnation to those who are in Christ Jesus,who do not walk according to the flesh, but according to the Spirit.

**Romans 8:33-34 (NKJV)**

Who shall bring a charge against God’s elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

**CONTROLLING PEOPLE**

**Romans 14:1-23 (ESV)**

As for the one who is weak in faith, welcome him, but not to quarrel over opinions. One person believes he may eat anything, while the weak person eats only vegetables. Let not the one who eats despise the one who abstains, and let not the one who abstains pass judgment on the one who eats, for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Lord is able to make him stand. One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. ...

**Galatians 5:1 (ESV)**

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

**Ephesians 6:4, (ESV)**

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

**Psalm 62:5-8 (ESV)**

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Selah

**Nahum 1:7 (ESV)**

The LORD is good, a stronghold in the day of trouble; he knows those who take refuge in him.

**FEAR**

**Psalm 27:1 (NKJV)**

The LORD *is* my light and my salvation; whom shall I fear? The LORD *is* the strength of my life; of whom shall I be afraid?

**Psalm 34:4 (NKJV)**

I sought the LORD, and He heard me, and delivered me from all my fears.

**Proverbs 29:25 (NKJV)**

The fear of man brings a snare, but whoever trusts in the LORD shall be safe.

**Isaiah 41:10 (NKJV)**

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.’

**Psalm 46:1-3 (NKJV)**

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; though its waters roar and be troubled, though the mountains shake with its swelling. *Selah*

**Psalm 56:11 (NKJV)**

In God I have put my trust; I will not be afraid. What can man do to me?

**2 Timothy 1:7 (NKJV)**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

**FORGIVING OTHERS**

**Matthew 5:44 (NKJV)**

But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,

**Matthew 6:14-15 (NKJV)**

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

**Mark 11:25-26 (NKJV)**

“And whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.”

**Ephesians 4:32 (NKJV)**

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

**Colossians 3:13 (NKJV)**

…bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do*.*

**INJUSTICE**

**Psalm 34:17-30 (ESV)**

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken.

**Leviticus 19:18 (ESV)**

You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord.

**1 Corinthians 4:5 (ESV)**

Therefore do not pronounce judgment before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive his commendation from God.

**Romans 12:19 (ESV)**

Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”

**Psalm 43:1 (ESV)**

Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!

**Proverbs 20:10 (ESV)**

Unequal weights and unequal measures are both alike an abomination to the Lord

**REJECTION**

**John 15:18 (NKJV)**

If the world hates you, know that it has hated me before it hated you.

**Psalm 94:14 (ESV)**

For the Lord will not forsake his people; he will not abandon his heritage;

**Psalm 27:10 (ESV)**

For my father and my mother have forsaken me, but the Lord will take me in.

**Romans 8:1 (ESV)**

There is therefore now no condemnation for those who are in Christ Jesus

**Psalm 139: 13-14 (ESV)**

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

**Psalm 118:22 (ESV)**

The stone that the builders rejected has become the cornerstone.

**RESENTMENT**

**Matthew 18:15-22 (NKJV)**

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established.’ And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector. “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them.” Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

**Matthew 18:32-35 (NKJV)**

Then his master, after he had called him, said to him, ’You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?’ And his master was angry, and delivered him to the torturers until he should pay all that was due to him. “So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

**Ephesians 4:26-32 (NKJV)**

*“Be angry, and do not sin”*: do not let the sun go down on your wrath, nor give place to the devil. Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

**Hebrews 12:15 (NKJV)**

…looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

**1 John 2:9-11 (NKJV)**

He who says he is in the light, and hates his brother, is in darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes.

**SELF-PITY**

**2 Corinthians 4:17 (NKJV)**

For our light affliction, which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory,

**2 Corinthians 12:9 (NKJV)**

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

**Romans 5:3 (NKJV)**

And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance;

**Philippians 4:11-13 (NKJV)**

Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.

**1 Peter 4:12-13 (NKJV)**

Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.

**Psalm 30:5 (NKJV)**

For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.

**UNWORTHINESS**

**1 Timothy 1:12-13, NLT**

I thank Christ Jesus our Lord, who has given me strength to do his work. He considered me trustworthy and appointed me to serve him, even though I used to blaspheme the name of Christ. In my insolence, I persecuted his people. But God had mercy on me because I did it in ignorance and unbelief. 14 Oh, how generous and gracious our Lord was! He filled me with the faith and love that come from Christ Jesus.

**1 John 3:1**

See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don’t recognize that we are God’s children because they don’t know him.

**1 John 1:7, NLT**

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

**1 John 3:20, NIV**

If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

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**RECOMMENDED READING**

**Living in the Freedom of the Spirit** A must for any Christian for practical

by application of biblical principles.

Tom Marshall

**Healing Beyond Counseling**  This is written to help individuals go through healing

By as well as training to help others to heal.

Gary Heese

**Right Relationships** A biblical foundation for building or

by mending relationships.

Tom Marshall

**Loving Confrontation**  Speaking the truth in love

by

Beverly Caruso

**Co-Dependent No More**  Adult child of alcoholic, and other

abusive home life.

**Telling Yourself the Truth** Establish healthy belief systems

by

William Backus

**Victory Over the Darkness** Establish healthy belief systems

By and break spiritual bondages

Neil Anderson

**Boundaries**  Learn to set healthy boundaries and

By respect boundaries of others.

Townsend and Cloud

**The Peace and Power of**

**Knowing God’s Name** The truth about God’s character

by

Kay Arthur (This was originally published as “**The Names of God**.”

**Healing for Damaged Emotions**  Emotional Healing

by

David Seamonds

**The Wounded Heart** Healing for sexually abused

by

David Allender

**Released From Shame**  Healing from sexual abuse, adult child

By of the alcoholic and others.

Sandra Wilson

**Sexual Healing**  Sexual addictions, Homosexuality

By David Foster pornography & masturbation

**The Anger Work Book**  Proper release of anger and self

By control. (recommended to do this

Carter & Minirith with a helper for ministry)

**Blessing or Curse**  Recognize the power of negative words

By demonic strongholds and other spiritual

Derik Prince bondages.

**Search for Significance** A great work book to identify specific

By areas of healing to look at the offences

Robert Mcgee from all angles. Extremely Deep.

**Father Heart of God** Identify why we have difficulty coming to

By the revelation of God as our Father

Floyd Mclung

**From Shame to Peace** Learning the Culture of the Abused

By

Teo Van Der Weele

**Walls of the Heart** The Divine Plumbline in book form

By

Dr. Bruce Thompson

**The Blessing** Video or Book about the Father’s Blessing

By

John Trent

**CAUSES OF CURSES DESCRIBED IN GOD’S WORD**

# Deuteronomy 27:9-10, 15-26 New King James Version (NKJV)

**9** Then Moses and the priests, the Levites, spoke to all Israel, saying, “Take heed and listen, O Israel: This day you have become the people of the Lord your God. **10** Therefore you shall obey the voice of the Lord your God, and observe His commandments and His statutes which I command you today.”

**15** ‘Cursed *is* the one who makes a carved or molded image,“And all the people shall answer and say, ‘Amen!’

**16** ‘Cursed *is* the one who treats his father or his mother with contempt.’

**17** ‘Cursed *is* the one who moves his neighbor’s landmark.’

**18** ‘Cursed *is* the one who makes the blind to wander off the road.’

**19** ‘Cursed *is* the one who perverts the justice due the stranger, the fatherless, and widow.’

**20** ‘Cursed *is* the one who lies with his father’s wife,“And all the people shall say, ‘Amen!’

**21** ‘Cursed *is* the one who lies with any kind of animal.’

**22** ‘Cursed *is* the one who lies with his sister, the daughter of his father or the daughter of his mother.’

**23** ‘Cursed *is* the one who lies with his mother-in-law.’

**24** ‘Cursed *is* the one who attacks his neighbor secretly.’

**25** ‘Cursed *is* the one who takes a bribe to slay an innocent person.’

**26** ‘Cursed *is* the one who does not confirm *all* the words of this law by observing them.’

“And all the people shall say, ‘Amen!’ ”

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**oAKS OF RIGHTEOUSNESS EVALUATION**

Year \_\_\_\_\_\_\_\_\_\_\_ Morning \_\_\_\_\_\_\_\_\_ Evening \_\_\_\_\_\_\_

* Spring
* Summer
* Fall

We would like your input on this group, the teachings, the outside work, the ministry times, and anything else you would like to evaluate. Please indicate your evaluation by checking one of the following. (Mark only if you were present for the teaching or ministry.)

1. Not Helpful At All
2. A Bit Helpful
3. Helpful
4. Very Helpful

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Area of Teaching or Ministry** | **1** | **2** | **3** | **4** |
| Plumbline Videos |  |  |  |  |
| Forgiveness |  |  |  |  |
| Relinquishment / If Only’s |  |  |  |  |
| Vows, Curses and Judgments |  |  |  |  |
| Ministry |  |  |  |  |
| LERC (Belief Systems) |  |  |  |  |
| Soul Ties |  |  |  |  |
| The Father Heart Teaching & Ministry |  |  |  |  |
| The Blessing Video & Ministry |  |  |  |  |
| Meditation Scripture / Proverbs Study |  |  |  |  |
| *Living in the Freedom of the Spirit* book |  |  |  |  |

Use the rest of this page and the back, if you would like to comment on anything in greater detail, or if there is something not included. We appreciate and value your comments.

**Week 1**

**Assignment Sheet #1**

**NAME:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**DUE: Week 2**

**MEDITATION SCRIPTURES: MATT. 11:28-30**

“Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle, and you will find rest for your souls. For My yoke fits perfectly, and the burden I give you is light.”

**What is the Lord saying to you through these verses?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights you received reading the article “The Fear of the Lord”.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 2**

**Assignment Sheet #2**

# NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Due: Week 3

**MEDITATION SCRIPTURE: Mathew 7: 1-2**

Do not judge others, and you will not be judged. For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.

**What is the Lord saying to you through this verse?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights, on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 3**

**Assignment Sheet #3**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 4**

**MEDITATION SCRIPTURE: EZEKIEL 36:26-27**

“And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.[[a](http://www.biblegateway.com/passage/?search=Ezekiel%2036:26-27&version=NLT#fen-NLT-21361a#fen-NLT-21361a)] **27** And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations”

**What is the Lord saying to you through this verse?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 4**

**Assignment Sheet #4**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 5**

**MEDITATION SCRIPTURE: JAMES 5:16**

“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results.”

**What is the Lord saying to you through these verses?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 5**

**Assignment Sheet #5**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 6**

**MEDITATION SCRIPTURES: I John 1:8-9**

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

**What is the Lord saying to you through these verses?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**WEEK 6**

**Assignment Sheet #6**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 7**

**MEDITATION SCRIPTURE: ROMANS 12:1-2**

**“…**And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice— the kind He will find acceptable. This is truly the way to worship Him.”

**What is the Lord saying to you through these verses?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights you received reading “Living in the Freedom of the Spirit”.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 7**

**Assignment Sheet #7**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 8**

**MEDITATION SCRIPTURES: ROMANS 8:12-14**

” Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do. **13** For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live. **14** For all who are led by the Spirit of God are childrenof God.”

**What is the Lord saying to you through this verse?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.**

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**Record any insights on the “Fear of the Lord” from this week’s Proverbs reading.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Record any insights you learned from your syllabus assignment this week.**

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**Week 8**

**Assignment Sheet #8**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DUE: Week 9**

**MEDITATION SCRIPTURES: EPHESIANS 4:22-24**

“…throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. **23** Instead, let the Spirit renew your thoughts and attitudes. **24** Put on your new nature, created to be like God— truly righteous and holy.”

**What is the Lord saying to you through these verses?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.**

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**Record any insights, on the “Fear of the Lord” from this week’s Proverbs reading.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 9**

**Assignment Sheet #9**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Due week 10**

**MEDITATION SCRIPTURES: ROMANS 8:15-17**

“So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” For his Spirit joins with our spirit to affirm that we are God’s children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.”

**What is the Lord saying to you through this verse?**

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**Record any insights you received reading “Living in the Freedom of the Spirit”.**

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**Record any insights you received reading the article “The Fear of the Lord”.**

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**Record any insights you learned from your syllabus assignment this week.**

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**Week 10**

**Academic Sheet**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEDITATION SCRIPTURE: JEREMIAH 29:11-13**

For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for Me whole heartedly, you will find Me.

**What is the Lord saying to you through these verses?**

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**Please write a letter to the Lord describing what has happened during this class and thanking him for the work he has done in your life.**

**Bring your letter to class in a stamped and sealed, self- addressed envelope.**

**Please fill out the CLASS Evaluation**

We value your opinion and comments.