



Student Workbook

Unit 2

Healing Strategies

Developed By:



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refinedhope.com

Introduction



1 Thessalonians 5:23 NKJV

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

Welcome to RS4L Unit 2! We are excited to have you continue this program.

In Unit 2, we continue to disciple and equip leaders and individuals who have experienced brokenness through their healing/recovery journey by applying proven strategies to their lives.

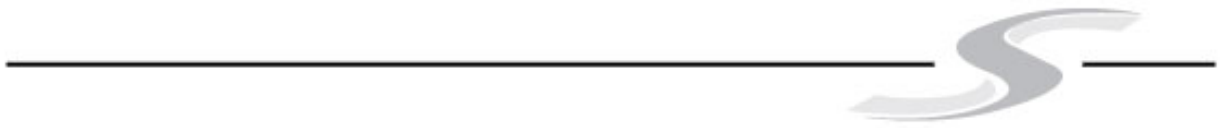
This unit will continue to transform how you see healing/recovery and will equip you with powerful tools to help you heal, so that you can effectively help those around you.

Stay on course because at the completion of RS4L Unit 5 you will:

1. Understand that each of us is a triune being made of a spirit, soul, and body, that we can be wounded in all three areas and healing is needed in all three.
2. Have the ability to identify damaging habits or compulsive behaviors and replace them with positive coping skills.
3. Create and foster meaningful, healthy relationships with others.
4. Surrender your will to God, seek His will, and obey His will on a daily basis.
5. Own your identity in Christ and all that God designed you to be.
6. Develop a healthy support system including a sponsor, accountability partners, recovery support group(s), church, counselor and/or life coach.
7. Understand how the physical and spiritual realms influence each other on the battlefield of the mind, and how to win the battle using a custom-made, detailed plan.
8. Have the knowledge of the impact of spiritual warfare in daily life, understand strategies and tactics of Satan, and how to fight enemy attacks.
9. Be able to identify your needs and practice self care.
10. Identify where trauma, loss, or stressful events may have wounded you and develop a healthy approach to processing difficult emotions and events.
11. Identify destructive core beliefs and replace them with God's truth.
12. Have the ability to use RS4L materials to lead others through their healing/recovery journey.

Please email us at paula@bloominthedark.com or ginny@bloominthedark.com with any questions, confusion, suggestions, or feedback.

Disclaimer



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Week 12

Fullness of the Holy Spirit



LISTENING GUIDE



Strategy #20

_____ **of the Holy Spirit**

Salvation opens the door for the Holy Spirit to come into our lives. Believing Jesus Christ is the Son of God, died on the cross to pay for our sins, and rose from the dead is essential for salvation.

Who is the Holy Spirit? The Holy Spirit is a powerful, life-giving force that will transform our spirits, souls, and bodies – but only if we choose to let the Holy Spirit have His way in our lives. We are designed to be the temples of the Holy Spirit.

God will not force any of us to bow down to Him. That is not love and therefore, not His character. Instead, the Holy Spirit moves in our lives by invitation only.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Every day we get to choose which areas of our lives we want to struggle and strive through on our own, and which ones we want ruled by the Holy Spirit. Surrendering to the Holy Spirit is a way of life we can practice and grow in every day.

The Holy Spirit needs an invitation from you. Keep inviting Him to fill you up until you can feel a change from His power and presence inside you. You'll begin to see the benefits of His increased presence in your life.

Benefit #1: _____

One of the names for the Holy Spirit is The Comforter because it is such an integral part of the Holy Spirit. He brings peace and assurance of God's goodness and trustworthiness.

Benefit #2: _____

Acts 1:8a (KJV) "But ye shall receive power, after that the Holy Ghost is come upon you."

God is the most powerful being in the universe. When His Holy Spirit moves in us, it is a piece of God's power moving.

The Holy Spirit's power can be felt changing our souls and bodies. We can also be the branch or vessel that the Holy Spirit can use to impact others around us.

Benefit #3: _____

Growing in boldness, does not mean that we become more extroverted in our own strength. It doesn't mean we become confident in our human abilities. Instead, it is a confidence in the character of God that moves us to align with God.

We may feel compelled to speak and act in ways we normally wouldn't because the Holy Spirit wants to use us as His messenger. This can be in short bursts with dramatic results or in small, consistent choices that eventually snowball into a larger impact – or both.

If we are inviting the Holy Spirit to invade our lives, then He will act specifically in ways that are personal to our growth and journey.

Benefit #4: _____

There is no decision too large or too small that we cannot benefit from bringing to God first. Whether He uses a loud audible voice, or a still, small feeling in the gut, the Holy Spirit can direct us into greater healing.

Remember, hearing His voice gets easier with practice. Keep asking, listening and obeying.

Benefit #5: _____

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Wisdom is not only having knowledge, but understanding the best way to apply that knowledge.

God has knowledge of both the past and the future. He knows what others are thinking and feeling. He sees their motivations and their hearts. By listening to the Holy Spirit, we can receive wisdom that goes far beyond our human abilities.

Broken Vessel of Honor

When we receive Jesus Christ as our Lord and Savior we become vessels of the Holy Spirit. This broken world may have damaged and broken our vessels. Our own choices may have added to the brokenness of our vessels. But God doesn't need our vessels to be perfect to use us. His glorious hands can pick us up, fill us up, and pour out onto others despite our brokenness. Yes, he can certainly heal our vessels, but He can also use the cracks and chips to encourage others by demonstrating they are not alone in having been broken.

All that is required to be used is our willingness to be surrendered and allow the Holy Spirit to lead us.

Are you willing to bring the Holy Spirit into every room of your life? Every closet? Every nook and cranny? Even your wallet? As we surrender and invite the Holy Spirit into more areas of our lives, we can fill up with more of God's love and pour out more onto others as well.

According to 1 Corinthians 12:8-10, the Gifts of the Spirit are evidence of the Holy Spirit residing in us:

- Wisdom
- Knowledge
- Faith
- Healing
- Miracles
- Prophecy
- Discernment
- Tongues
- Interpretation of tongues

Scripture tells us we can pray and ask for gifts from the Holy Spirit that are not yet ours. Scripture also tells us the spirit can guide mature believers to lay hands and/or prayerfully anoint other believers to receive the Holy Spirit with His power and gifts.

Matthew 7:7-8 (KJV) "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

WEEKLY WORSHIP

"Holy Spirit You Are Welcome Here" by Jesus Culture or Francesca Battistelli

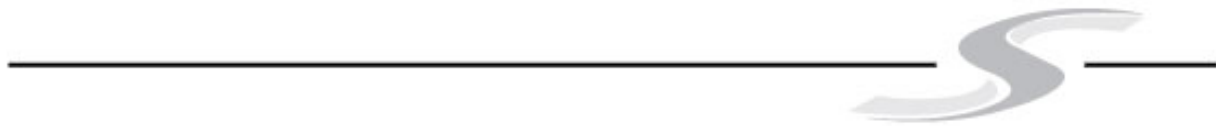
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DISCUSSION QUESTIONS

1. Can you remember a time when you received the Holy Spirit's comfort, power, boldness, direction, or wisdom? Describe what made it different from any other moment?
2. Which gifts of the Holy Spirit have been evidenced in your life and which gifts would you still like to receive from the Holy Spirit?
3. Have you ever asked the Holy Spirit to completely fill you? If not, consider asking someone who does have the Holy Spirit to pray with you now.

God's Voice vs. Enemy's Voice

Week 12 Homework



God's Voice

vs.

Enemy's Voice

Brings serenity

Reveals truth

Convicts you

Encourages you

Insights love

Slows you down

Brings clarity

Results in order

Brings distraction

Lies to you

Accuses you

Calls you names

Insights fear

Speeds you up

Brings doubt

Results in disorder

Why would anyone want to hear the enemy's voice? Yet we're all familiar with his ugliness. Being filled with the Holy Spirit helps us better see the contrast between God's voice (the Holy Spirit) and the enemy's voice.

1. Have you felt the Holy Spirit present in your life? What are some examples?

2. Have you ever felt the Holy Spirit's voice or presence comfort you in a tough place?
3. Have you ever moved in any of the gifts of the Holy Spirit? Which ones?
4. Have you ever felt the power of the Holy Spirit move in you? If not, have you watched someone else move in that power? Describe.
5. Have you felt the Holy Spirit wanted you to do something, but you didn't because it seemed odd? Did you feel convicted about not obeying?
6. Have you obeyed the prompting of the Holy Spirit and seen amazing results? Explain.

Week 13

8 Steps to Freedom



LISTENING GUIDE

We all have wounds that make us more vulnerable to carry pain and act out in sin. We often feel hopeless to do anything about it and get stuck. We can get even more stuck by blaming it on something else: circumstances, other people, organizations, God, the world, the man, or the system. If only someone or something were different, right? Sound familiar?

The truth is, we are not hopeless or helpless. By following the 8 Steps to Freedom, we CAN get unstuck and heal from our wounds. These steps address the root of the underlying issue: our beliefs.

And while God doesn't always change our circumstances, He can help us change how we see them. He can even help us change how we see ourselves.

These steps will guide you to root out the lies you are believing and replace them with God's ultimate, healing truth.

Please Note: In Unit 3 we will guide you in using these 8 steps to address an array of specific lies as they apply to your past. This lesson is an introduction to the process. In the remainder of Unit 2, we'll be discussing, in greater depth, strategies and tools that will help you safely apply these steps.

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Step #1: _____

In order to be free from a lie that doesn't line up with God and truth, we must first identify what that lie is. Most often a lie attacks your value, identity, abilities, relationships, purpose, and calling.

In some cases, we will easily hear the lie in our minds. Other times, we may need to sit and feel our emotions and dig a bit deeper to identify the lie in our thoughts. This is where the practice of taking our thoughts captive really pays off.

Step #2: Take _____

By taking responsibility for your beliefs, you are NOT taking responsibility for any abuse that was done to you. You are NOT taking responsibility for anyone else's beliefs or actions – just your own.

If at some point you chose to believe there was some validity to the lie, then you are responsible for believing it, even if you:

- Inherited the lie as a family belief
- Don't remember why because you were too young
- Believed the lie following a trauma
- Were brainwashed by abusers
- Accepted the lie subconsciously
- Didn't know it was a lie when you chose it

Taking responsibility is not about taking on guilt or shame. Jesus took those from us when He died on the cross. It is simply the recognition that we believed something contrary to the truth.

Step #3: _____ for participating in the lie

When we believe a lie, that lie is expressed through emotions, thoughts, and actions. Those resulting emotions, thoughts, and actions are how we participate with the lie.

Again, this is not meant to assign shame or guilt. Rather, repentance is a commitment to choosing the truth instead of the lie. It is a change that happens in our souls. By repenting, we choose to turn in a new direction. As a result, our participation with the new truth can begin.

Scripture tells us that we are fully forgiven by God when we repent. By repenting, we can ask for and fully receive God's forgiveness immediately.

Step #4: _____

This step requires speaking out a statement saying we cut ties with the lie.

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God has proven again and again that our words are powerful. By disowning the lie with our words, it assures that all three parts of our being (spirit, soul, and body) are disowning the lie and coming into alignment with the truth.

Step #5: Get _____ of

Because you are a believer in Jesus Christ, God has given you authority over the enemy and the lies the enemy's messengers want you to believe (Luke 10:19).

Therefore, we can take authority over the lie we've disowned and tell it to leave immediately. In Jesus' name, by His authority given to us, it has to leave. We no longer need to live at the mercy of the lie. We can live in the freedom of the truth.

In addition, there may be some items in our homes or commitments in our lives that we acquired when we were under the lie. Now is the best time to get rid of anything that represents the lie or our participation with the lie.

This may mean donating or throwing away old books, jewelry, clothing, products, etc. You may also find that you'll need to create new boundaries with people or organizations that may have encouraged you to believe the lie.

These action steps will vary widely depending on the lie and your struggles. What may be healthy for one person may be unhealthy for another. If you are going to make a significant change, or are unsure about what you should do, bring your concern to your sponsor or mentors for further advice.

Step #6: _____ back

Even when there is a change in your spirit and soul, your physical body may still have the inclination to follow the habits of the old lies.

The brain is very good at building ruts and habits. So now that you are committed to the truth and moving in a new direction, you'll most likely need to work on avoiding old ruts and establishing new thought patterns.

For example, even after you've gone through the steps above, your hormones, muscle memory, and ruts in the brain may take you through old thought and behavior patterns before you are consciously aware of what's happening.

This is not a time to beat yourself up. Give yourself grace for the process of changing. It's okay that it's messy. We are shooting for progress and not perfection.

No one can say how long this will take. God has the ability to rewire your brain miraculously on the spot, or He could want to use this as an exercise to build your fighting muscles over time.

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Only God knows what's best for you – trust that He's helping you through and will never leave you.

Instead, as soon as you catch yourself, pause and turn in the other direction. This may mean you recite Scripture, change your attitude, or even physically remove yourself from the situation. There is also a list of strategies you can use in the appendix.

Step #7: _____

This may sound like a throw-away step that doesn't need much attention or effort, but don't underestimate it. This is an essential step in the process.

Celebrating your transformation includes giving God the glory and feeling and expressing gratitude. Spend time in thanksgiving and worship the one who made your freedom possible. Let the joy sink in as you reflect on the goodness of God and all that you have gotten free from. This helps to solidify the new freedom in your spirit, soul, and body!

Step #8: _____ and disciple

Jesus called His disciples to share with others their experiences with Him to create more disciples. Did you know this practice was just as important for the existing disciples as it was for the creation of new believers?

God is perfectly capable of chasing after every sinner Himself and reaching their hearts. His efforts would be much more efficient and dramatic than anything we humans attempt. But God knew how important it would be for us to go through the exercise of speaking out our faith and teaching others.

As we testify of our experiences, God is redeeming our choices and removing even more shame with each telling. As we disciple others, we understand God and His Kingdom a little more clearly. We often hear the reminder we need coming out of our mouths as we guide a brother or sister in Christ.

God has given us an opportunity to play a role in His love story. It just so happens that role continuously deepens the growth of our roots into God's powerful truth.

WEEKLY WORSHIP

"Chain Breaker" by Zach Williams

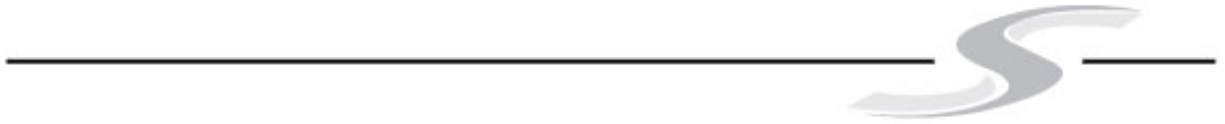
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DISCUSSION QUESTIONS

1. Were you aware you could get rid of lies you'd always believed?
2. If so, have you ever followed these steps to get rid of lies?
3. What is the lie you most want to get rid of?

Steps to Freedom Worksheet

Week 13 Homework



Step 1: Identify

Step 2: Take Responsibility

Step 3: Repent for Participating in the Lie

Step 4: Disown the Lie

Step 5: Get Rid of the Lie

Step 6: Fight Back

Step 7: Celebrate

Step 8: Testify and Disciple

Some questions to help you process:

1. Are there any lies you already know that you struggle to be free of? What are they?
2. Do you have concerns about taking responsibility for any of these lies? What are the emotions that come up for you in regard to this step?

3. What kind of role has shame or guilt played for you in the past when repenting? Have you ever considered that believing you need to (or are helpless to) carry shame or guilt are lies that you can also get free from?
4. Look back at the ten cognitive distortions you studied in Week 10. Can you see how using these steps might help you get freedom from those distortions? Give examples.
5. Read Luke 10:17-20. Do you believe this authority is for you as well? If so, why? If not, what is preventing you from accepting it?

Prayer (the first step to prepare you to get rid of lies in Unit 3):

Heavenly Father,

I finally see that I have believed the lies telling me _____ (ex. "I'm not good enough, lovable, or clean, etc."). I may not have believed it consciously or understood the consequences of agreeing with the lie, but I believed it all the same. I take responsibility for that choice. And I take this opportunity to repent for that choice. I no longer believe that lie. I make no agreements with lies. I ask for your forgiveness. And I fully receive your forgiveness. I only accept the truth in Your word that says "_____" (ex. I'm unconditionally loved, forgiven and washed clean!). I am Your child, God. I choose to follow You and align with Your word. I receive Your love and guidance from the Holy Spirit. Help me to keep my mind focused on the Truth. Thank you for the ability to become aligned with You despite my mistakes. Thank you for accepting me and loving all of me! In Jesus' name, Amen.

Week 14

Good Grief



LISTENING GUIDE

Grief is not just reserved for the loss of a loved one. Because we have finite time and resources in this world, any change we make is an exchange. Essentially, we have to replace something we have for anything new. Enter an opportunity for grief.

What we may need to grieve:

- Loss of hopes and dreams
- Loss of expectations
- End of a season of life (graduation, empty nest, change or transition)
- Loss of a relationship to death
- Loss of a relationship to divorce, moving, betrayal
- Loss of innocence
- Loss of time
- Loss of security, money, career, job
- Loss of addiction or habit
- Loss of safety to an abuser or traumatic event

In some cases, grief can move through very quickly. In other cases, it will be felt deeper and longer. Every person and circumstance will be different, and it is practically impossible to predict or control.

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Strategy #21

Healthy _____

Stage #1: _____

After a death or a natural disaster, it's easy to consciously conceive that our lack of response means we are in denial. Unfortunately, not every loss is so clear cut. We can spend days, years, or even decades in denial and never know it.

This is because the brain uses denial as a coping mechanism. It will literally shield us from processing the enormity of the truth if deemed too difficult to face. In childhood abuse situations, the brain can even suppress the memories entirely and block them from consciousness.

Denial is the most difficult stage to identify, but eventually emotional symptoms will rise to the surface – this is our brain's way of telling us that we are ready to face reality and feel the grief. When the symptoms are ignored and denial continues, it is not uncommon for serious health issues to arise.

Initial emotional responses to grief can be shock, feeling checked out, or feeling numb and apathetic. If the memories themselves get buried, we can be completely blind to what is going on, or experience confusion if events do not line up. Later, if feelings are dealt with, defensive behavior, irrational responses, and conflicted feelings will begin to show.

Stage #2: _____

Anger itself is not a sin or bad thing. God designed it as part of the grieving process. But we do have to be intentional about expressing our anger in appropriate, healthy ways.

It is easy to let a small annoyance become a volcanic rage or a passive aggressive pity party if we are not aware that our grief is the true source of that anger. This can be difficult to adjust to if we are not familiar with the process. Remembering to take our thoughts captive and giving ourselves grace for our feelings helps us navigate this stage, no matter how many times it appears.

Emotional symptoms include: rage, anger, bitterness, a desire to be aggressive in words or actions, passive aggressive behavior.

Physical symptoms include: yelling, clenched fists, or violence.

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Stage #3: _____

In this stage, the mind begins to imagine alternative scenarios or fantasize around thoughts of “what if,” “if only.” These can be focused on an event before or after the loss.

These feelings can be directed outward, where we can blame others for the loss. Or, we can turn these feelings inward and blame ourselves with shame and guilt. The temptation is to get stuck in these emotions and stages rather than continue to grieve the loss in a healthy way. Neither pattern is part of a healthy grieving process, especially when we couple this with anger. The results will be toxic.

Emotional symptoms include: frustration, fearfulness, confusion, uncertainty, increased desperation, racing thoughts, or feeling out of control.

Physical symptoms include: headache or stomach ache.

Stage #4: _____

Being faced with the reality that we cannot change our new circumstances results in deep sadness and depression. In this stage we begin to identify with our new situations and the discomfort of the resulting changes.

Remember that this stage is a part of the process and will not last forever. It is not who you are or where you are headed. There is hope for healing and hope for acceptance and comfort from the Holy Spirit. Loss will become a part of your story where you’ll be able to honor that past - not be tormented by it.

Oddly enough, if we stay stuck in denial and refuse to grieve a loss, depression can be a side effect. It’s only when we feel depression or sorrow to process the loss head-on that we can move through this stage.

The stage we are describing is different from clinical depression in that it is situationally specific to a loss, rather than a chemical imbalance. If you have a history of struggling to get out of depression, it’s imperative that you utilize all your tools, strategies, and members of your support system to keep from staying in this stage for too long.

Emotional symptoms include: deep sadness, painful sorrow, hopelessness, dread, apathy, or no motivation.

Physical symptoms include: exhaustion, poor self care, isolating, or engaging in addictive behaviors.

Stage #5: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

In this final stage, we do not forget what we lost, but we are able to continue living forward despite the loss. Our grief emotions may still rise occasionally, especially if the loss was extremely significant for us, but they no longer prevent us from forging ahead.

Emotional symptoms include: peace, resignation, and nostalgia.

Physical symptoms include: restfulness which brings the return of energy.

Grief is the healing process from a wound. Be aware of the process and embrace the process in order to heal from the past.

Be careful to frame the loss as a part of your story rather than a part of your identity. God did not create you with grief, and He is able to heal you from it. It can be tempting to want to stay stuck in the grief as either a way to hold on to the past or as a way to punish yourself. This would be considered ungodly grief, and it is not healthy (2 Corinthians 7:10). God gave us grief as a healthy healing tool.

Grief can be intensely difficult and take up more time and energy than we ever expected. That's okay. Shaming ourselves or pushing ourselves through it will only keep us stuck or make the process more difficult.

There is no shame in needing professional help through the grieving process. We don't have to go through it alone. Everyone's path looks different. No need for comparison or shame. It's important to stay focused on what's healthy for us personally, one day at a time.

WEEKLY WORSHIP

"We Believe" by Newsboys

DISCUSSION QUESTIONS

1. Which parts of the grieving process have been the most difficult for you?
2. Are you finding yourself stuck in grief in this season? If so, where are you stuck?
3. How could your support system help you through your current grief or in the future?

Stages of Grief Worksheet

Week 14 Homework



Stage 1: Denial

Stage 2: Anger

Stage 3: Bargaining

Stage 4: Depression

Stage 5: Acceptance

For each of the statements below, choose a number between 1 and 5 indicating how true each statement is for a particular loss. 0 = not true, 5 = completely true. Go through this chart for as many losses as you need to by putting your answers on a separate sheet of paper.

Number 1-5	Statement
	The loss was sudden.
	I had high expectations in this area before this loss.
	I had deeply held expectations in this area.
	I experienced significant length of time with the person/thing/expectation before it was taken away.
	I do not feel or express my feelings easily.
	I am terrified to feel my feelings of grief.
	I refuse to let go of this person/thing/expectation.
	I am constantly trying to figure out how to avoid the negative impact of this loss, or avoid the loss altogether.
	I have experienced similar losses in the past.
	I have felt intense emotions since experiencing the loss.
	I have felt confusing emotions since experiencing the loss.

_____ Total Score

Grief Scoring

Scores range between 0 and 55. The lower your score, you will most likely experience a quick grieving process that may not affect your emotions deeply. The higher your score, the more likely you are to experience a deep grieving process over a long period of time.

Everyone's path looks different when it comes to grieving. There is no formula that works to reach acceptance in a specific amount of time. Some days will be worse than others. Sometimes it will feel worse for no reason other than our bodies and minds need to process and release built-up emotions.

Remember, these stages do not necessarily occur in order or only once. We may experience all stages in one day, and the next day stay in one stage. It can feel unpredictable and scary. It's important to learn that we can feel our feelings and recognize them as a product of grief without acting out on those feelings and being a slave to their impulses.

Thankfully, research shows that when we allow our feelings to come to the surface and talk about them with safe people, the path to acceptance moves faster and is less destructive to our bodies and relationships. The more we talk about them, the less power they will have over us.



Week 15

Damaging Pain vs. Healing Pain

LISTENING GUIDE

Healing pain is the result of moving through the grief cycle and processing hurts and trauma with the goal of reaching acceptance and receiving God's love and freedom on the other side.

We feel the pain in order to identify the source of the emotions and thoughts that are keeping us from peace so we can remove the lies and heal.

Damaging pain is when we hold on to the grief, rejection, self-pity, self-hatred, or any other lies that separate us from God's love. No matter what we've experienced, we do not need to hold on to these damaging beliefs and lies. We can use the 8 Steps to Freedom to leave them at the foot of the cross, walk through healing pain, and receive freedom.

Choosing to stay trapped in that damaging pain will have consequences that branch out to every area of our lives.

Consequence #1: _____ pain

Emotional stress can cause our immune systems to weaken, leaving us vulnerable to viruses, diseases, bacteria, and infections. Headaches, digestive issues, cancer – in fact 80% of all diseases – are all linked to mental/emotional issues (psychosomatic sources) according to doctors.

Armoring is holding tension in our muscles that can leave us in real physical pain. Armoring is an unconscious choice to brace for emotional pain or attempt to prevent feeling the full im-

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pact of emotions. Soreness is one byproduct, but our bodies can be thrown out of whack when a group of muscles is continuously tense or in spasm.

Self-harm activities like cutting or burning are conscious choices to feel physical pain rather than emotional pain. If you are actively choosing these behaviors, we encourage you to seek additional help. You are God's masterpiece, designed to be loved and cared for. Please allow others to love and care for you right where you are so you can heal.

Consequence #2: _____ pain and separation

Bottling up the pain, doesn't make it disappear. Instead, it creates a pressure cooker of emotions inside. Eventually, we will not be able to control the pressure and emotional outbursts – often toward those we love most.

Secrets make us sick. They are a heavy burden to carry and make us vulnerable to enemy lies. Bringing them into the light with wise counsel stops this damage.

Trying to hide any part of your personality or actions in the past perpetuates any shame you may feel and increases the desire to create a fake identity. This prevents authentic relationships from being formed.

Deflection from the true hurt and needs you are feeling can leave you feeling isolated. Overly focusing on other people while staying disconnected leaves you alone, even in a room full of people.

If you are unable to process the emotions and unmet needs surrounding a person in your past, you may subconsciously transfer those feelings and needs toward another person in your present. This often creates unnecessary division and chaos in the present relationship. This is called transference.

Isolation can be a conscious choice to avoid relational pain. Especially if we believe that if we're alone, no one can hurt us. This is a lie. The slow pain of loneliness will only leave us vulnerable to the enemy's lies and cause a different kind of pain.

Consequence #3: _____ from God

Refusing to listen to God or disobeying Him will lead to spiritual separation from God.

That separation leaves us vulnerable. We are more likely to experience damaging pain from others and get lost in lies about our identities, purposes, and next steps. Overall, more chaos will disrupt our lives over time.

When we experience spiritual separation, the peace and strength we were receiving from the most powerful being in the universe is not the same. Our foundation begins to crumble. We

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can be tossed by the wind and rain – emotionally, metaphorically, and literally. When fear steals our peace, we can make decisions that have heavy consequences. God never wants this for us.

When we follow our own path, instead of God's, we will eventually experience it crumbling beneath our feet. This is true even if it's a path that appears to be fruitful and promising.

If we seek Him once again, God can use the resulting feelings of confusion and loneliness to convict us, teach us, and guide us back to Him. It's never too late.

Consequence #4: _____

Addictions often start as unhealthy coping mechanisms we use to avoid pain (both healing and damaging). Eventually, those behaviors become more central to a person's strategy to cope. This eventually leads to becoming dependent on the unhealthy coping mechanism.

Some examples include:

- Alcohol and chemical addictions
- Codependency: addiction to a person or multiple people in order to feel worthy of love and/or safe.
- Food and eating disorders
- Compulsive behaviors
- Sex Addiction: reliance on porn, masturbation, promiscuity, adultery, fetishes, a connection of violence and sex, etc.

Consequence #5: _____ illness

The brain is an organ that is able to change its inner workings more than any other organ in our bodies. It will hide memories that would harm us and then bring them to light when we are ready. It can connect new thoughts, create new perspectives, and overall adapt to our surroundings, our desires, and our hormones.

Though genetics can make us more disposed to a particular mental illness, our decisions and behaviors are not determined by genetics alone. On one extreme, mental illness can be the result of our early training in childhood from other people. On the other, it can be a result of our choosing poor coping skills as adults. Generally, it is believed to be the result of a combination of genetics and environment.

Mental illness includes:

- Anxiety and panic attacks
- Phobias, OCD
- Dissociation, disconnect, memory loss
- Depression
- DID, borderline, bipolar, etc.
- Suicide

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No matter why we received a diagnosis, we don't have to let it dictate our lives. Making healthy choices today can improve our mental states. We can even achieve full healing.

Healthy choices include seeking after God and truth and processing emotions from the past and present.

Medication and other treatments may be part of your healing journey. Consult God and your doctor when deciding what is right for you.

No matter what your plan looks like, it should include the process and feeling of healing pain. Avoiding that pain will only cause you to get stuck or increase any mental illness.



When hurt and pain are not processed, they get stuck in our bodies in the form of physical tension. A great way to loosen up that tension and help us through the process is to expend that energy physically.

Here are some great ideas you can employ to help process and release the damaging pain.

- Massage
- Exercise
- Dance
- Creative arts
- Journaling
- Walking
- Verbal processing

WEEKLY WORSHIP

"The Hurt & The Healer" by MercyMe

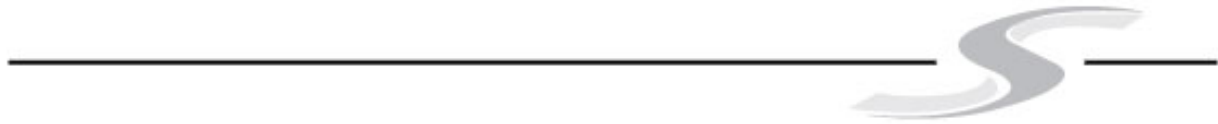
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1. Can you see how holding on to damaging pain has caused you physical, relational, or spiritual pain? Explain.
2. Can you see how holding on to damaging pain has caused you to choose addictions or suffer from mental disorders? Explain.
3. How will you use Strategy #22 (Physical Release) in the coming weeks? Which one of the ideas above appeals to you?

Where You Feel the Pain Worksheet

Week 15 Homework



When we feel emotions, we don't just feel them in our souls, we feel them in our physical bodies as well. In fact, sometimes we feel physical pain long before we understand what kind of emotions are being stirred up and the lies connected to those emotions. If we understand what our physical bodies are telling us, it can serve as an early warning system that our thoughts need to be taken captive and made obedient to Christ.

For example, fear can be felt in the tension of the shoulder muscles or painful stomach cramps. Anger can produce a buildup of energy, tensing fists, or muscles.

Instructions for Page 1

Describe how each of your emotions makes your body feel in the boxes on the next page. If you're not sure how to describe it, try to remember when you last felt the emotion and what your body felt like. Start by focusing your attention on the top of your head and slowly bringing it down to the bottom of your feet. When you're done remembering how your body felt, label the areas on the image of the body.

Instructions for Page 2

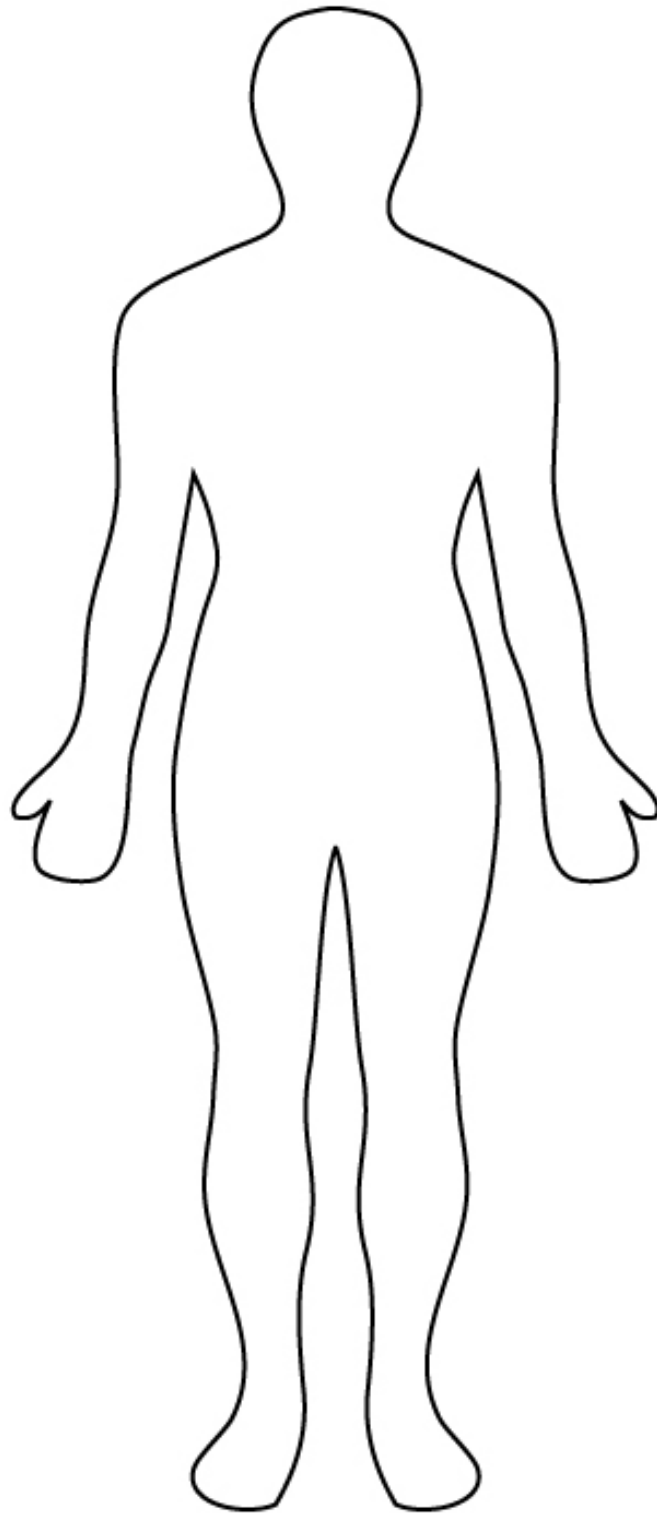
Use the boxes below to fill out any additional emotions you are aware of that affect your body.

Instructions for Page 3

Label the places on your body where you experience your feelings on the image below. You may want to use different colors for each feeling, so you can easily identify them later.

1. Anger	2. Fear (anxious, worried, stressed)
3. Shame (not good enough, broken)	4. Sadness (grief, abandoned, depressed)
5. Happy (joyful, thankful, inspired)	6. Content (peaceful, confident, hopeful)

1.	2.
3.	4.
5.	6.



Week 16

Trauma Points and Symptoms



LISTENING GUIDE

If you've ever worked in customer service or sales, you may have used the term "pain points" when it comes to your clients. Pain points are the circumstances causing your customer or prospective client pain or frustration. A good salesperson or customer service representative will discover what they are for each individual client and meet those needs to alleviate the pain point.

Trauma points are similar. These are the places where trauma has caused symptoms that go beyond simple pain. In order to heal from them, we must identify these symptoms so we can apply the correlating healing strategies that will alleviate the symptoms.

We do not have to stay a victim of trauma points. In the coming weeks we'll be diving in to more detail about healing from them. But, first we have to identify them.

In order to identify whether you have any trauma points, ask yourself these questions:

Question #1: Have you experienced _____?

You can review the Stressful Life Events Assessment from Week 2 as a helpful tool to quickly get an overview of the kind and amount of stressful life events you've experienced.

Question #2: Have you experienced _____?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

After trauma, it's not uncommon for certain people, situations, or locations to trigger intense emotions that come on suddenly. These emotions usually include fear, but can also include anger, confusion, jealousy, or anything else unsettling. The anger can be directed at outside people and circumstances, or turned inward: self-hatred or self-rejection.

Feeling younger than our chronological age – usually the age the trauma occurred – is possible as well.

Studies have shown that when trauma triggers occur, whole sections of the brain will shut down. This can lead to feeling confused or incapable. If we do not know this is happening as a result of a trigger, we can simply believe we are stupid or incompetent in a specific area.

More intense triggers can bring up memories of trauma and physical pain, in addition to emotions. This is usually as a result of something seen, heard, touched, felt, or tasted that is reminiscent of an initial trauma.

Triggers and our reactions to them feel very real, and if they have been there since childhood, they feel very normal. Because they are instinctual reactions, it is easy for them to quickly escalate into emotional overreactions, panic attacks, or physical reactions.

Trauma Point Symptoms:

- **Hyperarousal:** a heightened state of anxiety, startle responses, or hyper alertness.
- **Constriction:** a feeling of tightness or pressure
- **Dissociation:** disconnecting from thoughts, feelings, memories, or sense of identity.
- **Freezing:** feeling unable to move or stand up for yourself or what you want.

Question #3: Have you experienced _____?

Flashbacks are vivid memories that come involuntarily, causing one to re-experience the trauma through images, physical feelings, and emotions. All three visual, physical, and emotional memories are not required to experience a flashback. Any singular aspect or combination of aspects can exist.

Types of flashbacks

- **Visual Flashback:** When visual images from the past are replayed in the mind's eye like a movie reel.
- **Physical Flashback:** These are body memories where old physical pain and discomfort feel as if they are real in the present moment.
- **Emotional Flashback:** Where the intense fear and any other feelings that occurred during the trauma are felt again as if the threat were currently present.

Question #4: Have you experienced _____?

Dissociation is the brain's way of protecting itself from pain by disconnecting from feelings and thoughts. There are varying levels of dissociation and the frequency with which it is experienced.

[illegible]

The severity often depends on the severity and frequency of trauma that was experienced. Trauma that was experienced under the age of twenty leaves a person more susceptible to increased levels and frequency of dissociation. The majority of those exposed to traumatic incidents experience dissociation then and or later.

Types of dissociation:

- **Emotional Numbing:** zoning out, daydreaming, mental/emotional escape
- **Depersonalization:** when a person feels out of their own body
- **Derealization:** separation from the world around you and events
- **Amnesia:** a person may be coherent and carry on a conversation in the moment, but afterward will be unable to recall the experience due to feeling triggered
- **Identity confusion:** feeling unsure of who one is and what they think or feel
- **Identity separation:** Dissociative Identity Disorder will cause the brain to create distinct separate identities

Question #5: Have you experienced _____?

Post Traumatic Stress (PTS) is experienced by most people who have undergone trauma. The symptoms will be present immediately following and shortly after the traumatic event.

PTSD is a condition where the symptoms of PTS are heightened and last well beyond a few days with a significant impact on one's daily life. It includes a complex set of criteria and should only be diagnosed by a licensed professional.

Symptoms of PTSD can include the following list after a traumatic event:

- Re-experiencing the event through unwanted memories or nightmares.
- Flashbacks
- Emotional/Physical distress in response to trigger
- Avoidance of trauma-related issues and reminders
- Negative thoughts or feelings related to remembering trauma.
- Feelings of exaggerated blame, self-hatred or inability to love oneself, disinterest, or isolation.
- Irritability, aggression, risky/destructive behavior, hyper vigilance, or easily startled.
- Inability to concentrate or sleep well.

Again, PTSD requires a diagnosis from a mental healthcare professional. Please see a professional if you have experienced multiple symptoms over a month after the initial trauma. If the symptoms are not treated, they can remain long term, and the distress can cause significant impairment to daily life.

Praise God that our minds, in conjunction with the Holy Spirit, have the power to heal and restore all that is broken after trauma.

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WEEKLY WORSHIP

"Gracefully Broken" by Tasha Cobbs

DISCUSSION QUESTIONS

1. Did you answer yes to any of the questions in the lesson?
2. Depending on the severity of a trigger, we can have anything from a violent outward response to a more subtle, internal shift where we can feel fearful or confused, even younger than our actual age. Can you think of a time when you felt triggered? If so, what was the trigger and what was your response?
3. Whether or not you were aware of these trauma points in your life previously, do you believe you could be healed from them or have you accepted them or even seen them as part of your identity?

Review & Update

Week 16 Homework



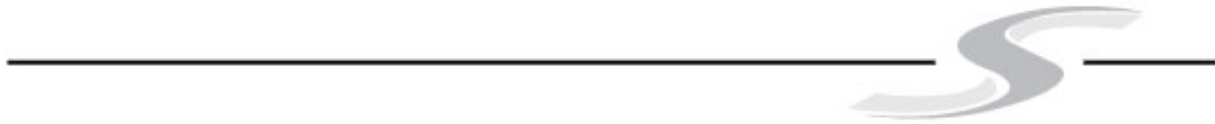
No matter how many diagnoses you've received or trauma points and symptoms you may have identified, there is always hope! Identifying what we have experienced and where we are in the healing process is the first step in healing. It helps us to give ourselves grace for where we are and the healing journey ahead.

Take a moment and go back to the Life Events Assessment in the Unit 1 Workbook. Review the questions again.

1. Now that you've had some time in recovery, do you see these events differently than you did in Week 2? If so, how are they different?
2. Are you able to identify any events on the list in the categories of "Loss," "Stressful Events," or "Trauma," that you couldn't see or were in denial about previously?
3. Are you able to add any positive answers in the category of your "Recovery Journey?"
4. Are you feeling any shame or guilt surrounding the trauma points in your life? What would it take for you to disown the shame and embrace the truth that you are on a journey of healing (progress, not perfection!)?

List of Baby Steps

Week 16 Homework



You've already learned 22 strategies and completed one quarter of the Recovery Strategies 4 Life curriculum! Well done for working so hard on your healing!

We know it's easy to forget all the positive baby steps you've taken when you are so focused on moving forward with learning and changing. So this is a great time to pause and take stock of how you've stepped forward and grown.

Below, make a list of baby steps you've implemented, goals you've reached (big and small), homework you've done, and growth you've experienced.

OPTIONAL: To keep you motivated, take the list of baby steps and write them on a poster to hang in your bedroom, office, or somewhere you'll see it often as a reminder of all you've accomplished! You can add to this on an ongoing basis.

1. What baby steps have you implemented that you've learned through RS4L so far?

2. What improvements have you seen in your emotional bandwidth?

3. Are there any new behaviors or habits you've adopted in the last sixteen weeks?

4. How have your instinctive reactions to triggers or stressful situations changed since the initial trauma?
5. As a result of what you've learned in RS4L, what decisions have you made differently?
6. Have you added new, healthy relationships to your life or nurtured existing healthy relationships?
7. How is your life different now from when you started?

Week 17

The Real Me



LISTENING GUIDE

God created us to be emotional creatures! How could He not? God is love, and He made us to love Him, ourselves, and others. All our emotions can be used as tools to help us love even more deeply.

Essentially, emotions are indicators of our thoughts and beliefs, helping us gauge ourselves, as well as the people and circumstances that surround us. Unfortunately, emotions don't come in a simple package with instructions. They are glorious and wonderful, messy and painful.

Strategy #23

Who _____ ?

Issues can arise when we think emotions - and our reactions to those emotions - are a part of our identities. It's easy to do, especially when cultural influences and media insist that we are what we do or think.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Consider who God made you to be vs. your personality. Your true identity in Christ cannot be touched by outside influences. Identity is not changeable or malleable depending on your mood or circumstances. On the other hand, your personality is made up of your character, preferences, worldview, values, temperament, persona, etc.

Personality tests measure your preferences and comfort zones and reactions in specific situations. They do not quantify your true, God-given identity.

Did you know your personality can fluctuate? When lost souls receive Jesus as their Lord and Savior, their personality will often change. Saul changed from being a murderer of Christians into the Apostle Paul, who created churches and Christ-followers among the Gentiles. He was transformed into the person God made Him to be and subsequently became one of the greatest apostles.

The healing power of God's love is able to change all the facets of our personalities: our character, preferences, values, temperament, persona, etc. The more we heal from hurts and traumas, the more our personalities will reflect who God created us to be.

Our true Emotional DNA reflects God's character. We are given pieces of His heart to reflect to the world. As we follow God's promptings to come together in unity as one body, we are able to more accurately reflect God's character.

Even when we sin or make aggressive choices, we have never lost the ability to align with our true identity in Christ. It has always been inside us. The lies only cover what God created, they cannot destroy it.

1 Corinthians 12:18-20 (NJKV) "But now God has set the members, each one of them, in the body just as He pleased. And if they were all one member, where *would* the body *be*? But now indeed *there are* many members, yet one body."

We are only hurting ourselves when we compare the piece of God's heart He gave us to the piece He gave to another. Those attributes are both unique and equal in value in His Kingdom.

Strategy #24

Recognizing and Replacing _____

[illegible]

Everyone can recognize & replace lies in their belief systems by following these six steps:

Step #1: Practice _____

Be aware of your thoughts and be curious about your thoughts.

Step #2: Take your _____

Reflect on your thoughts. Ask yourself whether they are old thoughts that don't align with your current beliefs. Ask yourself whether they are helping you or hurting you.

God is your greatest source of wisdom. Ask Him to show you the lies that keep appearing in your thoughts.

Remember, the enemy is the one who wants to shame you, God will focus on conviction in love. Shaming thoughts are actually lies about yourself. You don't need to believe them.

Step #3: _____ on the word.

The Bible is God's love letter to us. If we examine its contents with an open heart and a discerning mind, God's character and His desire to love us, redeem us, and set us free are apparent throughout.

One of the best ways we can get into closer relationship with God is to read and study His word. Granted, it is not always easy to understand. It was written by hundreds of authors over thousands of years. Yet, the messages hold up under scrutiny. God's character never changes. He never breaks His promises.

Because the Bible holds up, we encourage everyone to question and search for answers regarding any pieces of Scripture that appear questionable. Wrestle with God to understand.

Anyone can pick and choose Scripture to support a point out of context. It's important that we understand the context and meaning for ourselves so we can stand strong on the truth and not be vulnerable to manipulators. The Bible is a measuring stick that allows us to assess the points brought up by counselors, coaches, our sponsors, or accountability partners.

Step #4: Find the truth in _____.

When we struggle with tragedy or unfair circumstances, we can keep going back into God's word for answers. We can hold our understanding of Him and His teaching up to His word. We can keep researching and asking "why?" until God reveals the answers to us. While we wait, we can trust that God always knows best and has a loving Father's heart toward us. Some answers will not come this side of heaven.

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Step #5: _____ the Scripture or truth

The brain can change its beliefs, thoughts, and structure, but often not without training! That means repetition. Repeating Scriptures until your mind can fully embrace the truth is great brain training!

There is no average number of repetitions or set period of time in which you can expect to see that change become second-nature. There are too many variables in your experience and beliefs. It could be a few hours or a few months. You may need refreshers – remember you are after progress not perfection!

Step #6: Assign truth to all _____

- Relationship with God
- Relationship with yourself
- Relationship with friends
- Relationship with family
- Relationship with coworkers
- Daily activities

WEEKLY WORSHIP

"Known" by Tauren Wells

DISCUSSION QUESTIONS

1. Have you ever considered that your personality has the ability to shift and change for the better as you heal?
2. Do you believe God will help you come become the Real You? Why or why not?
3. What steps could you take to become more like the Real You this week?

Identity in God Worksheet

Week 17 Homework



Consider the aspects of your personality listed below.

- Character (integrity, honor, moral strength)
 - Preferences (what you enjoy, find comforting, or get inspired by)
 - Worldview (the beliefs through which you see the world and make sense of life)
 - Values (what you judge to be important in life)
 - Temperament (general mood and emotional response to external circumstances or internal thoughts/temptations)
 - Persona (how you present yourself to others).
1. How have they changed since starting your recovery journey? How have they stayed the same?
 2. What aspect would you still like God to help you change or set you free from?
 3. Are there areas of your personality you don't necessarily like, but when healed could be a gift from God? (i.e. strategic thinking can bend toward overthinking, compassion can bend toward codependency, discernment can bend toward judgment or accusation, etc.)

This is the Real You under the lies and confusion:

Honest	Merciful
Loving	Strong
Kind	Generous
Caring	Trustworthy
Constant	Servant
Peaceful	Compassionate
Patient	

God has made all of His children capable of being vessels of His love. Therefore, we can conclude, that we all have the ability to carry and pour out great quantities of the attributes listed above.

No matter what we've done or believed in the past, we can be confident that God created us to exude the qualities above. Even if we've never reflected these qualities in the past, we have them inside us. They are part of our being inscribed on us by God. As we get rid of the lies we believed, we can all experience a greater capacity for God's character traits to shine through us.

1. Do you want to embrace the qualities of the Real You above?
2. Are there any qualities that you perceive as weakness? Why?
3. What kind of lies are preventing you from embracing the qualities above?

4. Do you think your past actions are making it impossible for you to become the Real You in the future? Why?
5. What new perspective or actions would you need to take to surrender to God and embrace this real identity?

Week 18

Eternal Perspective



LISTENING GUIDE

How do you see the world and the people in it? Does your perspective change when you are at church, watching the news, or hanging out with your friends or family?

It's easy to forgive our friends for their bad behaviors, but we are quick to judge those we have no personal attachment to on the news. And perhaps it's easier to hold our families to a higher standard than those around us at church or work.

As circumstances change, we humans tend to choose the perspective that best fits our own interests or feeds our fears. Sometimes it's the perspective that keeps us a victim so we don't have to accept responsibility for our part. Sometimes it's the perspective that justifies us so we can feel better than others. (Refer to the Thought Filters in Week 10 for a larger list of unhealthy perspectives.)

There is one healthy perspective that keeps us grounded because it is the truth – the eternal perspective.

Strategy #25

_____ Perspective

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

By choosing to see ourselves, others, and our circumstances through an eternal perspective, we are choosing to align ourselves with God and reap the benefits of His blessings.

Benefit #1: Decreases _____

By seeing the world only through our eyes, we can falsely believe the power and responsibility belongs to what we see with our eyes – people, places, and things. With an eternal perspective, we remember God is at work behind the scenes.

We can rest when we realize we are only the vessel. God is responsible for creating love and guiding us to solutions and orchestrating a specific outcome.

An eternal perspective reminds us there is something much bigger than our small situations.

Benefit #2: Decreases the _____ in the moment

Consider Laura Story's lyrics "What if our greatest disappointments, are the aching of this life?" What if this world is the worst it will ever be? What if it only gets better in heaven for eternity because you've accepted Christ as your Savior?

We remember that the pain of the past has subsided or been healed completely. We trust that God will work in all things – including our pain – for our good.

Benefit #3: _____ for the future

Our hope for the future is magnified when we remember heaven and God's promises. It goes well beyond our days on earth and extends into eternity. Every tear will be washed away in the presence of God's healing, unconditional love. Our hope is literally for eternity.

Benefit #4: Increases _____ of others

We need to recognize that our fight is not against flesh and blood (Ephesians 6:12), but against the principalities, rulers, and authorities. The enemy is tempting each of us to turn away from love. This understanding helps us assign blame where it truly belongs. Then we can have greater compassion for those who are messed up due to ignorance, fear and/or pain.

An eternal perspective shows us when others are not behaving as God created them to be. We can see greater potential in them and not give up on them because of their past behaviors.

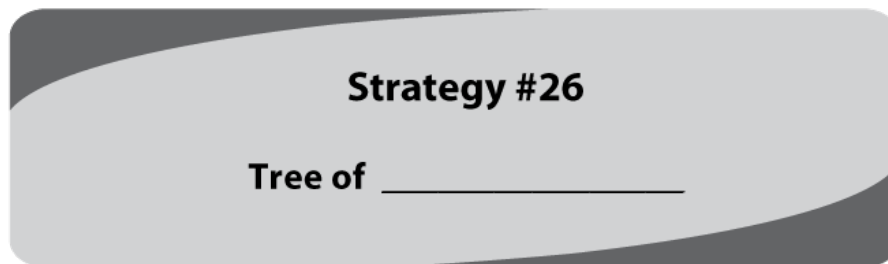
Who determines what is good? Are you letting God decide what is good for you, or are you letting the world decide instead?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- **Worldly Good** looks like status, marriage, kids, and a wealth of money. While these things are not evil in and of themselves, it may not be what God has planned for your best life.
- **Godly Good** looks like surrender to God, living in God's will through obedience to His commands and promptings. The fruit of this obedience may look like the worldly good above, or it may look completely different. Under the surface, the condition of your heart is the "good" fruit that God values producing over all others.

"Worldly Evil" vs. "Godly Evil" - what is the difference?

- **Worldly Evil** is portrayed as tragic death, being poor, and deformed bodies. There are cultural norms with differing views all over the world on dating and marriage, war, honor, loyalty, etc. Any practice can be vilified when it is outside cultural norms.
- **Godly Evil**, however, is sin. That is anything done outside God's will, such as preaching lies, encouraging false idols, valuing performance over love, or perpetuating condemnation over conviction. Anyone using Scripture or the standards of Godly evil as a means of attacking, demeaning, bullying, or condemning, is also sinning. The Bible tells us what God sees as sin.



God meets us and gives direction specific to us in each time and season of life. He has done this with all of His disciples and prophets. Elijah's instructions were to speak and perform miracles in front of the most powerful leaders of the age. Later God asked Him to minister and perform a miracle for a poor, hopeless widow and her son.

Although these assignments had very different values by worldly standards, to God, they were equally important. Eternal perspective is different.

Our desire to assign a value of "good," rather than to rely on God's assignment of good, comes from the fall when Adam and Eve ate from the "tree of the knowledge of good and evil."

However, we can fight our own desires and still trust God to show us what is good for us on our journey. God's promptings often do not make worldly sense because God is after eternal results rather than worldly results. But, if we follow His path for us, what we receive is far greater than anything the world promises.

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WEEKLY WORSHIP

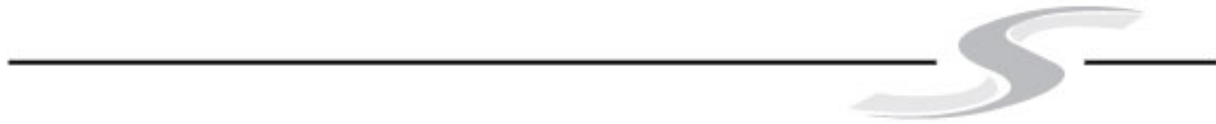
"Build Your Kingdom Here" by Rend Collective

DISCUSSION QUESTIONS

1. Under what circumstances do you find it difficult to keep an eternal perspective?
2. Which thought filters keep you from seeing through an eternal perspective most often?
All-or-nothing thinking, overgeneralization, catastrophizing, mental filtering, jumping to conclusions, personalization, shoulding or musting, emotional reasoning, always being right, or magnification and minimization?
3. Have you ever realized that what is considered good by the world's standards might not be God's best for your life – in this season or any other? When?

Spiritual Gifts Test

Week 18 Homework



We have all been given spiritual gifts by our Heavenly Father. The combination of gifts we've been given is unique to us and our paths. The Bible tells us we can ask for and receive more gifts from the Holy Spirit. It is possible to receive those gifts immediately, or God may want to nurture and grow that gift inside us over time.

God designed the body to work together, but every piece has a different function and purpose. This test is designed to help you identify the unique combination of gifts you have already. By understanding your gifts, you can use those gifts as you were designed, rather than struggling to accomplish a goal outside your gifting.

Once you've identified your gifts, then you can also ask God to show you specifically how He'd like you to use those gifts for His Kingdom. When you are working in your giftings, you are able to accomplish incredible things that shine God's light!

For each of the statements below, choose a number between 1 and 5 indicating how often this statement is true for you. **1 = never, 5 = always.** Write these on your score sheet.

When you are finished, add them up to see which area has the highest number. This will help you define your primary gifting(s).

1. I have a deep understanding of Biblical text.
2. It is second nature to find ways to help others live a little (or a whole lot!) easier.
3. The most important thing I can do is reveal the glory of God to others and invite them to receive God's love and grace.
4. It is easy for me to discover how a person learns and then adapt to that style of learning.
5. I expect to see God's hand to be active in every aspect of my life, even the heartaches.
6. I have a desire to create safe communities for Christ followers to worship and learn together.
7. There is nothing like the joy of helping someone accept Jesus Christ into their heart.
8. I easily recognize and get excited when I feel the Holy Spirit speaking through me to His children, or a specific child.
9. I have an intimate understanding of God's word and the ability to live by it that produces righteous living.
10. I am overcome with gratitude and humility when God uses me as a part of bringing forth His miracle.

11. God has often asked me to give financially.
12. I am drawn to the hurting and the sick and have a desire to help them any way I can.
13. I am always able to find the person who feels uncomfortable and I make it my mission to include them and help them feel comfortable.
14. God shows me the hurting person beneath the aggression or spiteful behavior of others.
15. I am sure that God's promises are true and I almost never doubt them.
16. I ask God to use me as His messenger to help others hear from Him and feel at peace about the path they are taking.
17. I feel best when I am helping others accomplish their goals.
18. I make sure others understand what I am communicating because it would be terrible and rude if I continued ahead without them.
19. It's very important to me to see the world through the lens of what Scripture has revealed.
20. I feel compelled to minister to those who are hurting and wandering from God.
21. God has used me to spread the gospel and raise up Christian leaders amidst cultures that do not know Christ.
22. God has repeatedly healed others through my obedience to pray for their healing.
23. I make sure others around me know Jesus so I can share the gospel with those who do not.
24. The most important thing I can do is to always honor the holiness of God and brokenness of humans when making decisions.
25. I look for ways to bless others with my time and finances.
26. I have seen God perform many miracles around me.
27. God gives me the ability to see the potential in others, and I want them to see it and reach that potential as well.
28. I almost never struggle to forgive someone after they have sinned against God.
29. I frequently explain ideas and concepts to others in a way they will understand.
30. I am constantly awed by the amount of detail and rich layers of understanding that God included in His word over thousands of years and multiple authors.
31. I take leaps of faith when God points me in a direction because I know He will catch me and take care of the details.
32. God has repeatedly asked me to rebuke or caution another believer in the path they have chosen, even when I have no human evidence that the decision is unwise.
33. It is paramount to show God's love by helping others prosper and breathe easier in this world.
34. I enjoy caring for the spiritual well-being of others.
35. I have seen God heal others after laying hands on them.
36. I often look for ways to establish new communities by raising up leaders around me.
37. God often uses me to introduce others to His son, Jesus.
38. Nothing makes me happier than blessing someone with a tangible gift.
39. I easily recognize the immediate and long-term impact of a decision or action and often warn others to choose the path that brings life.
40. The most valuable perspective anyone can have is confidence in who they are in Christ.
41. God performs miracles every day.

42. I rarely hold it against those who act out of intense emotion in the moment.
43. The Holy Spirit repeatedly reveals to me Scriptures that apply to my daily experiences and the experiences of those around me.
44. I often find myself helping others without being asked.
45. I know God is working behind the scenes to bring about some kind of goodness or lesson in every challenge.
46. It is imperative that others learn in order to help their quality of life.
47. I regularly feel pressed by the Holy Spirit to encourage or share insight into someone else's circumstances that did not come from my own thoughts.
48. God has used me to lead people by teaching His word.
49. I am able to quickly see through the confusion of the details in a situation to the truth of the matter.
50. I feel elated when God uses me to heal a hurting person.
51. It's important for others to believe that God can do anything, even acts contrary to the laws of nature.
52. I am eager to give big donations to those in need.
53. I love to remind others of their value in God's eyes so they do not become discouraged by the world.
54. I enjoy bringing people together who have a desire to seek the Lord.
55. I believe the most valuable thing I can do is share the good news with as many people as possible.
56. I often hear God asking me to communicate a specific message to specific people.
57. It is easy for me to love others, even when they are taking out their anger on me.
58. God consistently uses me to serve those who are struggling.
59. I love to share my knowledge and teach others what I have learned.
60. I feel overwhelmed with awe and wonder when God's faithfulness is revealed.
61. I find myself comparing every situation to what I know of God's Word to make sense of the world around me.
62. I enjoy sharing spiritual truth when others come to me for advice.
63. The most valuable task I can perform is to go into areas where people do not know Jesus and establish new church bodies who can bring light to dark places.
64. It is absolutely vital to help someone physically recover so their quality of life can be improved.
65. I pray for God to work miraculously in the lives of others daily.
66. I always encourage others to grow their personal relationships with Christ - especially if they are looking to me for guidance.
67. I spend a lot of time encouraging others to see in themselves who God has created them to be.
68. It's an impulse to offer what I have to someone who has a need for it.
69. I often find myself leading the lost to know the Lord.
70. I often look for ways to bless those who hurt me.

Spiritual Gifts Scoring

Evangelism 7. _____ 23. _____ 37. _____ 55. _____ 69. _____ Total: _____	Teaching 4. _____ 18. _____ 29. _____ 46. _____ 59. _____ Total: _____	Prophecy 8. _____ 16. _____ 32. _____ 47. _____ 56. _____ Total: _____	Wisdom 9. _____ 24. _____ 39. _____ 49. _____ 62. _____ Total: _____
Knowledge 1. _____ 19. _____ 30. _____ 43. _____ 61. _____ Total: _____	Exhortation 13. _____ 27. _____ 40. _____ 53. _____ 67. _____ Total: _____	Shepherding 3. _____ 20. _____ 34. _____ 48. _____ 66. _____ Total: _____	Serving 2. _____ 17. _____ 33. _____ 44. _____ 58. _____ Total: _____
Miracles 10. _____ 26. _____ 41. _____ 51. _____ 65. _____ Total: _____	Giving 11. _____ 25. _____ 38. _____ 52. _____ 68. _____ Total: _____	Faith 5. _____ 15. _____ 31. _____ 45. _____ 60. _____ Total: _____	Mercy 14. _____ 28. _____ 42. _____ 57. _____ 70. _____ Total: _____
Apostleship 6. _____ 21. _____ 36. _____ 54. _____ 63. _____ Total: _____	Healing 12. _____ 22. _____ 35. _____ 50. _____ 64. _____ Total: _____		

Spiritual Gifts Descriptions

Spiritual gifts are more than just supernatural abilities. They usually come with a passion for that area as well. A well-developed spiritual gift can fuel a consuming passion that guides your life and your decisions. A spiritual gift that is new or not yet developed may cause you to be excited in the moment it is used, but then forgotten about or ignored until the next time.

Evangelism

All believers are called to make disciples. A case could be made that all spiritual gifts are given for exactly that purpose – to inspire and deepen the roots of Jesus’ disciples. The gift of evangelism is for the moment in the process where the lost and hurting are introduced to Jesus Christ as their Lord and Savior.

The gift of evangelism allows us to hear from the Holy Spirit and share the gospel with God’s light, in God’s way, and in God’s timing so that another receives not only the message, but a personal relationship with Jesus Christ.

Teaching

For a teacher with this spiritual gift, there is nothing more touching than seeing a student come closer to Christ. Teachers invest a great deal to understand the Scriptures and then explain and communicate their understanding in a way that will help a student internalize the material.

Teachers have the ability to highly influence the trajectory of their students. Because of this, the Bible tells us that teachers, especially those who teach large groups and hold a place of leadership, are held to a higher standard. Teachers must be careful to point their students toward love and Christ.

This is why, during Jesus’ ministry, He was most outspoken against the Pharisees. These were not just the men who held tightly to the old law, they were leaders who were teaching the Israelites to perform perfectly rather than leading them toward God’s loving heart.

Prophecy

Prophecy is the ability to hear and communicate specific messages from the Holy Spirit to God’s people. This can be to encourage others and confirm to them that they are on God’s path, or it may be to rebuke them because they are straying from God’s will.

The gift of prophecy is not the foretelling of the future – it is the relaying of messages. The Lord may include warnings or encouragements about the consequences of others’ decisions within those messages, but the point is to speak to the heart of the listener.

This gift comes with great responsibility to accurately convey the words of God without adding our own human interpretation. Moses was denied entrance into the Promised Land when he misrepresented God’s message to the Israelites in the wilderness by not following God’s instructions exactly.

Knowledge

The gift of knowledge is directly related to the word of God. It goes beyond an amassing of facts and general Bible study.

Those who have this gift receive revelation from the Holy Spirit about the meaning of God's word beyond what appears on the surface. In fact, they often understand how different Scripture passages are related to reveal a larger lesson or aspect of God's character or creation.

This gift is often found in conjunction with others that will help communicate this knowledge for the strengthening of the body of Christ.

Wisdom

Wisdom is closely linked to the spiritual gift of knowledge, but they are not the same. Wisdom is the application of knowledge in daily life for the good of oneself and God's children.

It provides the ability to see beyond the chaos and emotional influences to the true motivation and reality of the situation. Often, those with the gift of wisdom can accurately assess likely outcomes by considering their knowledge of past experience, human nature, and the nature of God and of Satan.

Exhortation

Exhortation is encouragement with a focus toward Christ. An individual with the spiritual gift of exhortation has the ability to see beyond the actions and words of their fellow man and see the person God made them to be. Exhorters encourage so that others can find hope and confidence in working toward becoming that person.

In order to do this, exhorters will warn against behavior or rebuke a person who has turned away from following God or who is actively believing lies about themselves.

Shepherding

Shepherding is often looked at as pastoring. Although not all pastors have the gift of shepherding. A shepherd's first instinct is to look after their flock. They care for the spiritual well-being of others. Their goal is to keep everyone moving toward Christ and out of the dangerous influence of the evil one. They keep watch and stay sensitive to the needs of those they are charged with. When a sheep is wounded or in danger of wandering, they will make it a priority to attend to that individual.

Serving

Those with the spiritual gift of serving, will likely find themselves helping before they've been asked. They are able to quickly find key details that need attention and they jump to fill in the gap. Their motivation is not for reward or honor, but simply to be of service for the good of others.

Miracles

The gift of miracles is shown when someone is anointed to speak miracles into being. They hear from the Holy Spirit what He wants to do and speak it into being.

These miracles can be financial, physical, situational, or spiritual. Miracles are occurrences that defy the laws of nature.

God usually uses miracles to solve a desperate problem and/or to show His Glory.

Giving

The generosity shown by those with the gift of giving is not solely shown through financial means. Large cash donations can be a very meaningful and rewarding action, especially to those with this gift, but there are other avenues of giving available.

Some will give any asset at their disposal including cars, food, or just the shirt off their backs. Others will be generous with their time or knowledge and serve as mentors. Others will open their homes and invite guests to stay.

Again, spiritual gifts are meant to be a blessing to the body. Givers' motivations are not due to obligation, but out of the desire to show the generosity and love that Christ has for us. It is a way for them to give love in a tangible way.

Faith

All believers are given a measure of faith by the Holy Spirit. The gift of faith is a significantly increased measure of faith. These people are securely confident in the promises of God and His abilities. They are able to obey the promptings of the Spirit to take extreme leaps of faith when common sense and rational thinking would discourage another.

God often uses this gift to grow the faith of others through demonstrations of His faithfulness as the result of extreme obedience by those with the gift of faith.

Mercy

The spiritual gift of mercy is the ability to offer love and understanding in response to the hurtful actions of others. They can see beyond their own hurts and identify with the broken person before them.

Their enhanced capacity to feel compassion and empathy for another hurting child of God allows them to accept hurtful individuals and forgive more readily and more often than most. This gift has the potential to reach even the most ferocious individuals.

Apostleship

Apostles are called to lead the leaders. They open new areas of spiritual growth and development and train the leaders to lead them.

Apostles trail blaze for God's kingdom. Then, they disciple those who will shepherd His people in new ways or locations. Apostles have started new church groups, denominations, mission outreaches, and charities.

Healing

The gift of healing is shown when someone prays for the sick, and they are healed. This healing could be progressive or instant.

This is different from miracles, because this fits with the laws of nature but is an unexpected outcome. Coming down with the flu one day and having no flu the next day would be healing. A cancerous tumor shriveling up would be healing. The body is designed to fight infections and cancer. Having a body part created that never existed before would be a miracle. Having a tumor fall off your face suddenly would be a miracle. The body is not designed to do these things.

Week 19

What Motivates You?



LISTENING GUIDE

We make assumptions about others based on what we see with our eyes and hear with our ears. God is the only one who can see past the temporal and straight into the heart of our motivations (1 Samuel 16:7). And motivations are what God is most concerned about.

A kind act motivated by greed will not bring the healing benefits to the giver, although the recipient may still benefit. On the other hand, a seemingly harsh act (i.e. a boundary or truth spoken) from a loving heart motivated by the Holy Spirit will lead to healing.

Strategy #27

Every day that you wake up, you make choices. Not just what to wear or eat, but what you do with each minute. Why do you choose your job, your family, and friends? Why do you choose to spend your time as you do?

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Ecclesiastes 9:10

God asks us to put aside our motivations of comfort, appearances, and meeting others' expectations. Instead, He asks us to be motivated by our love for Him. He wants us to surrender to His will, and to be used for His purposes.

1 Samuel 16:7

Of course, surrendering to God's will may actually bring about comfort, enhance our appearances and reputations, and even have us exceeding others' expectations. Those things are not evil. It is only when our motivations are to improve our lives above what God wants that we are actually turning away from God.

Colossians 3:23 instructs us to work as if we are working for God, rather than working for the approval of humans. The approval of humans is fleeting and inconsistent. If we are aligned with an eternal perspective, we will desire to work for the One who loves us unconditionally and heals us completely.

A graphic for 'Strategy #28' featuring a light gray rounded rectangle with dark gray curved borders on the left and right sides. The text 'Strategy #28' is centered in a bold, black, sans-serif font. Below the text is a short horizontal line.

Strategy #28

The Bible is the benchmark by which we can measure every facet of our lives. Whether it is discerning God's character and promises, understanding how the kingdom of heaven works, or determining wise leadership principles, there is guidance on every subject in God's word. Therefore, we can compare anything we hear from others to God's word for accuracy.

The Bible is not always straightforward in its answers. It takes time and studying to understand the layered intricacies of the Word. This is because it is a living, breathing text. When it is coupled with the revelations from the Holy Spirit, we find new layers of meaning. We can study it over a lifetime because it's a journey.

We can ask the Holy Spirit to help us understand God's heart through Scripture. He will guide us and give revelation as we continue to seek. He will open our hearts to love in deeper and deeper ways through the love story of the Bible.

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Strategy #29

Some of us get very uncomfortable with the word “obedience,” especially if it has been used to control and manipulate us in the past. It can make us feel unsafe. Thankfully, God will never use His power in a forceful way to punish, manipulate, or abuse us. His desire is to love and heal us.

God does not ask us to blindly follow Him without developing a relationship with Him. He reached out first by coming to earth and sending His son to die on the cross and forgive all our sins. When we reach out in return by accepting Jesus as our Savior, He counters by giving us a piece of Himself, the Holy Spirit. The Holy Spirit will empower and guide us every moment for the remainder of our lives. How’s that for developing a relationship?

Because we receive healing through aligning with God, we can ask the Holy Spirit what we need to do to align with Him. We can ask Him to reveal His will for us. In other words, “How can I be obedient, God?”

No matter how He guides, the Holy Spirit will never force you, only ask you and impress you to move in a direction. It may only be with your thoughts, or it might be action steps. He may say wait or rest.

While you are developing a listening ear to the Holy Spirit, you may want to filter what you hear in prayer through Scripture. Ask God for confirmation of His will.

When He makes real to you His will, obey. Even when it goes against human understanding or best practices, it’s your responsibility to align to His will. Choose to follow Him and be obedient.

WEEKLY WORSHIP

“Lord, I Need You” by Matt Maher

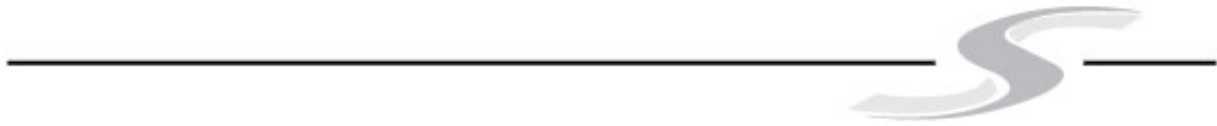
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCUSSION QUESTIONS

1. Take some time to reexamine your motivations for your routine choices. Where are you operating out of love and where are you operating out of personal gain? Do any of these areas overlap?
2. Read Deuteronomy 30:19-20 as a group. Read from more than one translation if you'd like. What does this tell you about the relationship between obedience, blessing, and life?
3. What comes to mind when you think of the word "obedience?" What comes to mind when you think of the words "follow" and "alignment?"

What Motivates You? Worksheet

Week 19 Homework



The best motivation we can have for any action is that we are surrendering to God's plan or prompting. But let's face it, we're not perfect. We have other motivations that want to come first.

Now that we've had quite a bit of practice looking inward and paying attention to our thoughts and emotions, let's take it a step deeper today. Complete the questions below with 100% honesty. Don't worry, this is a judgment-free zone where no one will see your answers.

Give yourself grace for whatever you discover. We are all looking for progress, not perfection!

What is your real underlying motivation for (fear, people pleasing, envy, love, obedience to God, hate, unworthiness, etc.):

1. Going to work/school every day?
2. How you treat your superiors?
3. How you treat your family?
4. How you treat your friends?
5. Being kind or loving to others?

6. Performing acts of kindness?
7. Pointing out where others have come up short?
8. Giving advice?
9. Serving others?
10. Doing favors?
11. Leaving reviews or comments online?
12. Posting on social media?
13. Going to church?
14. Volunteering?



Week 20

Healthy Boundaries

LISTENING GUIDE

Healthy relationships require boundaries. In essence, boundaries are a form of self-care. Jesus often made the boundary to be by himself and pray. Jesus often made the boundary to be by Himself and pray. Jesus did not respond to His mother's and brothers' wishes when they visited Him early in His ministry.

Boundaries are:

- Tools that can be used to protect us from unhealthy (or sinful) people, practices, or situations.
- Safeguards to prevent us from being tempted to follow unhealthy patterns, whether they are old or new patterns.

Boundaries are not:

- Punishment or revenge. If our motivations are to harm someone, then our hearts are not aligned in God's love. That would be establishing consequences, rather than setting a real boundary.
- Control. When our motivations are to get another person to act in the way we want, then we are not establishing a boundary. That is called manipulation.

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Strategy #30

Healthy _____

There are a number of benefits for establishing healthy boundaries. Even if they feel uncomfortable at first, eventually we will experience the benefits of balanced relationships.

Benefit #1: Increased _____

By weeding out the life-sucking relationships, we are able to free up emotional bandwidth to focus on processing emotions and healing.

By nurturing the life-giving relationships, we are able to receive healing grace, joy and wisdom from others. This will increase our emotional bandwidth.

When we have a greater capacity to process, we are able to receive love more freely from God and others. When we have an abundance of love, we can pour it onto others. This allows us to love others as God intended — from our overflow.

When we try to love others out of obligation, because we believe we “should,” we are no longer operating as a surrendered vessel of God’s. That’s when we are likely to form resentments toward those we are trying to love and serve. This is codependency.

Benefit #2: Healthier _____

If we are setting too many boundaries and isolating, we are likely to stay stuck in our thoughts, feelings, and habits. In order to bring in new perspective, healthy truth, and encouragement, we need to let our walls down and let healthy people come closer.

On the other hand, if we are not holding enough boundaries, we are likely to be drained by everything and everyone. There will not be enough energy and emotional bandwidth left to keep ourselves healthy and rejuvenated. This will eventually affect our physical health.

CONCRETE vs. FLUID Boundaries:

- Concrete Boundaries: No exceptions.
- Fluid Boundaries:
 - Fence with a gate. You choose to let people in or out.
 - You can make boundaries internally, without needing to explain to anyone.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Concrete Boundaries

Hard boundaries where no exceptions are made. Communicating them openly to a sponsor or accountability partner may help you keep this boundary. You may need their help keeping it concrete.

Examples:

- a. No one will touch me without express permission.
- b. I will no longer have communication with my ex-boyfriend/girlfriend/spouse.

Fluid Boundaries

Boundaries that you can move or allow people to pass through occasionally depending upon the circumstance.

Examples:

- a. I only allow close friends into my home, except when a close friend brings someone they trust.
- b. I will not allow my children to sleep in my bed, unless they are ill or recovering from a nightmare.
- c. I will set aside time to reach out to one accountability partner per day until my sponsor and I agree to another arrangement.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

External Boundaries

1. Physical boundaries – these can be measured.

Examples:

- a. I will not allow alcohol in my home or in my body.
- b. I will not allow straight razors in my home due to the temptation of cutting.

2. Time Boundaries – limit how much time is spent on an activity or in a particular location or in the presence of a particular group or individual.

Examples:

- a. I will not watch more than one episode on TV per day.
- b. I will restrict my time with an individual to one meeting over coffee per week.
- c. I will not say “yes” to any more church commitments so I will have more time with my family.

Internal Boundaries

Decisions made internally about who has the right to know and/or speak into your thoughts, beliefs, or emotions. These include:

- 1. Spiritual Boundaries – others do not have the right to dictate God’s will for your life or condemn you for sinning.
- 2. Emotional Boundaries – taking care to own your feelings, separate your emotions from others, and be aware of your limitations in regard to sensitive topics, behaviors, and internal feelings. Recognize that people who are toxic for you don’t have to stay on your bus.

Maintain an inner circle of healthy, encouraging friends and advisors who are allowed to speak truth into your life. At the same time, maintain an outer circle of friends and co-workers who support you, but are not granted access to your soul at the same intimate level as God or your inner court.

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Benefit #3: Freedom from others' _____.

When we reduce the amount of contact we have with a codependent or manipulative person, we can better see just how much we have allowed them to negatively impact our lives.

Recognizing that we can be free of their unhealthy influence and expectations is paramount to establishing and holding healthy external and internal boundaries.

Notes on establishing healthy boundaries:

- It is not always necessary to communicate a boundary you have set. However, most boundaries, especially internal boundaries, are easier to keep when you discuss them with a sponsor, accountability partner, or trusted mentor. It makes them more tangible in our minds once they've been spoken out loud.
- When communicating a boundary, remember that it is the act of educating others about what you can (or will) tolerate. It is not a threat. (Ex. "Mom, I would like to have a conversation, but I will not talk about my personal finances or my relationship with my spouse.")
- If you set a consequence for crossing a boundary, you may want to inform them ahead of time so they understand the stakes and are not surprised later. Make sure the consequence is something you can stick to and will keep you safe. Don't choose something that makes your life more difficult. (Ex. "Mom, if you start asking me about my finances or my spouse, this whole conversation is over, and I will hang up the phone, and I will not pick up any further calls from you tonight.")
- If you are creating or tightening a boundary, expect a surprised or negative reaction from the other party at first. They may see the new boundary as a personal offense. That reaction is their responsibility. You are not required to give long explanations or make them feel better, especially if they have a history of ignoring your boundaries. Your responsibility is simply to communicate by way of educating them. Your goal is to protect yourself, not to elicit a specific reaction. Nor is it your responsibility to make them feel comfortable. After you enforce boundaries a few times, they will learn that your boundary is solid and will respect it. If they continue to disregard your boundary, it is advisable to get them off your bus. If that's not possible, put them at the back.
- In order to avoid multiple bad reactions to your boundary setting from any one person, set them tightly at first and then loosen them when appropriate over time.

Strategy #31

Remember _____ Matters

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Whether it comes to building new boundaries or taking down old fortress-like boundaries, people around you will have an opinion about it, and/or you.

It is their right to have an opinion. It is your right to agree or disagree with their opinions. Take the time to weigh what they say and take it to God and trusted advisors for wisdom and discernment.

Remember, others have their own fears and triggers as well. When their opinions and actions are upset or angry, they are most likely reacting out of fear and brokenness.

We are the only people who know our own limits. And we are the ones who have to live with the boundaries we create and stick to them. Others cannot (and should not) tell us how to feel or how to build our boundaries.

We do not take on others' opinions of us because they "feel" true. We live according to God's truth about our value. Any suggestions or opinions brought to us are taken captive and considered in the light of the Holy Spirit and Scripture.

The opinion of God is the only one that matters – now and through eternity.

WEEKLY WORSHIP

"Boundary Lines" by Chris Tomlin

DISCUSSION QUESTIONS

1. Do you need to set new boundaries in your life? How would these improve your mental and emotional health?
2. Have you made boundaries and not known how to enforce them? How could appropriate consequences help with that?
3. Have you set too many boundaries and ended up feeling isolated?

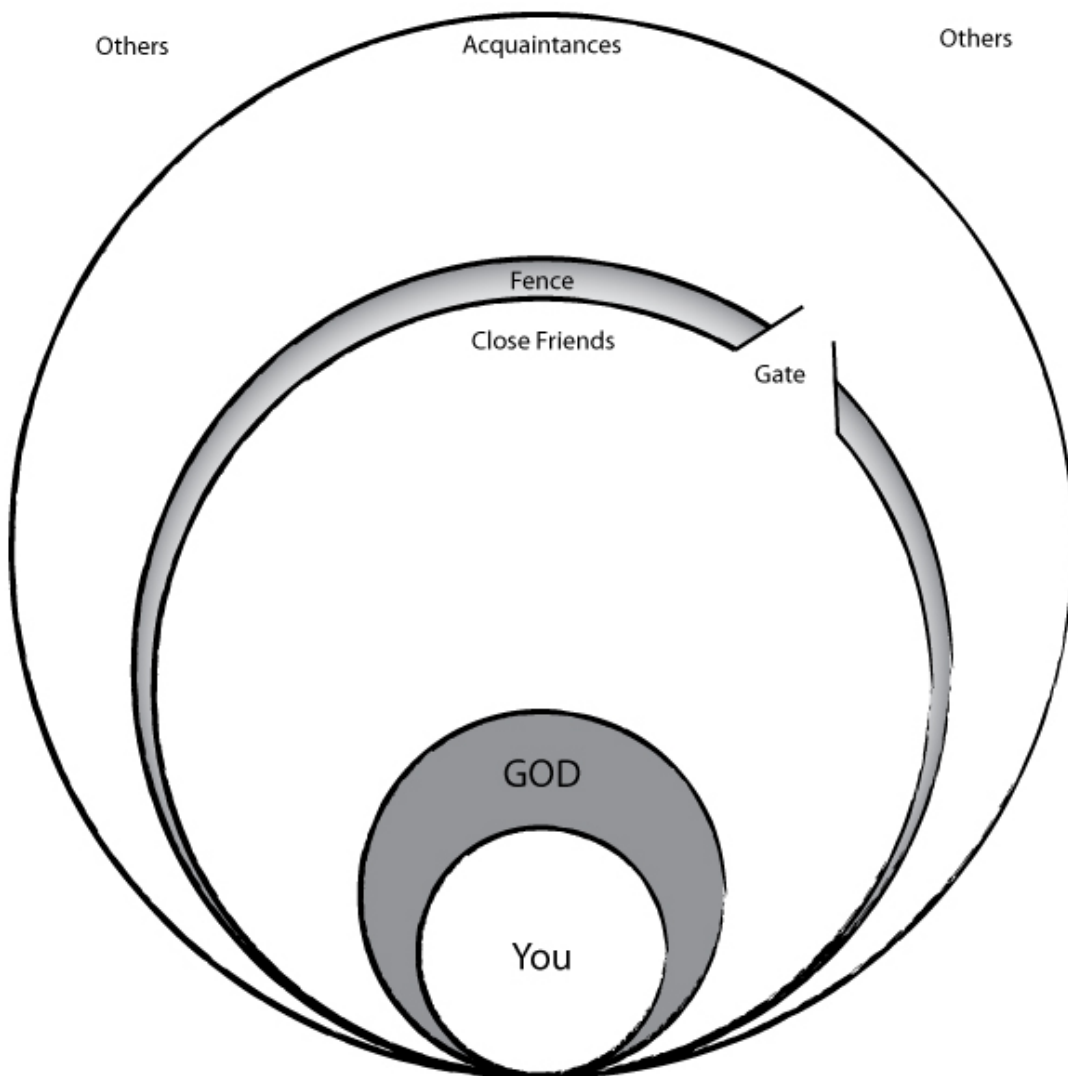
Creating Healthy Boundaries Worksheet

Week 20 Homework



Add the names of the people in your life to the Current Boundary Map in the category that reflects how close they are to you today. You can look back at the list of names of on your Relational Diagram from Week 11 to make sure you have an accurate list. Include the unhealthy people in addition to the healthy people on your diagram.

Current Boundary Map



Questions:

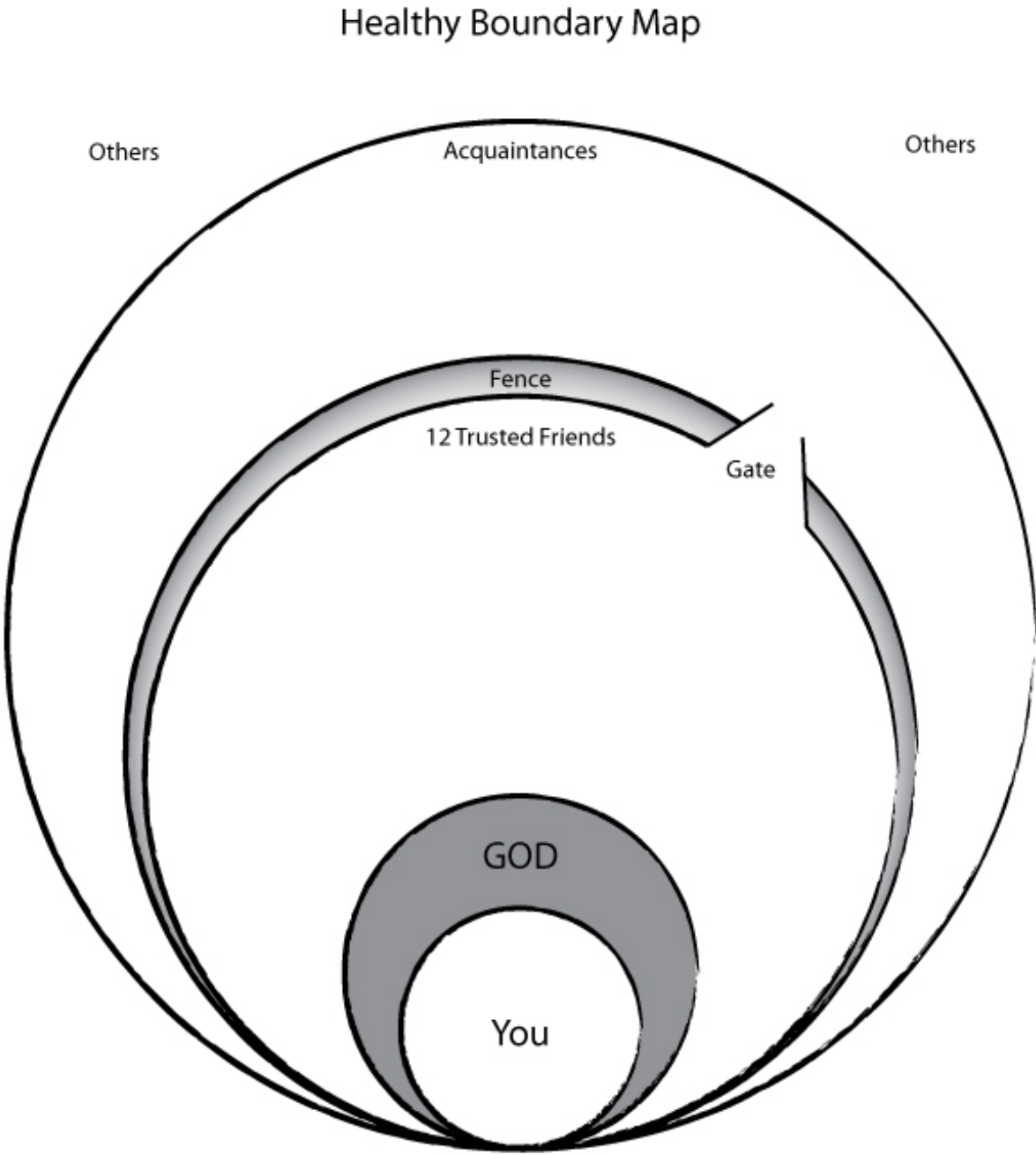
1. Do you have more than twelve close, trusted friends on your diagram? If so, you may be spreading yourself thin between those relationships. You have a limited time and mental/emotional bandwidth at your disposal. If you are keeping too large a number of close friends, someone is getting the short end of the stick. It could be one of your friends, or it could be you.
2. Do you have very few close friends? That's not necessarily unhealthy unless you are purposefully keeping out people that God has asked you to be close to.
3. Circle the names of the healthy people. Look at their placement on your diagram. Are you seeing that the bulk of healthy relationships are close to you or further away?
4. Now mark the names of the unhealthy people on your map. Were they placed close to you or far away?

5. Are there any names in your close friends' category that you would like to move to the acquaintances category? If so who? Note that you may have to physically spend more time with an unhealthy person due to circumstances beyond your control (if they are colleagues or family, for example). You can still guard your heart and refrain from discussing details of your life with them.

6. Is there anyone on your map that requires a physical boundary, time boundary, or a topic of conversation boundary, etc.? If so, write the names and types of boundaries you need to make with them below.

7. Are there any names in your acquaintances category you'd like to move to close friends? If so, who?

In the following Healthy Boundary Map, write in the names again, but put the unhealthy people in the categories that would be the ideal, healthiest option for you.



Week 21

Learning to Stabilize



LISTENING GUIDE

In Unit 3 we'll be looking more closely at the events that have shaped our current beliefs. Since this is a broken world, there will likely be events in your past that will bring up uncomfortable emotions or deep hurts. So, before we go on this journey, it's important that we give you the tools and skills to keep you safe.

Strategy #32

For those of us who have experienced intense trauma or trauma at a young age, the effects of triggers can be much worse than just experiencing heightened emotions. Triggers can result in feeling like we're outside our bodies, in a different location or time period, or are detached from reality.

We highly recommend that anyone who is experiencing flashbacks and detaching from reality work closely with a professional counselor. Counselors can help us navigate the healing process in a way that is tailored to our individual needs. This will keep us safer and speed up the healing process.

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Trigger Talk

Triggering thing: a person, event, place, object, flavor, smell, phrase, sound, etc. that instantly sets off an alarm telling us we're in danger. This is usually due to it having been a factor in a previous trauma or having similarities to a factor in a previous trauma.

Trigger response: the fight, flight, freeze, or fawn alarm response to a triggering thing. This may begin a dissociation, flashback, or other trauma response. This may also set your emotional maturity back to a younger age than your actual age.

Getting triggered: having a "trigger response" to a "triggering thing."

Trigger: can refer to the "trigger response" or to a "triggering thing."

To keep from spiraling away from reality and possibly into destructive behaviors, we need to reconnect to reality. The process of reconnecting is called grounding.

We can say we are grounded when we know we are in our own body, in our actual location, as our own personality. We may still feel intense emotions or feel raw, but as long as we are stabilized in reality, we are grounded.

It's important that we give ourselves grace when we experience any kind of trigger or dissociation. These symptoms do not mean we are too broken to heal — quite the contrary. Triggers are an opportunity to heal if we let God use them. (More on that in Strategy #34!)

When we judge or shame ourselves for experiencing a trigger, dissociation, or flashback, we are interfering with the healing process. Instead, we want to encourage ourselves with grace so we can continue healing.

Remember, this is a process. We didn't create the triggers or choose them. Triggers are a reflex that our minds created to protect us from harmful situations. We are on a journey to re-wire our reflexes. This takes time, effort, and focus. It's not about performing correctly. Accepting God's grace and being loving toward ourselves is paramount to healing success.

Use one or all three of these grounding techniques below to reconnect to reality.

Technique #1: Use the five senses.

- This is especially effective after flashbacks or memories surface.
- Once aware of your trigger response, simply bring awareness to all five of your senses. One at a time, notice where you are, what you're touching, what you see, what you hear, what you smell, what you feel, what you taste.

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- Some who suffer from flashbacks will keep items on hand with interesting textures (sequins, rabbit's feet, hairbrushes) or smells (essential oils, smelling salts) to help them become grounded.
- Focus on breathing by taking long, deep breaths. This can get you out of the fight, flight, freeze or fawn reflex "trigger response."

Technique #2: Remove the "trigger thing," or remove yourself from the "trigger thing."

- If at all possible, get rid of the "trigger thing," or leave the room where the "trigger thing" is.
- It is not always necessary to explain why we need to leave. We can simply leave the room or event if needed. Choose going for a walk, getting some air, or using the bathroom.
- While we are outside of the presence of the "trigger thing," we may need to use techniques 1 and 3 in order to fully ground.
- Go for a "walk and talk" with a friend or call a friend while you walk.
- In cases when we are unable to remove ourselves physically from the presence of the "trigger thing," we must turn our full focus to techniques 1 and 3.

Technique #3: Redirect your attention to a new object or subject

- Change the topic of conversation to something comfortable.
- Change who you're talking to.
- Read an article.
- Listen to worship music.
- Phone a friend to pray with you, encourage you, and distract from your immediate circumstances.
- Focus on a different situation or responsibility.
- Focus on someone else's needs.

Failing to process out emotions will lead to these consequences:

Consequence #1: Physical Illness

Consequence #2: Mental breakdown or illness

Consequence #3: Break down of relationships with God and others



Processing refers to the practice of consciously working through your thoughts and feelings to make sense of an event and related emotions.

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We actually process events all day every day. The amount of time needed for processing an event will increase when the event is unexpected – good (getting a promotion) or bad (losing a job). An event that affects one or multiple areas of our lives will require more processing as well (i.e. getting married or moving to another state)

A trauma response occurs when our minds don't make sense of an extremely distressing event. It can cause our minds to stutter or glitch like a computer with a virus. The level of impact traumatic events will have on our minds will depend upon several factors. Our past experiences, our beliefs, and previously unprocessed trauma will all affect the extent of the trauma response.

Professional counselors are trained to help us examine and process the events our minds may be struggling to process. This does not mean we're weak, stupid, or should be ashamed. Needing help processing after trauma is a universal human need. God designed us to need community for exactly this reason – to help each other learn, grow, and love.

The amount and type of intervention needed after trauma will be different for each person and each event. Asking for help is not a reflection of our inabilities or weaknesses. Taking on shame will only keep us stuck, rather than help us heal.

Due to the painful nature of the feelings that arise from events (traumatic or not), we may want to avoid all processing. We can make excuses ("It's not convenient to feel those emotions"), downplay the incident ("It's really not that bad"), or downplay the impact the event has on you today ("It's in the past" or "It won't bother me if I keep it in the past").

But it's only when we fully process the event in terms of the physical, spiritual, and emotional implications, that we can experience true healing from the damage of that event. If we refuse to process our emotions, the damage will have negative effects on our body, soul, and spirit in the form of:

- Physical sickness or disease
- Unstable emotions that can eventually lead to a mental breakdown or even mental illness
- A break-down in relationships with God, yourself, or others

We often say that "every trauma trigger is an opportunity to heal." This doesn't mean we recommend seeking out triggers (unless your counselor encourages it). Instead, we recommend that if/when triggers arise, you take advantage of the opportunity to process the original traumatic event that has risen to the surface.

This includes:

- Looking at the events that occurred
- Feeling and releasing the resulting emotions
- Grieving

[illegible]

- Taking your hurts to God so you can reach acceptance
- Identifying and kicking out lies
- Embracing truth
- Finding forgiveness for yourself and others

Helpful tools to aid in processing:

- Use the strategies given in this course.
- Feel your emotions without judging yourself, even if you cannot identify them at first.
- Lean into the pain to explore the emotion and thoughts attached.
- Verbally process with a counselor or trusted friend.
- Practice bilateral processing.
- Think objectively by focusing on just the facts or seeing it from an impartial outsider's point of view.
- Exercise while processing.
- Find any lies in your thoughts about the event and replace them with truth.

Keep in mind that these are tools to help us process. When used properly, they are helpful for healing. When any of these tools are used to excess, they can lead to the avoidance of processing or, in extreme cases, even become self-harm or an addiction.

Our goal is balance and healing. Too much of anything is still too much. In a season of processing, we need to incorporate time to focus on grace and truth, gratitude and blessings. Schedule time to rest and rejuvenate. Too much reflection on painful memories, without the positive counterbalance, can drain us and become harmful.

You are deeply loved, and God is bringing healing into the hurting areas of your life. Listen to Him and follow His timing. Listen to your body and emotions to learn when to put painful emotions aside, pick up fun distractions, and practice self-care and positivity.

Remember, this is a journey, not a race. It is about progress and not perfection. Giving ourselves grace and receiving His grace will help us heal.

Before actively processing an event, especially a traumatic event, we need to make sure we are in a safe place with plenty of available time. Having our Emotional Survival Kit nearby will help us be prepared to identify and refute any lies that arise in our minds. Take time before and after processing to reflect on God's love and promises. Schedule in self-care activities whenever possible after a time of processing.

Warning:

Before we begin processing, it's important we make sure we are grounded first. Beginning to delve into emotions and events of the past when we are not rooted in reality, can increase the spiral and leave us vulnerable to believing even greater lies.

If processing the event triggers a flashback or dissociative state, pause the processing immediately and get grounded as quickly as possible. We highly recommend that you work closely with a pro-

[illegible]

fessional counselor to help you process these traumas — preferably a counselor that specializes in your area of trauma. They can help clients define a safe plan to process tailored specifically for their past wounds and current life circumstances.

WEEKLY WORSHIP

“Eye of the Storm” by Ryan Stevenson

DISCUSSION QUESTIONS

1. Have you ever felt a trigger that threw you off your game completely? How did you stabilize or ground yourself?
2. Have you noticed your “overreactions” being linked to previous similar events?
3. Have you worked to process through trauma events before? Did it help with your reactions to similar situations later?

Creating Stabilization Worksheet

Week 21 Homework



Grounding Guide

Think of an instance where you reacted to a situation with an uncontrollable response: emotional explosion, shut down, panic, complying against your wishes or running away.

Describe what happened.	How did you respond?
Which techniques (from Techniques 1, 2, or 3 in the listening guide) would have been helpful in that situation?	How would the situation have changed if you had used those techniques?
What could you put in place to help you with that in the future? (Emotional Survival Kit--music list, sensory item, safe emergency person to call, etc.)	

Processing Guide

This homework assignment is to introduce you to the practice of active processing. This will become a regular part of your healing journey. Start with an easier event to get used to the process. Slowly work up to the more difficult events in your story.

For intense or repetitive traumas, this may take a series of sessions of processing the same situation. Don't get discouraged. It gets much better.

Sometimes, we need to do this processing with God because we don't have access to safe people or professionals. Go through the same process in a safe place with worship music playing with God as your safe person.

A copy of this Guide will be in the appendices to help you for easy reference in the future. Eventually this will become a normal part of your healthy lifestyle.

Prepare to process

- ☐ Ask a counselor, pastor, coach, or other safe support person to help you process.
- ☐ Have your grounding plan communicated with your safe person.
- ☐ Have grounding support items with you (Emotional Survival Kit).
- ☐ Pray that God would walk you through the processing.

Processing Steps:

- ☐ To start with, think of a mild unprocessed situation from your past. (As you gain more experience, choose to process increasingly more difficult situations.)
- ☐ Explain the events to your safe person.
- ☐ Discuss how you felt before, during, and after the event
- ☐ Ground yourself as many times as necessary to complete sharing.
- ☐ Ask your safe person to help you identify the lies in your perspective.
- ☐ Discuss the truths God says about you.
- ☐ Release the pain and other emotions to God (usually with tears and/or sobbing).
- ☐ Forgive the person(s) or situation that caused the harm.
- ☐ Ask God to bring healing into your spirit, soul, and body in regard to the event.
- ☐ Over time, reprocess the situation as many times as necessary for it to no longer feel destructive or panicky.



Week 22

That's Not Me



LISTENING GUIDE

The Bible tells us that we can be influenced by the enemy, but we are not helpless. We do not need to be a victim of the enemy. By the power that lives in us, through the Holy Spirit, we can fight back and experience freedom.

When we get caught up in emotions or focus on what is happening in the physical world, we may forget that our struggles are not against flesh and blood. By focusing on these spiritual truths, we can take back our power and fight our true enemy.

Truth #1: The _____ is real.

The Bible is clear that the spiritual realm exists in tandem with us on earth in our daily lives in addition to existing in the future. We know this through Jesus' teachings in His parables regarding the Kingdom of Heaven.

Also, John the Baptist clearly preached that the Kingdom of Heaven was at hand when Jesus began His ministry. How much more present is the Kingdom of Heaven when the Holy Spirit now lives inside us!

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"And hath raised us up together, and made us sit together in heavenly places in Christ Jesus."

-Ephesians 2:6 (KJV)

God reveals that Satan is a fallen angel named Lucifer. Lucifer was so impressed with the beauty, intelligence, and power that God gave him, he thought he deserved the glory rather than God. In Lucifer's rebellion, he was cast out of the Kingdom of Heaven and is often referred to as Satan.

Satan is not God's equal. He is God's creation. Satan's power does not match God's. In fact, since he was thrown out of the Kingdom of Heaven, Satan cannot attack God directly. Instead, he is forced to attack what God loves most – us, His children.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

-Ephesians 6:12 (KJV)

Truth #2: _____ is our enemy.

Now, Lucifer cannot be everywhere at once as God can, so he cannot attack all of us at the same time. However, Lucifer convinced one third of God's angels to rebel, and they have been trying to convince other angels and humans to rebel against God as well.

Satan attacks first and foremost with his native language: lies. When Satan or his team convinces one of God's children to believe the lies he tells, then he is successful in his helping them rebel against God.

Satan wants us to believe that he is a power to be feared and revered. However, the only power they have is through deception. When we believe his lies, then the lies can influence our emotions and behavior by leading them toward sin (both conceiving of and acting in sin). Satan relies on the lies to take root and create rebellion and chaos in the world.

Satan continually tries to appear more powerful than he really is. He shows us shadows of his power that are stretched out and appear overpowering on the wall. But the shadow has no real power, and the object casting the shadow is really very tiny. But when we keep our eyes on God's light and not on the shadows, we are able to see clearly who truly has the power and where it really comes from.

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Truth #3: We can _____ over the enemy.

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

-2 Timothy 1:7 (KJV)

One of Satan's strategies is to convince us that his powers are greater than they truly are. He lies to us by telling us he is to be feared. Once we believe he is to be feared, then he will have more influence over our thoughts, emotions, and consequently, our actions. After all, we won't fight back if we believe he's more powerful. But God's power is greater, and it lives inside of us.

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world."

-1 John 4:4 (KJV)

Our best defense against the enemy is to invite God and the Holy Spirit into our hearts and minds. Our best offense is to embrace God's truth with our whole hearts and use the 9 Steps to Freedom to kick out the lies.

Through our savior and the Holy Spirit, we have been given authority over the lies that want us to turn from God and His love. We can fight back and kick them out. We do not have to remain a victim of the lies we believed in the past. Even when we feel like those lies are true, we can access our authority because the Holy Spirit is in us.

"Then goeth he, and taketh to him seven other spirits more wicked than himself; and they enter in, and dwell there: and the last state of that man is worse than the first."

-Luke 11:26 (KJV)

When we open our hearts and minds to receiving God's love and truth, there are fewer opportunities for the enemy's lies to enter.

Truth #4: Thoughts come from _____.

1. Ourselves
2. Holy Spirit
3. Enemy (Lies)

[illegible]

Don't believe everything you think. Lies can be whispered in your mind, in your own voice, by the enemy. This is how temptation begins. We know we don't have to believe those lies and we can let them go or kick them out.

There is another way we can be vulnerable to lies and their consequences: through the sins of our fathers. Like DNA in the physical world, sin's consequences can be passed down spiritually. On a soul level, children learn to believe the same lies as their parents because they are taught it as truth. None of these lies need to be spoken aloud or consciously taught in order to pass them along.

The good news is that we do not need to live with these lies or the consequences of our parents' sins! We can kick out the lies by repenting for ourselves and on behalf of previous generations. Jesus' sacrifice on the cross is powerful enough to free us from continuing the cycle. Like with our own personal sins, we only need to repent and ask God for His forgiveness.

"And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers."

-Nehemiah 9:2 (KJV)

Truth #5: Thoughts affect whether _____ under God or the enemy.

Think of your life as a journey. Your thoughts and beliefs will dictate which paths you'll take along the journey. Each path will bring you closer to God or further away from Him.

When our thoughts and beliefs align with God's truth, we'll take paths that lead us closer to God. We will be filled with His love and guided out of chaos and destructive pain by the Holy Spirit. His plan will protect us from unnecessary pain. We will have challenges and struggles, yet they will lead to satisfaction and boldness as God fulfills His purpose for us. Healing will occur in our spirits, souls, and bodies. We'll celebrate with greater joy and gratitude and experience life more abundantly.

When our beliefs and thoughts are aligned with lies, the paths we choose will lead to increased pain and struggle without purpose. The chaos will envelop us and those around us. Eventually, these paths all lead to death of the spirit, soul, and body. Deuteronomy 28 gives us a glimpse into what we can expect when we continuously choose to align our thoughts with lies.

These are the natural and universal consequences of our choices, not God's personal vengeance. Our beliefs simply line us up for blessing or cursing.

Of course, we can choose to change our beliefs from lies to truth at any point! Blessings are available with repentance any time, any place. We may need to walk a few more paths to get out from under the physical consequences of our past choices, but spiritual blessings are immediately available!

NOTES

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Truth #6: Thoughts we believe _____ our health.

Our thoughts also directly affect the balance of our physical bodies. Chemicals are released as a result of our thoughts.

When our thoughts are aligned with lies that produce fear, bitterness, self-rejection, etc., then our bodies produce chemicals that are out of balance and over time, become unhealthy. This can affect our bone health, which directly affects our immune system, leaving us vulnerable to allergies, diseases, autoimmune conditions, etc.

When our thoughts are aligned with God's truth, the correct quantities of chemicals are released, and our bodies function as God intended. We stay healthy when we're in this state known as homeostasis. When we live aligned with God and His truth instead of lies, our bodies can come back into alignment with God's original, perfect design.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

-Proverbs 17:22 (KJV)

Truth #7: Thoughts affect _____.

Headaches can arise when we are trying to make a difficult decision and are in conflict with ourselves. Stomach aches, nausea or digestion issues are common among those who are nervous or afraid. Coughing fits or losing our voices can occur when we feel pressured to speak in public. Insomnia may be caused by interaction with occult or pagan practices (knowingly or unknowingly).

The physical impact of our thoughts can range from a slight inconvenience to chronic conditions requiring hospital visits.

Doctors call the conditions brought on by stress, psychosomatic illnesses. The conditions are very real and are treated by healthcare professionals with seriousness no matter what the cause. In fact, it is commonly estimated that 75-90% of all doctor visits are due to stress-related issues. Doctors would have fewer patients if we believed fewer lies.

Truth #8: _____ is directly related to healing in Scripture.

"Whether is easier, to say, Thy sins be forgiven thee; or to say, Rise up and walk?"

-Luke 5:23 (KJV)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

It's clear that repenting, accepting God's forgiveness, and casting out lies are connected to the healing process that Jesus followed. The humble posture of our hearts brings us closer to our God who heals. By allowing God's truth to take up residence in our beliefs, we are freed of the consequences of lies and sin.

Truth #9: _____ line us up for health or disease.

When our thoughts are cleared of lies, our bodies can go back to working in harmony with God's design. We can also receive miraculous, creative healing. Getting rid of the lies prevents the enemy from stealing our health and making us sick again.

Thanks to God's gift of free will, we have the opportunity to decide our beliefs. Therefore, we have the opportunity to line ourselves up with God for health or with the enemy for disease in our futures.

Our choices today will affect our lives tomorrow.

WEEKLY WORSHIP

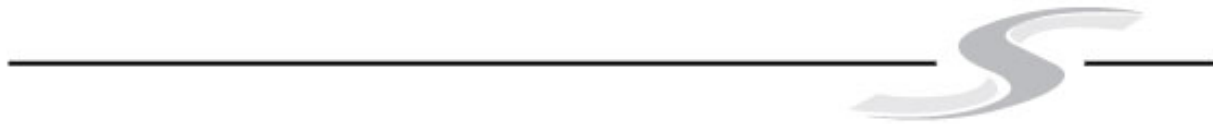
"Run Devil Run" by Crowder

DISCUSSION QUESTIONS

1. Have you ever felt you were doing things that did not line up with your actual heart and intentions? (fear, anger, addictive behaviors, lying, envy, lust, etc.)
2. Do you need physical healing? Have you ever considered that spiritual freedom may be correlated to your physical healing?
3. Are you aware of any generational lies or curses that have caused you or your family harm? What would it look like if those were no longer doing harm?

Spiritual Health Family Tree Exercise

Week 22 Homework



In this exercise you will draw a diagram of your family tree and the sin patterns of each person. We list examples below to help guide you through the process and get you started.

To give you enough room, there is a full page provided for each of your parents' families. There is also a sample family tree provided to give you some inspiration. You do not need to include boxes for any category of a family member that is not in your family. (For example, you do not need a box for cousins, if you do not have any cousins.)

If you have children and grandchildren, you may include them on either family tree. You are not required to write them twice, but you may wish to do so if you want to see the correlation to each parents' family.

Note: In the case of adoption, because of genetic transference and current spiritual covering, include the sins of both genetic and adopted families.

Types of Patterns of Sin: (if there are too many words to fit in a small space, use the letters to represent—A, B, C, etc.)

General Patterns:

- A. Cultural influences
- B. Passivity, inaction
- C. Fear, stress, or anxiety

Patterns Directed Toward Others

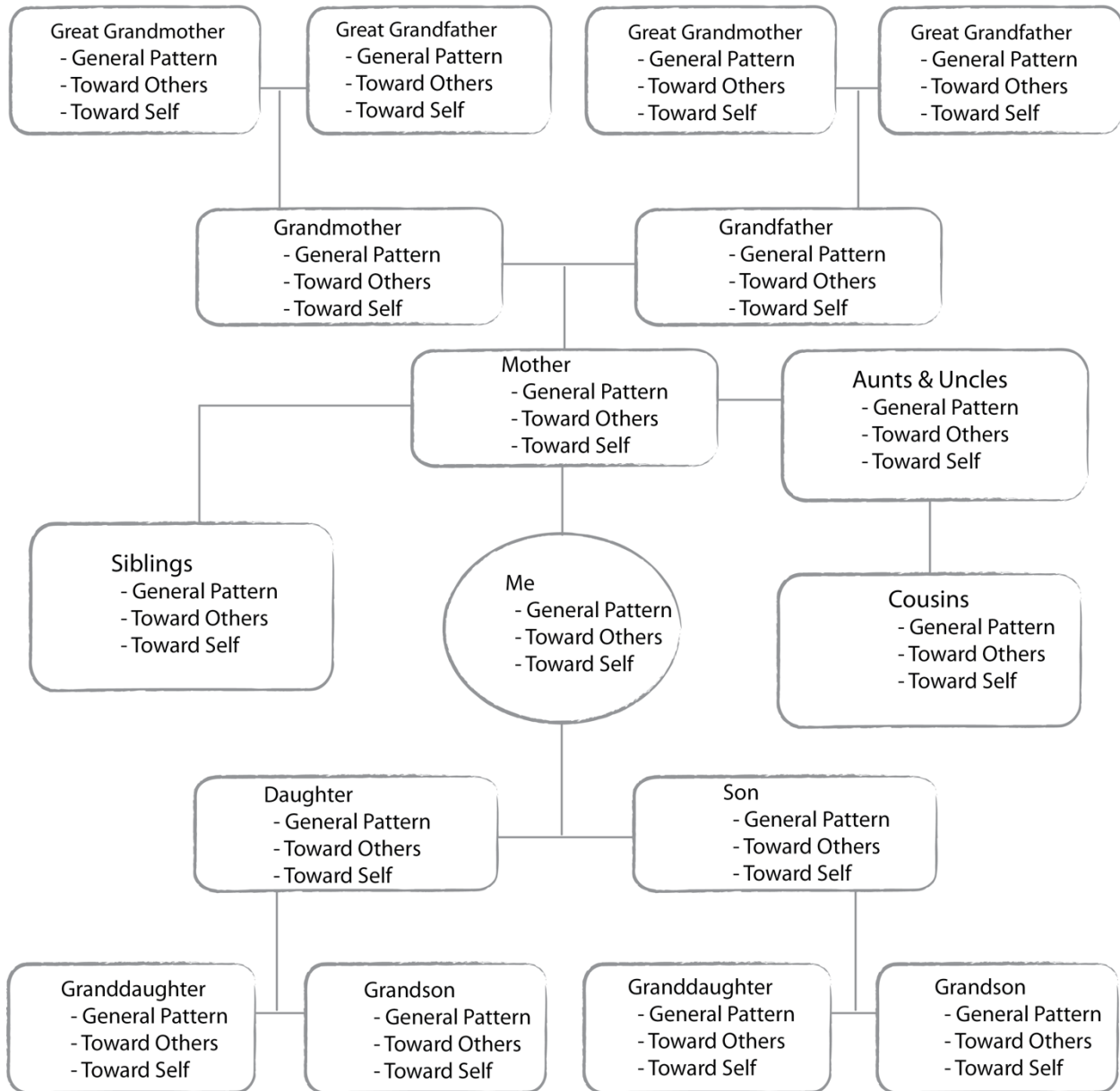
- D. Envy, jealousy
- E. Anger, hatred
- F. Bitterness or un-forgiveness
- G. Blame
- H. Rejection of others
- I. Unable to accept love from others

Patterns Directed Toward Self

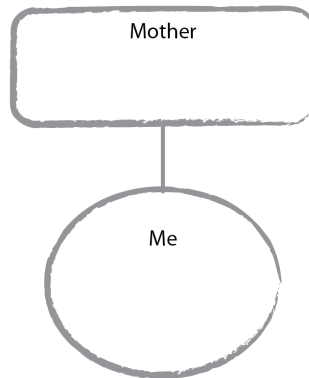
- J. Victim mentality
- K. Cravings, obsessions, or fetishes
- L. Addictions (any type)
- M. Pride or narcissism
- N. Blame
- O. Rejection of self
- P. Unable to love themselves

Spiritual Health Family Tree (Sample)

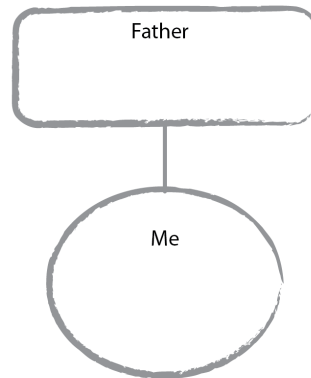
Mother's Side



Spiritual Health Family Tree Mother's Side



Spiritual Health Family Tree Father's Side



Breaking Generational Curses/Iniquities Worksheet

Week 22 Homework



Please write out the Scriptures below:

Ephesians 2:6

Ephesians 6:12

2 Timothy 1:7

1 John 4:4

Luke 11:26

Nehemiah 9:2

Proverbs 17:22

Luke 5:23

Make a list of lies, sins, or curses that you've identified in the "Spiritual Health Family Tree Exercise":

Prayer to Break Generational Curses:

Pray through this prayer for each of the lies, sins, or curses that you listed above. Believe that God will honor your sincere repentance, forgive you, and break the curses caused by you and your previous generations.

Heavenly Father,

On my behalf and on behalf of the generations before me, I repent for believing the lie of _____ (describe or name the lie). I make no agreement with these lies. Let the consequences of my forefathers' sins be broken along my family tree. I choose to separate myself from those lies and change my heart and actions here today. I ask your forgiveness on their behalf and on behalf of myself and my children. Through the blood of Jesus, I receive your forgiveness. Thank you for the opportunity to come back into alignment with you. I ask for all the healing — spirit, soul, and body — that comes with that alignment. Continue to open my eyes to any unidentified generational sin, lies, and curses so I can choose repentance and freedom. In the name of Jesus Christ of Nazareth and by the power of the Holy Spirit, let this be done on earth as it is in Heaven. Amen.

Unit 2 Assessment



1. Tell us about your experience with the Holy Spirit:

a. When did you ask the Holy Spirit to fill you?

b. What changes did you see in your comfort, power, boldness, direction, or wisdom after you were filled with the Holy Spirit? Give examples.

2. How have you applied the 8 Steps to Freedom in your life since Week 13?

a. Which step has been most difficult for you?

b. What freedoms have you experienced from learning these steps?

3. What has been your largest loss?

a. Which stage in the grieving cycle has been the most difficult for you? Why?

b. What have you done to address that step so you can continue healing?

4. Since Week 15, how have you chosen healing pain instead of wallowing in damaging pain? Give examples.

5. What are the trauma points and symptoms that you've been able to identify differently since Week 16?
 - a. Make a list of those trauma points and symptoms.

 - b. What questions did these bring up?

6. How are you using the steps in Week 17 to recognize and replace lies?

7. Are you seeing things from an eternal perspective?
 - a. If so, how has seeing things from an eternal perspective changed your life?
 - b. Which of the five benefits have you experienced? Describe.
8. How has your motivation changed since you focused on the source of motivation in Week 19?
9. Have you implemented healthy boundaries?
 - a. Where/with whom?

b. Which benefits have resulted?

10. Do you have a new understanding of triggers? Explain.

a. What are you doing to ground effectively when faced with a trigger?

b. What was your experience with the healthy processing exercise?

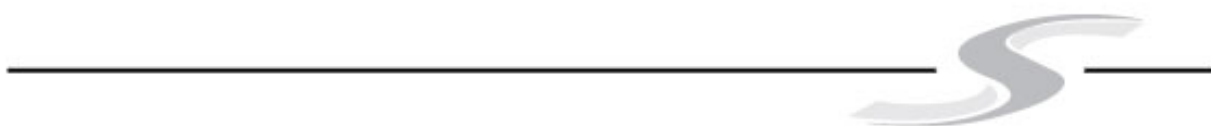
11. What most impacted you about the spirit world realities?

a. Where are most of your thoughts coming from? (you, enemy, Holy Spirit)

b. How have the spiritual realities affected your physical health?

c. In what disease/illness area would you like to experience healing?

Appendices



Appendix A: Who We Are Scripture List



I am his friend. (John 15:15)

I am chosen. (John 15:16)

I am complete in Him. (Colossians 2:10)

I am fearfully and wonderfully made. (Psalm 139:14)

I am a new creation. (2 Corinthians 5:17)

I am His workmanship. (Ephesians 2:10)

I am light. (1 Thessalonians 5:5)

I am a child of the most high! (John 1:12, 1 John 4:4)

I am an heir of God and a joint heir with Christ. (Romans 8:17)

I am more than a conqueror. (Romans 8:37)

I am adopted as God's sons and daughters through Jesus Christ. (Ephesians 1:5)

My body is the temple of the Holy Spirit. (1 Corinthians 6:19)

I am the head and not the tail, I am at the top and never the bottom. (Deuteronomy 28:13)

I am accepted as the beloved. (Ephesians 1:4-6)

I am a royal priesthood. (1 Peter 2:9)

I am set apart. (Psalm 4:3)

I am totally and completely forgiven. (1 John 1:9)

I am God's intentional and perfectly planned creation. (Psalm 139:13)

Appendix B: Who God Is Scripture List

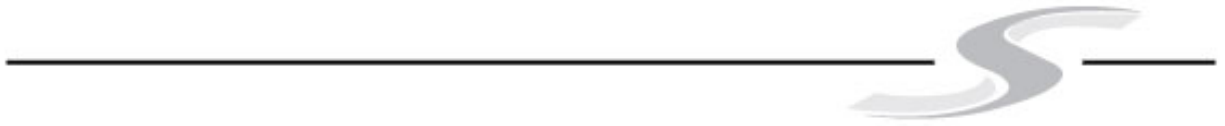


God is:

Accepting - Romans 15:7
Available - Jeremiah 29:13
Caring - 1 Peter 5:7
Close - Psalm 34:18-19
Comforter - 2 Corinthians 1:3-4
Compassionate - Lamentations 3:22-23
Deliverer - Psalm 18:2
Encouraging - Romans 15:4
Faithful - 1 Thessalonians 5:24
Father - Galatians 4:6
Forgiving - Daniel 9:9
Generous - James 1:17
Giving - John 3:16
Good - Psalm 106:1
Gracious - Ephesians 2:8-9
Healer - Psalm 103:3
Humble - Matthew 11:28-30
Light - Ephesians 5:8
Lord - Acts 10:36
Love - 1 John 4:16
Loyal - Deuteronomy 31:6
Merciful - Psalm 86:15
Mighty - Psalm 24:8
Miracle-worker - Hebrews 2:4

Omnipresent - Psalm 139:7-10
Omniscient - Psalm 139:16
Patient - 2 Peter 3:15
Powerful - Joshua 4:24
Redeemer - Isaiah 34:5
Refreshing - Acts 3:19-20
Refuge - Psalm 46:1, Psalm 91
Restorer - Psalm 23:3
Reviver - Psalm 19:7
Righteous - Psalm 89:14
Rock - Deuteronomy 32:4
Servant - Mark 10:45
Shepherd - Psalm 23:1
Shield - Proverbs 30:5
Sovereign - Daniel 5:21b
Sympathetic - Hebrews 4:15-16
Teacher - Isaiah 28:26
Transformer - 2 Corinthians 5:17
Trustworthy - Deuteronomy 7:9
Truth - John 14:6
Unchangeable - Malachi 3:6
Understanding - Isaiah 40:28
Warrior - Exodus 14:14
Wise - Job 12:13

Appendix C: Armor of God Scripture



Ephesians 6:10-18 (NKJV)

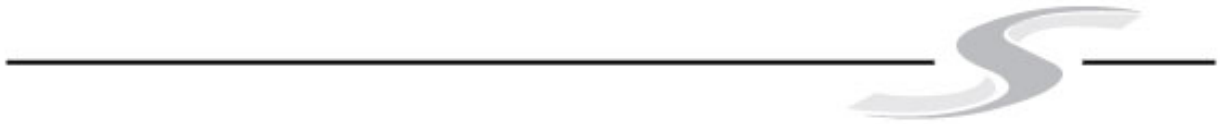
"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness 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.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."

Download the audio version at: <https://bloominthedark.org/rs4l/armor-of-god>

Appendix D: The Serenity Prayer

By Reinhold Niebuhr



God,
Grant me the serenity to accept
the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the difference,
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.
Amen.

Appendix E: Worship Playlist



Lesson Name	Song	Artist
What to Expect	"Freedom Hymn"	Austin French
Saying Hello to Reality	"No Longer Slave"	Bethel
Fantasy vs Reality	"We Believe"	Newsboys
Who God Is	"Who You Say I Am"	Hillsong
God's Heart for Restoration	"Mended"	Matthew West
The Love of Father God	"Fierce"	Jesus Culture
Surrender to God	"I Surrender"	Hillsong
Positive Coping Tools	"Tremble - Live"	Mosaic MSC
Progression of Sin	"God I Look To You"	Bethel
Cognitive Distortions	"You Say"	Lauren Daigle
You Are NOT Your Emotions	"God Help Me"	Plumb
What to Expect	"Freedom Hymn"	Austin French
Saying Hello to Reality	"No Longer Slave"	Bethel
Fantasy vs Reality	"We Believe"	Newsboys
Who God Is	"Who You Say I Am"	Hillsong
God's Heart for Restoration	"Mended"	Matthew West
The Love of Father God	"Fierce"	Jesus Culture
Surrender to God	"I Surrender"	Hillsong
Positive Coping Tools	"Tremble - Live"	Mosaic MSC
Progression of Sin	"God I Look To You"	Bethel
Cognitive Distortions	"You Say"	Lauren Daigle
You Are NOT Your Emotions	"God Help Me"	Plumb

Appendix F: God's Voice vs. Enemy's Voice



God's Voice

vs.

Enemy's Voice

Brings serenity

Reveals truth

Convicts you

Encourages you

Insights love

Slows you down

Brings clarity

Results in order

Brings distraction

Lies to you

Accuses you

Calls you names

Insights fear

Speeds you up

Brings doubt

Results in disorder

Appendix G: Steps to Freedom



Step 1: Identify

Step 2: Take Responsibility

Step 3: Repent for Participating in the Lie

Step 4: Disown the Lie

Step 5: Get Rid of the Lie

Step 6: Fight Back

Step 7: Celebrate

Step 8: Testify and Disciple

Appendix H: Stages of Grief Worksheet



Stage 1: Denial

Stage 2: Anger

Stage 3: Bargaining

Stage 4: Depression

Stage 5: Acceptance

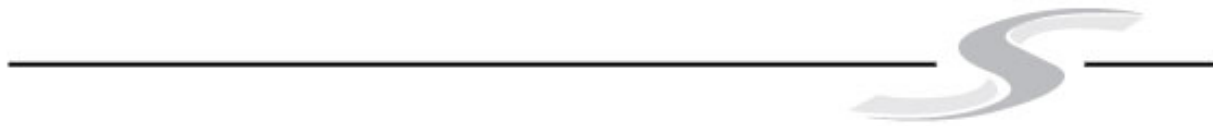
For each of the statements below, choose a number between 1 and 5 indicating how true each statement is for a particular loss. 0 = not true, 5 = completely true. Go through this chart for as many losses as you need to by putting your answers on a separate sheet of paper.

Number 1-5	Statement
	The loss was sudden.
	I had high expectations in this area before this loss.
	I had deeply held expectations in this area.
	I experienced significant length of time with the person/thing/expectation before it was taken away.
	I do not feel or express my feelings easily.
	I am terrified to feel my feelings of grief.
	I refuse to let go of this person/thing/expectation.
	I am constantly trying to figure out how to avoid the negative impact of this loss, or avoid the loss altogether.
	I have experienced similar losses in the past.
	I have felt intense emotions since experiencing the loss.
	I have felt confusing emotions since experiencing the loss.

_____ Total Score

*See Week 14 homework for scoring details.

Appendix I: Where You Feel the Pain Worksheet



When we feel emotions, we don't just feel them in our souls, we feel them in our physical bodies as well. In fact, sometimes we feel physical pain long before we understand what kind of emotions are being stirred up and the lies connected to those emotions. If we understand what our physical bodies are telling us, it can serve as an early warning system that our thoughts need to be taken captive and made obedient to Christ.

For example, fear can be felt in the tension of the shoulder muscles or painful stomach cramps. Anger can produce a buildup of energy, tensing fists, or muscles.

Instructions for Page 1

Describe how each of your emotions makes your body feel in the boxes on the next page. If you're not sure how to describe it, try to remember when you last felt the emotion and what your body felt like. Start by focusing your attention on the top of your head and slowly bringing it down to the bottom of your feet. When you're done remembering how your body felt, label the areas on the image of the body.

Instructions for Page 2

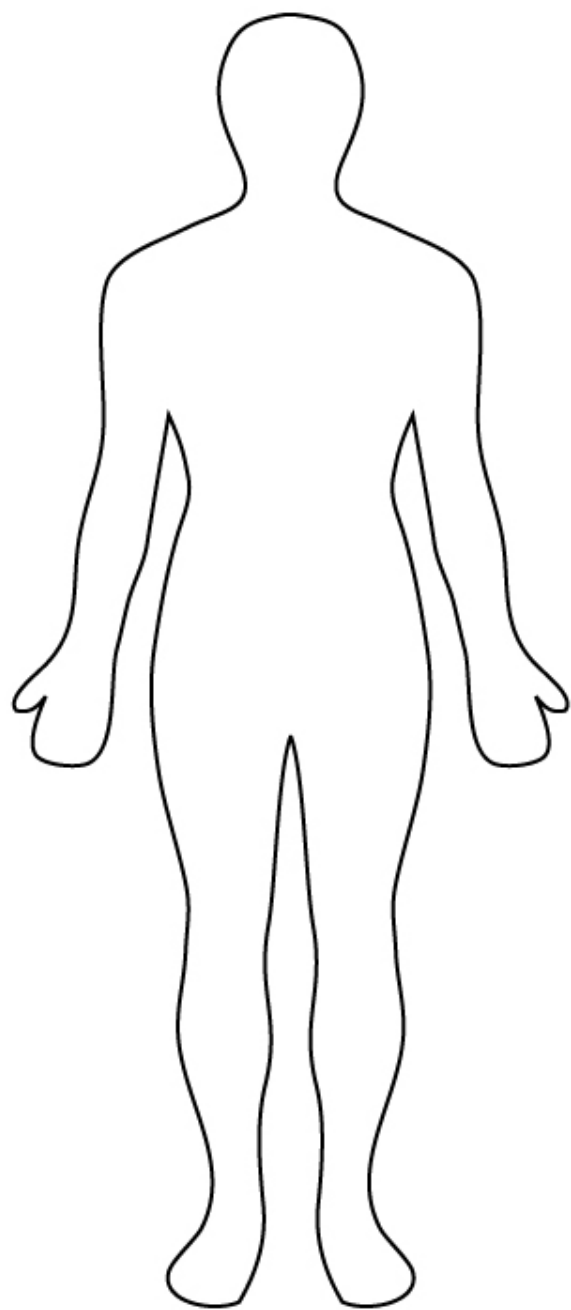
Use the boxes below to fill out any additional emotions you are aware of that affect your body.

Instructions for Page 3

Label the places on your body where you experience your feelings on the image below. You may want to use different colors for each feeling, so you can easily identify them later.

1. Anger	2. Fear (anxious, worried, stressed)
3. Shame (not good enough, broken)	4. Sadness (grief, abandoned, depressed)
5. Happy (joyful, thankful, inspired)	6. Content (peaceful, confident, hopeful)

1.	2.
3.	4.
5.	6.



Appendix J: Spiritual Gifts Test



We have all been given spiritual gifts by our Heavenly Father. The combination of gifts we've been given is unique to us and our paths. The Bible tells us we can ask for and receive more gifts from the Holy Spirit. It is possible to receive those gifts immediately, or God may want to nurture and grow that gift inside us over time.

God designed the body to work together, but every piece has a different function and purpose. This test is designed to help you identify the unique combination of gifts you have already. By understanding your gifts, you can use those gifts as you were designed, rather than struggling to accomplish a goal outside your gifting.

Once you've identified your gifts, then you can also ask God to show you specifically how He'd like you to use those gifts for His Kingdom. When you are working in your giftings, you are able to accomplish incredible things that shine God's light!

For each of the statements below, choose a number between 1 and 5 indicating how often this statement is true for you. **1 = never, 5 = always.** Write these on your score sheet.

When you are finished, add them up to see which area has the highest number. This will help you define your primary gifting(s).

1. I have a deep understanding of Biblical text.
2. It is second nature to find ways to help others live a little (or a whole lot!) easier.
3. The most important thing I can do is reveal the glory of God to others and invite them to receive God's love and grace.
4. It is easy for me to discover how a person learns and then adapt to that style of learning.
5. I expect to see God's hand to be active in every aspect of my life, even the heartaches.
6. I have a desire to create safe communities for Christ followers to worship and learn together.
7. There is nothing like the joy of helping someone accept Jesus Christ into their heart.
8. I easily recognize and get excited when I feel the Holy Spirit speaking through me to His children, or a specific child.
9. I have an intimate understanding of God's word and the ability to live by it that produces righteous living.
10. I am overcome with gratitude and humility when God uses me as a part of bringing forth His miracle.
11. God has often asked me to give financially.

12. I am drawn to the hurting and the sick and have a desire to help them any way I can.
13. I am always able to find the person who feels uncomfortable and I make it my mission to include them and help them feel comfortable.
14. God shows me the hurting person beneath the aggression or spiteful behavior of others.
15. I am sure that God's promises are true and I almost never doubt them.
16. I ask God to use me as His messenger to help others hear from Him and feel at peace about the path they are taking.
17. I feel best when I am helping others accomplish their goals.
18. I make sure others understand what I am communicating because it would be terrible and rude if I continued ahead without them.
19. It's very important to me to see the world through the lens of what Scripture has revealed.
20. I feel compelled to minister to those who are hurting and wandering from God.
21. God has used me to spread the gospel and raise up Christian leaders amidst cultures that do not know Christ.
22. God has repeatedly healed others through my obedience to pray for their healing.
23. I make sure others around me know Jesus so I can share the gospel with those who do not.
24. The most important thing I can do is to always honor the holiness of God and brokenness of humans when making decisions.
25. I look for ways to bless others with my time and finances.
26. I have seen God perform many miracles around me.
27. God gives me the ability to see the potential in others, and I want them to see it and reach that potential as well.
28. I almost never struggle to forgive someone after they have sinned against God.
29. I frequently explain ideas and concepts to others in a way they will understand.
30. I am constantly awed by the amount of detail and rich layers of understanding that God included in His word over thousands of years and multiple authors.
31. I take leaps of faith when God points me in a direction because I know He will catch me and take care of the details.
32. God has repeatedly asked me to rebuke or caution another believer in the path they have chosen, even when I have no human evidence that the decision is unwise.
33. It is paramount to show God's love by helping others prosper and breathe easier in this world.
34. I enjoy caring for the spiritual well-being of others.
35. I have seen God heal others after laying hands on them.
36. I often look for ways to establish new communities by raising up leaders around me.
37. God often uses me to introduce others to His son, Jesus.
38. Nothing makes me happier than blessing someone with a tangible gift.
39. I easily recognize the immediate and long-term impact of a decision or action and often warn others to choose the path that brings life.
40. The most valuable perspective anyone can have is confidence in who they are in Christ.
41. God performs miracles every day.
42. I rarely hold it against those who act out of intense emotion in the moment.

43. The Holy Spirit repeatedly reveals to me Scriptures that apply to my daily experiences and the experiences of those around me.
44. I often find myself helping others without being asked.
45. I know God is working behind the scenes to bring about some kind of goodness or lesson in every challenge.
46. It is imperative that others learn in order to help their quality of life.
47. I regularly feel pressed by the Holy Spirit to encourage or share insight into someone else's circumstances that did not come from my own thoughts.
48. God has used me to lead people by teaching His word.
49. I am able to quickly see through the confusion of the details in a situation to the truth of the matter.
50. I feel elated when God uses me to heal a hurting person.
51. It's important for others to believe that God can do anything, even acts contrary to the laws of nature.
52. I am eager to give big donations to those in need.
53. I love to remind others of their value in God's eyes so they do not become discouraged by the world.
54. I enjoy bringing people together who have a desire to seek the Lord.
55. I believe the most valuable thing I can do is share the good news with as many people as possible.
56. I often hear God asking me to communicate a specific message to specific people.
57. It is easy for me to love others, even when they are taking out their anger on me.
58. God consistently uses me to serve those who are struggling.
59. I love to share my knowledge and teach others what I have learned.
60. I feel overwhelmed with awe and wonder when God's faithfulness is revealed.
61. I find myself comparing every situation to what I know of God's Word to make sense of the world around me.
62. I enjoy sharing spiritual truth when others come to me for advice.
63. The most valuable task I can perform is to go into areas where people do not know Jesus and establish new church bodies who can bring light to dark places.
64. It is absolutely vital to help someone physically recover so their quality of life can be improved.
65. I pray for God to work miraculously in the lives of others daily.
66. I always encourage others to grow their personal relationships with Christ - especially if they are looking to me for guidance.
67. I spend a lot of time encouraging others to see in themselves who God has created them to be.
68. It's an impulse to offer what I have to someone who has a need for it.
69. I often find myself leading the lost to know the Lord.
70. I often look for ways to bless those who hurt me.

Spiritual Gifts Scoring

Evangelism 7. _____ 23. _____ 37. _____ 55. _____ 69. _____ Total: _____	Teaching 4. _____ 18. _____ 29. _____ 46. _____ 59. _____ Total: _____	Prophecy 8. _____ 16. _____ 32. _____ 47. _____ 56. _____ Total: _____	Wisdom 9. _____ 24. _____ 39. _____ 49. _____ 62. _____ Total: _____
Knowledge 1. _____ 19. _____ 30. _____ 43. _____ 61. _____ Total: _____	Exhortation 13. _____ 27. _____ 40. _____ 53. _____ 67. _____ Total: _____	Shepherding 3. _____ 20. _____ 34. _____ 48. _____ 66. _____ Total: _____	Serving 2. _____ 17. _____ 33. _____ 44. _____ 58. _____ Total: _____
Miracles 10. _____ 26. _____ 41. _____ 51. _____ 65. _____ Total: _____	Giving 11. _____ 25. _____ 38. _____ 52. _____ 68. _____ Total: _____	Faith 5. _____ 15. _____ 31. _____ 45. _____ 60. _____ Total: _____	Mercy 14. _____ 28. _____ 42. _____ 57. _____ 70. _____ Total: _____
Apostleship 6. _____ 21. _____ 36. _____ 54. _____ 63. _____ Total: _____	Healing 12. _____ 22. _____ 35. _____ 50. _____ 64. _____ Total: _____		

Spiritual Gifts Descriptions

Spiritual gifts are more than just supernatural abilities. They usually come with a passion for that area as well. A well-developed spiritual gift can fuel a consuming passion that guides your life and your decisions. A spiritual gift that is new or not yet developed may cause you to be excited in the moment it is used, but then forgotten about or ignored until the next time.

Evangelism

All believers are called to make disciples. A case could be made that all spiritual gifts are given for exactly that purpose – to inspire and deepen the roots of Jesus’ disciples. The gift of evangelism is for the moment in the process where the lost and hurting are introduced to Jesus Christ as their Lord and Savior.

The gift of evangelism allows us to hear from the Holy Spirit and share the gospel with God’s light, in God’s way, and in God’s timing so that another receives not only the message, but a personal relationship with Jesus Christ.

Teaching

For a teacher with this spiritual gift, there is nothing more touching than seeing a student come closer to Christ. Teachers invest a great deal to understand the Scriptures and then explain and communicate their understanding in a way that will help a student internalize the material.

Teachers have the ability to highly influence the trajectory of their students. Because of this, the Bible tells us that teachers, especially those who teach large groups and hold a place of leadership, are held to a higher standard. Teachers must be careful to point their students toward love and Christ.

This is why, during Jesus’ ministry, He was most outspoken against the Pharisees. These were not just the men who held tightly to the old law, they were leaders who were teaching the Israelites to perform perfectly rather than leading them toward God’s loving heart.

Prophecy

Prophecy is the ability to hear and communicate specific messages from the Holy Spirit to God’s people. This can be to encourage others and confirm to them that they are on God’s path, or it may be to rebuke them because they are straying from God’s will.

The gift of prophecy is not the foretelling of the future – it is the relaying of messages. The Lord may include warnings or encouragements about the consequences of others’ decisions within those messages, but the point is to speak to the heart of the listener.

This gift comes with great responsibility to accurately convey the words of God without adding our own human interpretation. Moses was denied entrance into the Promised Land when he misrepresented God’s message to the Israelites in the wilderness by not following God’s instructions exactly.

Knowledge

The gift of knowledge is directly related to the word of God. It goes beyond an amassing of facts and general Bible study.

Those who have this gift receive revelation from the Holy Spirit about the meaning of God's word beyond what appears on the surface. In fact, they often understand how different Scripture passages are related to reveal a larger lesson or aspect of God's character or creation.

This gift is often found in conjunction with others that will help communicate this knowledge for the strengthening of the body of Christ.

Wisdom

Wisdom is closely linked to the spiritual gift of knowledge, but they are not the same. Wisdom is the application of knowledge in daily life for the good of oneself and God's children.

It provides the ability to see beyond the chaos and emotional influences to the true motivation and reality of the situation. Often, those with the gift of wisdom can accurately assess likely outcomes by considering their knowledge of past experience, human nature, and the nature of God and of Satan.

Exhortation

Exhortation is encouragement with a focus toward Christ. An individual with the spiritual gift of exhortation has the ability to see beyond the actions and words of their fellow man and see the person God made them to be. Exhorters encourage so that others can find hope and confidence in working toward becoming that person.

In order to do this, exhorters will warn against behavior or rebuke a person who has turned away from following God or who is actively believing lies about themselves.

Shepherding

Shepherding is often looked at as pastoring. Although not all pastors have the gift of shepherding. A shepherd's first instinct is to look after their flock. They care for the spiritual well-being of others. Their goal is to keep everyone moving toward Christ and out of the dangerous influence of the evil one. They keep watch and stay sensitive to the needs of those they are charged with. When a sheep is wounded or in danger of wandering, they will make it a priority to attend to that individual.

Serving

Those with the spiritual gift of serving, will likely find themselves helping before they've been asked. They are able to quickly find key details that need attention and they jump to fill in the gap. Their motivation is not for reward or honor, but simply to be of service for the good of others.

Miracles

The gift of miracles is shown when someone is anointed to speak miracles into being. They hear from the Holy Spirit what He wants to do and speak it into being.

These miracles can be financial, physical, situational, or spiritual. Miracles are occurrences that defy the laws of nature.

God usually uses miracles to solve a desperate problem and/or to show His Glory.

Giving

The generosity shown by those with the gift of giving is not solely shown through financial means. Large cash donations can be a very meaningful and rewarding action, especially to those with this gift, but there are other avenues of giving available.

Some will give any asset at their disposal including cars, food, or just the shirt off their backs. Others will be generous with their time or knowledge and serve as mentors. Others will open their homes and invite guests to stay.

Again, spiritual gifts are meant to be a blessing to the body. Givers' motivations are not due to obligation, but out of the desire to show the generosity and love that Christ has for us. It is a way for them to give love in a tangible way.

Faith

All believers are given a measure of faith by the Holy Spirit. The gift of faith is a significantly increased measure of faith. These people are securely confident in the promises of God and His abilities. They are able to obey the promptings of the Spirit to take extreme leaps of faith when common sense and rational thinking would discourage another.

God often uses this gift to grow the faith of others through demonstrations of His faithfulness as the result of extreme obedience by those with the gift of faith.

Mercy

The spiritual gift of mercy is the ability to offer love and understanding in response to the hurtful actions of others. They can see beyond their own hurts and identify with the broken person before them.

Their enhanced capacity to feel compassion and empathy for another hurting child of God allows them to accept hurtful individuals and forgive more readily and more often than most. This gift has the potential to reach even the most ferocious individuals.

Apostleship

Apostles are called to lead the leaders. They open new areas of spiritual growth and development and train the leaders to lead them.

Apostles trail blaze for God's kingdom. Then, they disciple those who will shepherd His people in new ways or locations. Apostles have started new church groups, denominations, mission outreaches, and charities.

Healing

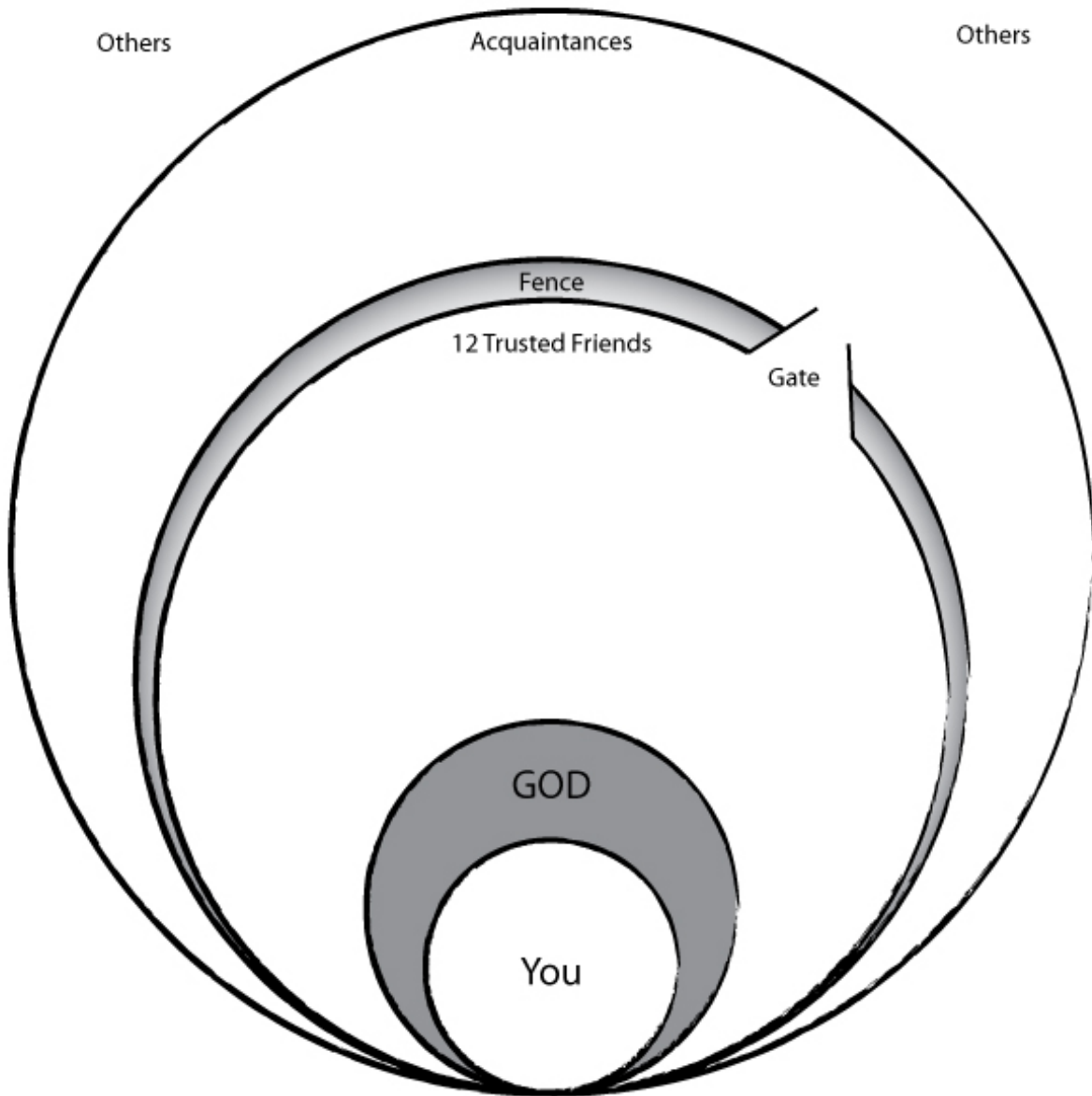
The gift of healing is shown when someone prays for the sick, and they are healed. This healing could be progressive or instant.

This is different from miracles, because this fits with the laws of nature but is an unexpected outcome. Coming down with the flu one day and having no flu the next day would be healing. A cancerous tumor shriveling up would be healing. The body is designed to fight infections and cancer. Having a body part created that never existed before would be a miracle. Having a tumor fall off your face suddenly would be a miracle. The body is not designed to do these things.

Appendix K: Healthy Boundary Map



Healthy Boundary Map



Appendix L: Creating Stabilization Worksheet



Grounding Guide

Think of an instance where you reacted to a situation with an uncontrollable response: emotional explosion, shut down, panic, complying against your wishes or running away.

Describe what happened.	How did you respond?
Which techniques (from Techniques 1, 2, or 3 in the listening guide) would have been helpful in that situation?	How would the situation have changed if you had used those techniques?
What could you put in place to help you with that in the future? (Emotional Survival Kit--music list, sensory item, safe emergency person to call, etc.)	

Processing Guide

This will become a regular part of your healing journey. Start with an easier event to get used to the process. Slowly work up to the more difficult events in your story.

For intense or repetitive traumas, this may take a series of sessions of processing the same situation. Don't get discouraged. It gets much better.

Sometimes, we need to do this processing with God because we don't have access to safe people or professionals. Go through the same process in a safe place with worship music playing with God as your safe person.

A copy of this Guide will be in the appendices to help you for easy reference in the future. Eventually this will become a normal part of your healthy lifestyle.

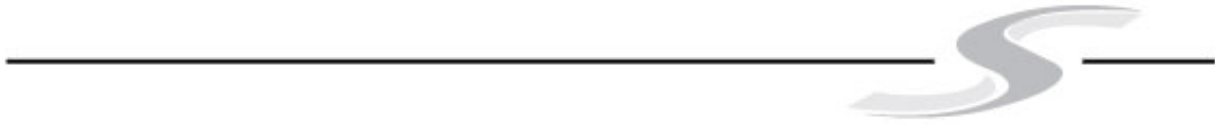
Prepare to process

- ☐ Ask a counselor, pastor, coach, or other safe support person to help you process.
- ☐ Have your grounding plan communicated with your safe person.
- ☐ Have grounding support items with you (Emotional Survival Kit).
- ☐ Pray that God would walk you through the processing.

Processing Steps:

- ☐ To start with, think of a mild unprocessed situation from your past. (As you gain more experience, choose to process increasingly more difficult situations.)
- ☐ Explain the events to your safe person.
- ☐ Discuss how you felt before, during, and after the event
- ☐ Ground yourself as many times as necessary to complete sharing.
- ☐ Ask your safe person to help you identify the lies in your perspective.
- ☐ Discuss the truths God says about you.
- ☐ Release the pain and other emotions to God (usually with tears and/or sobbing).
- ☐ Forgive the person(s) or situation that caused the harm.
- ☐ Ask God to bring healing into your spirit, soul, and body in regard to the event.
- ☐ Over time, reprocess the situation as many times as necessary for it to no longer feel destructive or panicky.

Appendix M: Prayer to Break Generational Curses



Pray through this prayer for each of the lies, sins, or curses that you listed above. Believe that God will honor your sincere repentance, forgive you, and break the curses caused by you and your previous generations.

Heavenly Father,

On my behalf and on behalf of the generations before me, I repent for believing the lie of _____ (describe or name the lie). I make no agreement with these lies. Let the consequences of my forefathers' sins be broken along my family tree. I choose to separate myself from those lies and change my heart and actions here today. I ask your forgiveness on their behalf and on behalf of myself and my children. Through the blood of Jesus, I receive your forgiveness. Thank you for the opportunity to come back into alignment with you. I ask for all the healing — spirit, soul, and body — that comes with that alignment. Continue to open my eyes to any unidentified generational sin, lies, and curses so I can choose repentance and freedom. In the name of Jesus Christ of Nazareth and by the power of the Holy Spirit, let this be done on earth as it is in Heaven. Amen.

Appendix N: Hotlines



General Christian Counseling Services

New Life Clinics: 1-800-NEW-LIFE
National Prayer Line: 1-800-4-PRAYER
Liberty Godparent Ministry: 1-800-368-3336
Grace Help Line 24 Hour Christian Service: 1-800-982-8032
The 700 Club Hotline: 1-800-759-0700
Want to Know Jesus?: 1-800-NEED-HIM
Biblical Help for Youth in Crisis: 1-800-HIT-HOME
Rapha National Network: 1-800-383-HOPE
Emerge Ministries: 330-867-5603
Association of Christian Counselors: 1-800-526-8673

Abortion

National Abortion Federation Hotline: 1-800-772-9100
Post Abortion Counseling: 1-800-228-0332
Post Abortion Project Rachel: 1-800-5WE-CARE

Abuse

National Sexual Assault Hotline: 1-800-656-HOPE (4673)
Stop It Now!: 1-888-PREVENT
United States Elder Abuse Hotline: 1-866-363-4276
Child Abuse Hotline/Dept of Social Services: 1-800-342-3720
Missing Children Help Center: 1-800-872-5437

Addiction

Families Anonymous: 1-800-736-9805
Drug Abuse National Helpline: 1-800-662-4357
National Assoc. for Children of Alcoholics: 1-888-554-2627
Alcoholics for Christ: 1-800-441-7877

Cancer

American Cancer Society: 1-800-227-2345
National Cancer institute: 1-800-422-6237

Caregivers

Elder Care Locator: 1-800-677-1116
Well Spouse Foundation: 1-800-838-0879

Chronic Illness/Chronic Pain

Rest Ministries: 1-888-751-REST (7378)

Crisis Numbers for Teens (Under 18)

Girls and Boys Town: 1-800-448-3000

Youth Crisis Hotline: 1-800-448-4663

Crisis Pregnancy Helpline

Crisis Pregnancy Hotline: 1-800-67-BABY-6

Liberty Godparent Ministry: 1-800-368-3336

Cult Information

Cult Hotline (Mercy House): 606-748-9961

Domestic Violence

National Domestic Violence Hotline: 1-800-799-SAFE

National Domestic Violence Hotline (Spanish): 1-800-942-6908

Battered Women and their Children: 1-800-603-HELP

RAINN: 1-800-656-HOPE (4673)

Eating Disorders

Eating Disorders Awareness and Prevention: 1-800-931-2237

Eating Disorders Center: 1-888-236-1188

National Association of Anorexia Nervosa and Associated Disorders: 1-847-831-3438

Family Violence

Family Violence Prevention Center: 1-800-313-1310

Gambling

Compulsive Gambling Hotline: 410-332-0402

Grief/Loss

GriefShare: 1-800-395-5755

Homeless/Shelters

Homeless: 1-800-231-6946

American Family Housing: 1-888-600-4357

Homosexual/Lesbian

Recovery: Exodus International: 1-888-264-0877

Gay and Lesbian National Hotline: 1-888-843-4564

Trevor Hotline (Suicide): 1-866-4-U-TREVOR

Parents

Building Futures: 1-800-A-WAY-OUT

United States Missing Children Hotline: 1-800-235-3535

Rape/Sexual Assault

RAINN: 1-800-656-HOPE (4673)

Runaways

Covenant House Nineline: 1-800-999-9999

National Runaway Switchboard: 1-800-621-4000

Youth Crisis Hotline: 1-800-448-4663

Self-Injury, "Cutting"

S.A.F.E. (Self Abuse Finally Ends): 1-800-DONT-CUT

Sexual Addiction

Focus on the Family: 1-800-A-FAMILY

Suicide

Suicide Hotline: 1-800-273-TALK (8255)

Suicide Prevention Hotline: 1-800-827-7571

Deaf Hotline: 1-800-799-4TTY

NineLine: 1-800-999-9999

Holy Spirit Teenline: 1-800-722-5385

Crisis Intervention: 1-800-673-2496

Appendix O: Additional Resources



The content, information, opinions, and viewpoints contained in these additional resources are solely those of the authors or contributors of such materials. We are not endorsing the authors below, nor have they necessarily endorsed the RS4L course. The books are intended for general informational purposes only.

A More Excellent Way, Dr. Henry Wright

Armor of God Bible Study, Priscilla Shirer

Battlefield of the Mind, Joyce Meyers

Boundaries, Dr. Townsend & Dr. Cloud

Bloom In The Dark: True Stories of Hope and Redemption, Paula Mosher Wallace

Bloom Forward: A Journal to Renew Your Mind, Wallace, Snow, Priz

The Body Keeps The Score, Bessel Van der Kolk, MD

Captivating, John & Stacey Eldridge

Crazy Love, Francis Chan

Ditch The Drama, Ginny Priz

Do You Know Who I Am, Angela Thomas

Emotions, Dr. Charles Stanley

Unashamed, Christine Caine

Uninvited, Lysa Terkeurst

Walking with God, John Eldridge

Appendix P: RS4L Strategies



Unit 1: Relationship With God

	<u>Lesson Title</u>	<u>Strategy</u>
Week 1	What To Expect	#1 – Be Honest With Yourself #2 – Recovery is a Journey Not a Destination #3 – Baby Steps
Week 2	Saying Hello to Reality	#4 – Healthy Support System #5 – Make Changes to Face Reality
Week 3	Fantasy Versus Reality	#6 – Grace for Realistic Recovery #7 – Progress Not Perfection
Week 4	Who God Is	#8 – Understanding Your Intrinsic Value
Week 5	God’s Heart for Restoration	#9 – God Can Restore As If Never Broken
Week 7	Surrender to God	#10 – Putting on the Armor of God #11 – Worship
Week 8	Positive Coping Tools	#12 – Emotional Scheduling #13 – Prayer & Meditation #14 – Gratitude #15 – Bilateral Processing #16 – Self-Care
Week 9	Progression of Sin	#17 – Taking Thoughts Captive
Week 11	You are NOT your Emotions	#18 – Remove Toxic People, Place, Things #19 – Emotional Detox

Unit 2: Healing Strategies

Week 12	Fullness of the Holy Spirit	#20 – Fullness of the Holy Spirit
Week 14	Good GRIEF!	#21 – Healthy Grieving
Week 15	Damaging Pain vs Healing Pain	#22 – Physical Release
Week 17	The Real Me	#23 – Who Am I? #24 – Recognizing & Replacing Lies
Week 18	Eternal Perspective	#25 – Eternal Perspective #26 – Tree of Life versus Death
Week 19	What Motivates You?	#27 – Motivation #28 – Scripture #29 – Obedience
Week 20	Healthy Boundaries	#30 – Healthy Boundaries #31 – Remember Whose Opinion Matters
Week 21	Learning to Stabilize	#32 – Grounding #33 – Processing

Unit 3: Healing From The Past

Week 26	Diving Deep	#34 – Identifying Triggers #35 – Identifying Flashbacks #36 – Identifying Dissociation
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Unit 4: Claiming Your Freedom

Week 39	Unfair Grace	#37 - Forgiveness
Week 42	Get Into The Ring	#38 – Facing Your Goliath
Week 45	Celebrate	#39 - Celebrating

Unit 5: Walking In Freedom

Week 46	Daily Course Correction	#40 – Course Correct
Week 48	Leveling Up	#41 – Leveling Up
Week 49	Ex-Victim	#42 – Ex-Victim #43 – Your New Identity
Week 51	Staying Free	#44 – Serve
Week 52	Walking In Freedom	#45 – Walk in Freedom

Appendix Q: Listen Guide Answer Keys



Week 12: The Fullness of the Holy Spirit

Benefit #1: **COMFORT**

Benefit #2: **POWER**

Benefit #3: **BOLDNESS**

Benefit #4: **DIRECTION**

Benefit #5: **WISDOM**

Week 13: 8 Steps to Freedom

Step #1: **IDENTIFY**

Step #2: Take **RESPONSIBILITY**

Step #3: **REPENT** for participating in the lie

Step #4: **DISOWN**

Step #5: Get **RID** of

Step #6: **FIGHT** back

Step #7: **CELEBRATE**

Step #8: **TESTIFY** and disciple

Week 14: Good Grief

Strategy #21: Healthy **GRIEVING**

Stage #1: **DENIAL**

Stage #2: **ANGER**

Stage #3: **BARGAINING**

Stage #4: **DEPRESSION**

Stage #5: **ACCEPTANCE**

Week 15: Damaging Pain vs. Healing Pain

Consequence #1: **PHYSICAL** pain

Consequence #2: **RELATIONAL** pain and separation

Consequence #3: **SEPARATION** from God

Consequence #4: **ADDICTION**

Consequence #5: **MENTAL** Illness

Strategy #22: **PHYSICAL** Release

Week 16 : Trauma Point and Symptoms

Question #1: Have you experienced **STRESSFUL LIFE EVENTS**?

Question #2: Have you experienced **TRIGGERS**?

Question #3: Have you experienced **FLASHBACKS**?

Question #4: Have you experienced **DISSOCIATION**?

Question #5: Have you experienced **PTSD**?

Week 17 - The Real Me

Strategy #23: Who **AM I**?

Strategy #24: Recognizing and Replacing **LIES**

Step #1: Practice **MINDFULNESS**

Step #2: Take your **THOUGHTS CAPTIVE**

Step #3: **DWELL** on the word

Step #4: Find the truth in **SCRIPTURE**

Step #5: **REPEAT** the Scripture/truth

Step #6: Assign truth to all **AREAS OF YOUR LIFE**

Week 18 - Eternal Perspective

Strategy #25: **ETERNAL** Perspective

Benefit #1: Decreases **PRESSURE TO PERFORM**.

Benefit #2: Decreases the **IMPORTANCE OF PAIN** in the moment.

Benefit #3: **INCREASES HOPE** for the future.

Benefit #4: Increases **TOLERANCE AND LOVE** of others.

Strategy #26: Tree of **LIFE VS DEATH**

Week 19 - What Motivates You?

Strategy #27: **MOTIVATION**

Strategy #28: **SCRIPTURE**

Strategy #29: **OBEDIENCE**

Week 20 - Healthy Boundaries

Strategy #30: Healthy **BOUNDARIES**

Benefit #1: Increased **EMOTIONAL BANDWIDTH**

Benefit #2: Healthier **LIFESTYLE**

Benefit #3: Freedom from others' **TOXICITY**

Strategy #31: Remember **WHOSE OPINION** Matters

Week 21 - Learning to Stabilize

Strategy #32: **GROUNDING**

Strategy #33: **PROCESSING**

Week 22 - That's Not Me

Truth #1: The **SPIRIT WORLD** is Real.

Truth #2: **SATAN** is our enemy.

Truth #3: We can **TAKE AUTHORITY** over the enemy.

Truth #4: Thoughts come from **THREE PLACES**.

Truth #5: Thoughts affect whether **WE ALIGN** under God or the enemy.

Truth #6: Thoughts we believe **DECIDE** our health.

Truth #7: Thoughts affect **THE BODY**.

Truth #8: **CASTING OUT (OR FORGIVING OF SINS)** is directly related to healing in Scripture.

Truth #9: **BELIEFS** line us up for health or disease.

About Bloom In The Dark, Inc.

Using the fertilizer of our past to bloom!

Have you ever experienced a hurt so deep that it didn't qualify for a sympathy card? Did embarrassment or shame keep you from getting help or support? Do you have a loved one who's been abused?

Many women face trauma and abuse. But that doesn't have to be the end of the story. Countless women have healed from their past with God's power.

Every success story has one thing in common – hope!

We at Bloom In The Dark have seen the power of story provide the kind of hope that change lives!

Mission:

We are a 501c3 charity seeking to raise awareness about the damage caused by secret pain and abuse, and demonstrate the hope and healing found in Christ Jesus through ex-victim testimonies, connections, and tools.

Vision:

To create a culture where people choose redemption and healing in Christ Jesus so they bloom despite darkness and pain.

Values:

- LOVE: Love God, Love yourself so you can Love your neighbor
- HONESTY: Be honest with God, yourself and others especially when it hurts
- FORGIVENESS: Forgive God, yourself and others quickly
- ENCOURAGEMENT: Encourage yourself with God's Word, your words, and other's words through what you see, hear, and speak.

Learn More:

<https://bloominthedark.org>

Watch Bloom Today TV Around the World

Using the fertilizer of our past to bloom today!

Ephesians 5:8-13 (NIV)

"For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light."

Television:

(Check your local listings)

Inspiration TV - INI (UK, Europe, Africa, Asia, The Caribbean, New Zealand, & Australia)

Faith USA (USA)

NRB TV (USA)

Upliftv (USA)

CTN (USA)

Alpha Omega (Romania, Moldova)

Grace Television (India)

Australia Christian Channel (Australia)

Family 7 (The Netherlands)

Flow Africa (Kwesé Channel, Africa)

Faith Africa (South Africa)

Faith Terrestrial (Eastern Cape South Africa)

Faith UK (UK)

WHTN (Middle TN)

Sacramento Faith TV (Sacramento, CA)

Online Streaming:

Amazon Prime

Parables

Inspiration TV App

Faith Broadcasting Network App

Global 7 App

Damascus Roads

NRB TV App

Grace TV App

Podcast:

iTunes

iHeartRadio

YouTube

Spreaker

Sonos

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<https://bloomtodaytv.com>

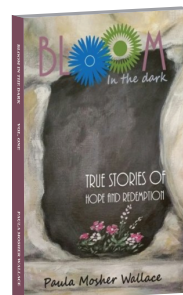
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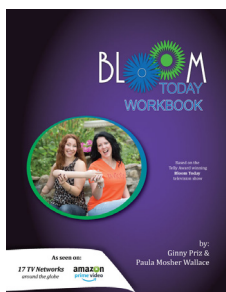
Paula Mosher Wallace

President of Bloom In The Dark, Inc.

paula@bloominthedark.com

A journal to renew your mind...
one day at a time.

Use this 90 day devotional journal with
assessments and daily questions will help
you build new thought patterns,
muscle memories, and neural pathways.



Videos & Coaching Tools

by

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Based on the Bloom Today TV show

BloomTodayTV.com

Life is messy, but you don't have to be drawn into
all the soul-sucking drama!

Learn how as Ginny Priz unpacks the
Serenity Prayer in her book

Ditch The Drama

Learn more at
ditchthedrama.net

