

Biblical Wisdom in Counseling for Whole Hearts



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Understanding the Root of the Problem

The following is a spiritual comparison to psychological systems being used with many clients' lives? Please receive this in love and as my sincere opinions while I continue to seek God for His best in caring for His precious people.

Perfecting the Saint! I refuse to develop a client's dependence on me as a counselor or as their primary teacher. I expect every client to seek to be under a spiritual covering (local church) or remain under the one they have been called to. A local fellowship is an imperative part of the overall health advancement and protection for every client. It is also the system that God uses to shape the believer. One of the best ways to explain this shaping is for one to understand what the Bible calls lively stones. When river rock in a stream of rushing water roll together rubbing the rough, jagged part of one against the other, after some time both become inoffensive. Fellowship in the local church (Greek word *ekklēsia*) will work the same way if the individual members will endure the work of God in their personal life or family. Though those local body members are all flawed God still uses them. Each must not allow offenses to isolate or separate them from the shaping that God is doing. As we stay in the stream while this shaping is taking place the likelihood of fire (permanent division) breaking out is reduced. The same is true for us when we allow the work to be done in the river of life it is easier for us to tolerate Gods shaping.

The Care and Wisdom Needed! Each individual is special to God and must be treated that way! Male or female both have physical and emotional needs and desires that God designed to be met by another human such as within family, community and marriage. If corrections are needed in a human life, the standard that must be adhered to is that of the designer (God) as prescribed in His manual, the Bible! It is helpful to understand the psyche of the human but the only lasting remedy for human issues must follow and answer to the Devine designers' statutes and principles while in relationship with Him. If a nonbeliever is being counseled the biblical principles of counsel will work the same as with a believer but in enemy matters the enemy will not remain rebuked or the counsel will not last if a personal relationship with God is not established or if the counsel is not adhered to. All humans answer to God for the way that they treat each other. If each human lives only to a human standard or societies standard, that standard is not high enough! All of us answer to God!

Getting to the Root! Every relational or personal problem has a root and then symptoms that stem from that root. If we only try to manage the symptom, it will be a life long task and yield little satisfying success to the client or counselor! To explain this we will change their names and use real clients as an example of what this means. For the purpose of explaining we will call these clients John and Barb. They had been married 31 years and were both Christians. John had been unfaithful many times in the marriage while Barb had remained faithful and repeatedly hurt by her husband. Hugely to Barbs credit having known most of the detail of Johns past failure due to past counseling, she come to my office committed to the marriage and to him. They had been to many counselors and counseling types with no complete remedy for their problems. Barb had grown up as her daddy's little princess, which had given her a strong foundation and advantage to handle what was to come in the marriage. John had grown up as the oldest of his siblings with a father who was so focused on wealth and himself that he never emotionally cared for his first son. John was forced to do all of the farming beginning at 11 or 12 years of age and constantly strived to get his father approval with no

satisfaction. At around the same age John was exposed to his father's pornography that was under the pickup seat that confused him even more. In John's early years he had been subjected to taking baths with his naive mother which left him wondering about sexual things that he was too young to process. When Barb and John started to date, John enjoyed his emotional needs finally being met. But because of his childhood pain he remained focused on himself (pride). Once they married John's father took control of both of their lives to fulfill his selfish goals. This was again beginning to steal his wife from him. In my office John told me one of the secrets to the root of their problem, he said; "When we began to have children I felt that I lost my wife". A few hours later while in counsel Barb instructed John that he needed to show the children more affection and tell them that he loved them more often. She recounted the many times when John was insanely jealous of her with the now grown kids and how she didn't understand why he was that way. As counselor I was able to explain to Barb that her instruction of John would do no good because he is and had been emotionally starving to death. I then told her that if she would devote specific time to being sensitive to his heart and he to hers and work to fill his emotional cup while honoring him that he would figure the rest out. While always in counsel together in my office she heard his complete story for the first time and began to grieve over her husband's mistreatment at the hands of his parents and what had happened to the little boy during his growing up years. While still in counsel she started to care for his heart well, though she could not yet give her body fully to him. John told me that he was willing and able to do without that sexual intimacy until she was safe and ready. Because of her excellent emotional care for him and his repentance of pride, he told me that he had fallen in love with her as a whole person again, not just parts of her.

Needed Counseling Insights!

The root of John's problem began long before marriage and was not his wife's fault!

John's wife did not feel unloved as a child the way he did nor had she had the same life experiences as he!

John started to emotionally starve to death while still a child at home with no remedy!

In his emotional starvation and sexual confusion he began to cover his pain with sexual sin thinking that that would solve the starvation!

Before John married he was well set up for failure!

John then wrongly carried his secret sin slavery into marriage thinking that the marriage relations would redeem it all!

The reality is that sexual sin had trapped him in the slavery to it, as does any or all sin!

Breaking the Slavery and Power of Sin!

I showed John that his sexual slavery would not be broken until he fully understood in his heart that his sin had first dripped Jesus blood from the cross, and sincerely repented of it before God!

We then inventoried and repented individually of all of the sexual failures of both the husband

and wife in each other's presence and while in the presence of our Omnipresent and Omniscient God in prayer! They then forgave each the other for failure in this area of marriage.

Answering to the Highest!

John also needed to understand that his sin was sin against God and his own body (the temple) first before it was sin against his wife!

Internal Control Accountability!

I also told them that they would answer to or be held accountable by God alone for every thought and intent of their hearts by the internal control of the Holy Spirit that dwells in them!

I instructed them that only the internal control (Holy Spirit) is an adequate deterrent to sin. None of these: not each other, a regular polygraph test, counsel, boundaries, laws, rules, instruction, set of steps, or regulations, are adequate to keep them moral! Only the internal control of the Holy Spirit in personal relationship is an adequate deterrent to sin!

Don't project your sin! Own it!

To give either of them the ability to project his or her sin onto sexualism, deficiencies, or disorders, or condemning him or her calling either a beast or pervert would do neither any good. John must own his own sin before God, and repent of it to break the power of the slavery of sin! If Barb were bitter she must own her own sin before God and repent of it for personal freedom!

This must be done verbally, out loud, and in another humans presence (James 5:16), mainly for the enemy to be silenced! (The enemy doesn't have full knowledge of a humans mind)

I told this man that I must lovingly hold him to only Gods high standard for him to experience the abundant life that God wants him to live. Any other expectation or anyone else's standard is not high enough!

Left Without Help!

Many other men and women are being misunderstood and ill advised by well meaning counselors leaving them hurting and without hope because the root of their problem is being misdiagnosed. This failure to understand the root of the problem and then only work with or manage the symptoms will produce little or no hope of cure and little relief for clients!

The Fulfillment of Serving Your Spouse!

God put the need in a woman to be cherished and cared for. When this is satisfied God is glorified and she is happy. God put the need in a man to be honored and respected. When this is satisfied God is glorified and he is happy. Sin and pain get in the way of both of these God given needs being met by the opposite sex in marriage. The true fulfillment of service to each other is then lost. Once order is restored, the marriage will function the way it was designed and both will enjoy the abundant life that Jesus Christ came to give!

To be greatest of all!

The scripture says; “Let him who is greatest be a servant of all!” When we are focused on ourselves or our own pain (Pride) we are less likely see anyone else in pain around us, much less be able to help or serve them! The paramount goal of this counsel is to have our pain and personal issues so dealt with that we could then throw self in the corner and selflessly serve all of those around us that need help doing the same! This serving others is also where much of our satisfaction, joy, and life fulfillment can come from!

Notes

Peace vs. Dis-peace

I write because I care and want to stop the enemy (not your spouse) from stealing from you. When the Prince of Peace (aka) Jesus Christ is resident in your heart, peace resides there. He tells us that He will **never** leave nor forsake us! No one else's sin can kick the Prince out of your life; it is you alone that gives **permission** for the peace to be removed from your heart. Even when someone sins or continues to sin against you first, though this does hurt, the Prince is not immediately kicked out, the Prince gets kicked out when **you choose** sin such as bitterness over Godly forgiveness. As I have told you, and now tell you again, your sin, not (your spouses) removes the Prince of Peace from your own soul and gives that "place" (5117 Topos) to the thief! Christian, please stop letting the enemy stealing from you! Please exercise genuine forgivingness. Your spouse must obey God before they obey you, as He convicts your spouse they must obey. Even if you bring your spouses sin up against them every day, Christ will not remember their sin or yours once He has forgiven. Take all of the pain only to Jesus as I showed you and quit expecting your spouse to make it right. I pray that though this may hurt, it is helpful to stop your hurt!

Testimony

Thank you for sending this and we look forward to the Story of Joseph. That really touched my husband's heart. You have been constantly in our prayers; we so appreciate your heart and willingness to be used by God to allow him to perform miracles. We both believe we were each apart of two separate miracles this week as individuals and as a whole. I can truly say now that I am married to my best friend. He has never been very attentive to me since the first day I met him 26 years ago. Thank you. This whole thing that God loves me enough to make my life so rich humbles me. (I like this rich way more) :) I am still in awe of the fact that the hurt of 35 years left instantly. Jesus is truly amazing. I have never been more deeply in love with Christ or felt like I was pure enough to be before Him. Thank you.

Demonstration from the Bible

And, behold, a woman in the city, which was a sinner, when she knew that Jesus sat at meat in the Pharisee's house, brought an alabaster box of ointment, And stood at his feet behind him weeping, and began to wash his feet with tears, and did wipe them with the hairs of her head, and kissed his feet, and anointed them with the ointment. Now when the Pharisee which had bidden him saw it, he spake within himself, saying, This man, if he were a prophet, would have known who and what manner of woman this is that toucheth him: for she is a sinner. And Jesus answering said unto him, Simon, I have somewhat to say unto thee. And he saith, Master, say on. There was a certain creditor, which had two debtors: the one owed five hundred pence, and the other fifty. And when they had nothing to pay, he frankly forgave them both. Tell me therefore, which of them will love him most? Simon answered and said, I suppose that he, to whom he forgave most. And he said unto him, Thou hast rightly judged. And he turned to the woman, and said unto Simon, Seest thou this woman? I entered into thine house, thou gavest me no water for my feet: but she hath washed my feet with tears, and wiped them with the hairs of her head. Thou gavest me no kiss: but this woman since the time I came in hath not ceased to kiss my feet. My head with oil thou didst not anoint: but this woman hath anointed my feet with ointment. Wherefore I say unto thee, Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, the same loveth little. And he said unto her, Thy sins are forgiven. And they that sat at meat with him began to say within themselves, Who is this that forgiveth sins also? (Luke 7:37-49 KJV)

Forward

The purpose of this book is to take practical working tools and make them available to every human instrument of God. We want to present them in the simplest form. This book is to assist instruments of God in finding pain that has caused a human to act or react in a way that is unhealthy or ungodly. The goal is to make this as duplicable, simple, and teachable as possible using the pure truth and awesome, limitless, power of God's Word as the foundation and building of this booklet.

Human learning has no more of an end than God Himself. Therefore this writing is not to be the end of learning secrets to set captives free. Nor is it to limit the leading of the Holy Spirit that knows the places locked up and secrets of every human's heart. It is to be a compilation of loose and simple guidelines of prayer and search tools for finding the root heart issues that keep the captive from enjoying the abundant life. The author of this book gives God the glory, credit and honor for having created every human and everything else, including time itself. Having created all, He then wrote us a Book of Love called the Holy Bible that fully answers every ailment and question of every human who ever walked the soil of this earth since time began until it is no more!

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God's blessings to you!

My Calling

Each of us has gifts and callings on our lives that are without repentance (Romans 11:29), and were placed there by God. That calling is the purpose for our lives and what is needed to save our world. With that calling comes the fulfillment, the passion, the joy that we long for, and the **service and sacrifice**, which is the only food that satisfies the called Christian.

We must also understand callings are God centered and God powered. As in scripture when Jesus was hanging on the cross there were those that told Him, that if He were the Christ He should “save himself” and come down off the cross. Jesus’ cross was the same as his calling (slain from the foundation of the world). Had Jesus chosen to come down from His calling you and I would be lost today. The same is true for us, with the cross that we are to take up daily as children of God. If we deny or refuse the calling, there are other people in our world that will not see Christ as soon as they should have, had we been a willing vessel for Christ, like Christ was for us.

When the onlookers told Jesus to save himself and come down from his calling, some of what they may have been saying was:

SAVE YOURSELF...

- From all the pain and suffering of the call.
- From the preparation needed for the call.
- From the seeming wasted time and foolishness of the call.
- From everything but your own agenda.
- From the inconvenience of the call.
- From the misunderstandings of the call.
- From the loneliness and rejection of the call.
- From the humiliation of the call.
- From the unpopularity with friends and peers.
- From the embarrassments of the call.
- From the financial limits of the call.
- From the restrictions of the call.

If we could see a spiritual junkyard it may just be an area grown over with weeds, with rows and rows of old crosses, with a name on each one abandoned there by the owners. The owner of the cross carelessly not knowing or caring about the significance of that cross to their world. When we become the instruments that God wants us to be, for His purposes, the fulfillment of the call requires and empowers us to focus on the One who has called us. This counsel is to assist in removing all personal and marital hindrances and distractions to your specific call! We can and will then say not my will but Thy will be done, just as Jesus did to the One who called Him.

Jesus, Give me the full understanding of the call on my life along with the wisdom, knowledge, and spiritual equipment necessary to fulfill the call to your glory! Thank you for hearing this prayer!

The Wanted Outcome

The outcome most of us want from counseling is usually a better relationship with those close to us, and that our needs both physical and emotional are met in a fulfilling way. These are good desires but will become the byproduct of a life yielded selflessly to serve others as the goal for the outcome of counseling.

Some of the happiest people on earth are those that can serve others without thinking of themselves while they do so. The reason that we cannot serve in this way is usually because we are in too much emotional pain ourselves, and because of that hurt we start to focus on ourselves. This is either because the pain is too great, or we try to keep ourselves safe from getting hurt even more. From this self focus we have a hard time even seeing anyone else around us much less the problems that they need help with.

The true help in counseling will get the hurts, guilt, self-hatred, and condemnation dealt with, so we will then notice the hurting world around us and also be able to give selflessly to our spouses, family, and our world closest to us, only then can we experience the joyful fulfillment of the life of service.

First Things First

As we seek the order of the process of counseling, the first and most important issue to be looked at is the events of emotional pain from past to current. Pain itself, or the attempt to keep from having pain added to in our lives, causes some of the problems that become insurmountable leaving us in a quandary or numb as to where to go, or what to do from here. This counseling will seek to understand each event of pain to date, and explain how the pain is there, then give direction in prayer to invite Jesus into each event, asking Him to make sense of the event. It will also answer questions, ask, and ultimately bring peace to that painful event so that it has no memory any longer. As this is taking place, this counseling is also teaching complete dependence on the still small voice of the Holy Spirit and His promptings and not dependence on the counseling or counselor.

Then the Rest

As the emotional pain is being understood, as explained in the previous paragraph, and in the events that caused it, the pages of the rest of this handbook are helpful to dispense with guilt, shame, condemnation, heaviness, self-hatred, bitterness, accusations of the enemy, and feelings of worthlessness. This counseling, with the guidance of the Holy Spirit, must address these issues to allow you to be able to finish doing business with your Creator and invite the completeness of peace to the client's heart.

Opening Prayer

Jesus, thank you for your presence here with us. We invite you as Wonderful Counselor, Prince of Peace, Mighty God, and Everlasting Father, to do all that you want done in our lives. I now ask that you rebuke every power of darkness and render all of them impotent and silenced so that they can not hinder even the smallest work that you want done during the time in this office, while in this counsel. Lord please see to it that your will is understood in this time and place. Give us ears and heart to hear Your Still Small Voice and to obey you first and foremost. Please seal this work that you do eternally. Protect these guests from anything that I might say or indicate that could hurt them and complete all the work that you want done. Give me wisdom to find the places of pain that hold these precious people back from the abundant life that you came to give us, or that cause them to act or react in an ungodly or unhealthy way. Give me the keys from Your Word to communicate to their hearts the Truth that will set them free. Give me wisdom as your instrument to craft prayers that follow your lead and that get to the critical points that yield the full results that you want. Accomplish in these guests' lives all that is necessary so that they can put self aside, and serve and sacrifice for others to the furthering of your Kingdom of Heaven and to Your Glory. Thank you for hearing my prayer. In the precious name of Jesus I pray. Amen!

Let's Own Our Sin

As in everything that I write, this is never intended to hurt the reader. The only way to have the biblically promised peace and abundant life is to live each and every day, and facet of life to the biblical standard. I have and do ask for wisdom to articulate the purity of the truth of God's Word that truly sets captives free to enable them to become the Light of the World, a City Set on a Hill! The abundant life and freedom begin when we are bold and obedient and call sin what it is. Many other types of counsel and self-help may give the seeker a way to deal with or manage the symptom but never get to the real and lasting help that the seeker desires. You ask, "What do you mean by symptom management?"

To experience daily, lasting freedom and peace, we must look deeper than symptom to find the root cause. Most of the time, this root cause is hidden. I will use the biblical term "bitterness" to describe what I mean. When the human is hurt either deliberately or unknowingly by another human, we are then required by the Bible to act immediately on this offense "before the sun goes down." The two ways that we can exercise our will at this point are to 1. Forgive as Christ forgave us, or 2. Hold a grudge or become bitter. The first is freedom the second is sin. The normal, but wrong, way to act on this issue is to become hurt (which turns our focus inward), distance ourselves (either emotionally or physically) from the offender, and start to control our atmosphere to reduce or stop the risk of being vulnerable in a way that caused the original pain.

We then try (with no success) to live free in this isolated world that we have created for ourselves within which to be safe. The result of this wrong response is the root sin of pride, because hidden pride focuses on self. Control, another facet of pride, makes self most important without the ability to remain a servant of all. From this position, we then work to manage what we think is freedom. The right or biblical way to respond to pain caused us, is to take that pain caused us to Jesus in relationship and ask Him if...He sees the pain? He cares about that pain? What He wants us do with the pain?

Finally to ask...Do I have to forgive the one who caused the pain? Once Jesus has instructed the human (through the still small voice of the Holy Spirit) to identify the pain caused and what to do with that pain, He will instruct the one hurt to fully become the substitute for the one who caused the pain through forgiveness. This is exactly how Jesus demonstrated forgiveness for us on His cross. He forgave before we were ready, while we were still in sin, before we changed, before we deserved it, not knowing if we would accept it, and immediately. Jesus kept His focus on His plan to be our substitute in forgiveness, to pay the debt we owed and never expect us to make any of our wrongs in life right toward Him. This is the genuine forgiveness that brings freedom. We must duplicate this forgiveness in every way that He demonstrated it first! This is called the miracle of forgiveness!

One travesty of human wisdom in counsel in this day is to trap hurting people in their pain by letting them project the blame of their sin on disease; an "-ic, -ism, deficiency, or disorder," or another person, without ever getting to the root or source of the problem. Usually there is pain and the mishandling of that pain that is at the root. Some would say that encouraging ownership of sin rather than projecting it on an "-ism" or "disorder" is cruel. Because I often witness captives being set free, I know that the opposite is true.

So let's take ownership of our sin, give up the victim mentality, and become the instruments and servants that God wants to use in our day. If we project our sin on an -ic, -ism, deficiency, disorder, or another person, then we do not have to take ownership of our sin, and we can blame or justify self by blaming the -ism or deficiency for the sin! When we do this we remain trapped in less than the abundant life. At the root of every compromise is the slavery of sin.

When we call sin "sin," we give Christ, through His finished work of the cross, privilege to cover that sin with His blood and never remember it again. Christ did not die for -ic's or -ism's. He died for sin. He did take stripes for our diseases. So both are covered.

Notes

Sin & Restitution

One definition of sin is to miss the mark. In archery if the archer released the arrow and missed the center of the bull's eye even by the thickness of a hair the result or miss would be considered sin. The Word of God tells us "all have sinned and fall short of the glory of God" (Romans 3:23). Christ came into the world as the only perfect sacrifice able to fill the requirements needed to pay the full penalty of sin to fulfill the law and pardon us fully from all of our faults. Christ became our full substitute for the punishment that we deserved (Hebrews 9:26-28, 2Corinthians 5:21).

Now that Jesus Christ has dealt with the sin issue once and for all, and the issue was fully satisfied with the finished work of the cross, we by faith in the person of Jesus Christ are free from the penalty of all sin, past, present, and future (Romans 3:22). Active sin in the Christians life today still has consequence, though the penalty is satisfied. We must remember that all sin loves secrecy it wants to remain in darkness and not be exposed to the Light (Romans 2:16). We may wrongly believe that as long as no other human finds out about our secret sin it will not have an effect on us (see section on "Systems of God Given Authority" & "Ground of the Soul and Strongholds"). You must also remember that sin will always take you farther, keep you longer, and cost you more than you think it will. The consequence of sin can be a lack of boldness, numbness to the things of God, worry, fear, a ruined reputation, a damaged liver with alcohol abuse, a damaged witness, and many others. Scripture tells us that if we yield ourselves to sin we will be the servants or slaves of sin (John 8:34). After the cross sin only loses its complete power when repented of. The word repent means to change your direction and you're thinking around and act and think the opposite of what you were acting and/or thinking.

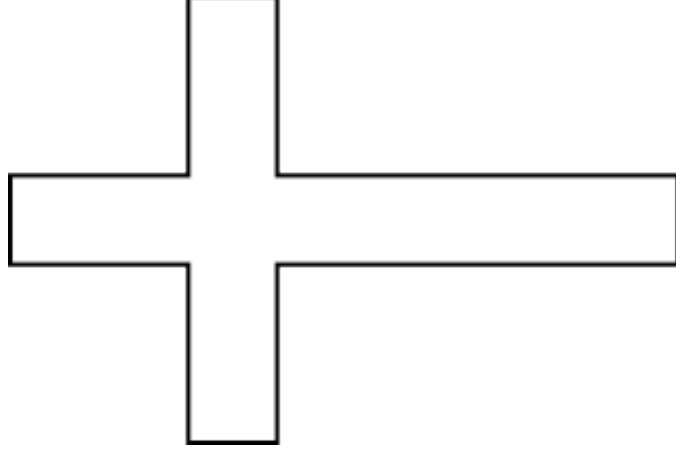
There are two kinds of sin and two types of sin. The two kinds of sin are the sin of commission; which is a sin that is knowingly or ignorantly committed. The other kind of sin is the sin of omission; this is omitting to do what is right or omitting to follow the prompting of the Holy Spirit. The two types of sin are one that can be paid back and one that cannot be paid back. If money has been stolen it can be paid back. Sexual abuse or adultery on the other hand cannot be paid back. The freedom from sin can only come through forgiveness. First Christ forgave us then we forgive others to that same standard.

Sometimes God will require restitution for sin. This section will give loose guidance on restitution. The Holy Spirit is the first one that we must hear from on this matter. When convicted of sin God will require us to agree with Him that that sin put Him on the cross requiring His body to be broken and blood to be shed, and that it will cause us to be a servant of sin. Then He will prompt each to repent and turn from that sin. Restitution on the other hand comes after the obedience of repentance. It will not come in the form of guilt but it is as though He will keep a gentle thumb on your heart until you do what he has asked you to do. That can be as simple as asking someone to forgive you, opening relationship with someone you have not been willing to, returning or replacing something that you had stolen, or paying back a large debt with interest. I would not recommend making restitution for a fault by writing, texting, or leaving a voicemail unless the Holy Spirit is expressly prompting you to do this. By doing this you are giving documentation of the fault, and this can or may be used against you by an unforgiving person. We are trying to rid ourselves of the fault not document it. The better way to communicate in making restitution is in person or in person by phone.

Before the Cross

- Wages of sin is death
- Guilt
- Condemnation
- **Penalty** for sin:
Past, Present, Future

8.



After the Cross

- Innocent by repentance
- **Paid for by the cross**
- Conviction
- **Consequence** of sin:
Unresolved, Present and
Future only

The gift of the Cross is received by faith

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.” John 3:16

Guilt, shame and condemnation are not a function of the Holy Spirit! There are three causes of guilt, shame, and condemnation after the Cross.

- The accuser of the brethren (enemy).
- The accuser of the brethren through people.
- Unforgiveness of self (holding against self).

Only One Standard

As we begin to look at the issues that cause problems in relationship or marriage we must come to understand that we individually answer to one standard. Many times the client or couple will begin to tell me how they cannot live with or be married to their spouse because of the different way that one has treated the other or for their unfaithfulness or their inability to understand the others pain etc. Every detail of pain is important and we will record each event and pain caused to the other and then we will start to reconcile each account.

For an example, if a husband looks on another women with lustful eyes. That man did not first sin against his wife. The sin that he committed was against God first and then it was against his wife secondly. If the wife is bitter towards her husband for what he has done and will not forgive her husband then her sin of bitterness is first against God and secondly against her husband. (See article on "Bitterness vs. Forgiveness").

The husband cannot live to his wife's standard because that standard is not high enough. He must live to God's high standard. The wife cannot live to her husband's standard because that standard is not high enough. She must live to God's high standard. One sin of the other does not justify the other's sin. Both must do business with God and when they do the relationship will work again. Repentance of a sin is when we agree with God that our sin is sin against Him. This is also the only way that the power of sin is broken and the slavery of sin is defeated. When this repentance is transacted from the heart of the human, the blindness or distorted vision of that human towards God and their offender will then be lifted. They will be able to see the offender the way God sees them. In this example the man's sin is adultery and the woman's sin is bitterness. Both of these specific sins hung Jesus on the cross.

There is not a spouse alive that can or really wants to keep the other moral or hold the other accountable. They may try or think they should, only to find out that they are not big enough, wise enough, or strong enough to keep the other moral or hold them accountable. God designed us to let Him be Lord and let Him do the convicting and changing. He uses us as His instruments to do the loving.

When people try to guard or protect themselves so that they do not get hurt again they lose the ability to be open with and/or serve others selflessly. Because they feel that they have to keep self-interest most important in order not to be hurt again they remain focused on themselves. When number one becomes most important the client is caught in a facet of the sin of pride. In short control = pride.

Behavior Controls

There are two kinds of behavior control. One is external control and the other is internal control. Let us look at both kinds of controls.

1 Timothy 1:5-10 Amplified

"Whereas the object and purpose of our instruction and charge is love, which springs from a pure heart and a good (clear) conscience and sincere (unfeigned) faith. But certain individuals have missed the mark on this very matter [and] have wandered away into vain arguments and discussions and purposeless talk. They are ambitious to be doctors of the Law (teachers of the Mosaic ritual), but they have no understanding either of the words and terms they use or of the subjects about which they make [such] dogmatic assertions. Now we recognize and know that the Law is good if anyone uses it lawfully [for the purpose for which it was designed], Knowing and understanding this: that the Law is not enacted for the righteous (the upright and just, who are in right standing with God), but for the lawless and unruly, for the ungodly and sinful, for the irreverent and profane, for those who strike and beat and [even] murder fathers and strike and beat and [even] murder mothers, for manslayers, [For] impure and immoral persons, those who abuse themselves with men, kidnapers, liars, perjurers—and whatever else is opposed to wholesome teaching and sound doctrine."

1. **External Control:** An example of external control is the control used to provide for the safety needs of a baby. Our response to this need, as parents, may be to install a fence around the yard and covers on electrical sockets, etc. As the child grows the goal is that the child learns to control him or herself internally in order to avoid situations that may cause harm. This is also the reason we have laws in society placed there by authorities in our life. But ultimately there are not enough laws that can be put in place to force us to do the right thing all of the time.
2. **Internal Control:** After external control, internal control is what must take over. In order to have internal control, there has to be a standard that is established that is more than character or integrity. That standard is written on every man, woman, and child's heart. It is the Ten Commandments written on the fleshy tablet of the heart. Even the most hardened criminal when stolen from, knows that they were wronged. The reason they are able to recognize being wronged is because of the standard that God has placed in each of us. This is the principle that has allowed God to bless this nation like none other.
3. Each of us must acknowledge that we are under authority and allow the Holy Spirit to be Lord of our lives every minute of the day.

Ground of the Soul and Stronghold

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) Neither give place to the devil. (Ephesians 4:27 KJV)

To understand that our battle is not really against flesh and blood is very important. But the real necessity is to understand how the enemy works through or uses flesh and blood to do his work. When we deal with emotional pain in a sinful way or commit a sin or omit to do what we know is right over a period of time, according to scripture in Eph.4: 27 we can give place in our soul which consists of the mind, will, and emotions to the Devil. The word "place" in the original language is # 5117 topos and means opportunity, spot, foothold, or license. To give place to the Devil if it were in our natural world would be like giving him a legal license to be on your property. If it were fenced in that would mean that you have given him permission to be inside the fence or inside the house. From that place of the soul he can then establish strongholds (2 Cor.10: 4, these are false information, thought processes, or concepts that are not biblical). From there he has a safe place to kill, steal, and destroy until he is denied that place by the owner of the soul; this would be the human that has give permission through willful or stubborn sin. The permission can be denied only through repentance of the sin that gave the original right to the ground of the soul in the first place. This is done by agreeing that our sin is sin against God and asking for forgiveness. When exercising forgiveness, it is safest to do it out loud in the presence of someone you trust (James 5:16) so that that person becomes a witness against any more accusations of the enemy in the future. The reason that it is so important to speak these confessions out loud is because the enemy is not omniscient, omnipresent, or omnipotent as God is and does not have full knowledge of your mind. Satan is also under no obligation to obey your thoughts. He can place a thought in your mind as he did Judas. (And after the supper Satan entered into him. Then said Jesus unto him, that thou doest, do quickly John 13:27 KJV). If you say a prayer only in your heart God hears it but Satan does not! Saying it out loud will put the enemy on notice of the transaction that has just taken place in your heart with God. I call this doing business with God. When God is invited into your heart he will not stay a guest only in the front room he wants to be Lord of all or in this illustration Lord of every room of the house. If God is not Lord of all He is not Lord at all.

Today most of the time the enemy is not removed by exorcism per say but by the act of repentance through which the ground of the soul is taken back. Once the place or ground of the soul is taken back, it must be inhabited by Christ or to say it another way the false beliefs or wrong concepts must be replaced with the truth from Gods word, or the enemy can return stronger than at first. This spiritual event is described in (Matthew 12:43-44). The Old Testament natural reference is (Exodus 23:29) the ground of the land of Canaan was not to be left desolate or unoccupied even if it were occupied by the original enemy, lest the wild beasts be increased. As we work to set captives free we must assist them to do business with God from their hearts, then promote hunger and thirst for relationship with God so that their last predicament is not worse than when we started to assist them!

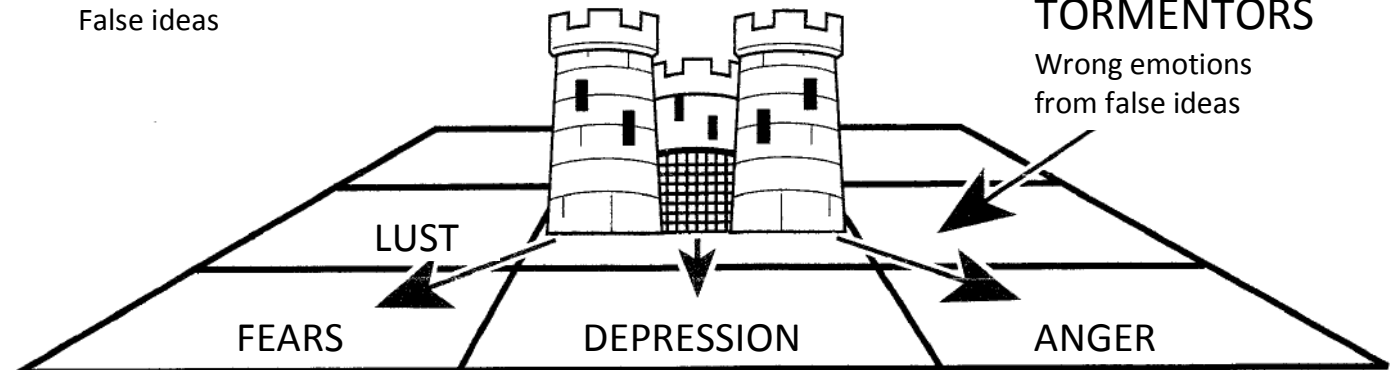
How to Understand Strongholds

STRONGHOLD

False ideas

TORMENTORS

Wrong emotions
from false ideas



- Bitterness, greed, immorality or rebellion give Satan “ground” – areas of jurisdiction. “Neither give place to the devil” *Ephesians 4:27*. (The word “place” from the Strong’s concordance 5117 is “Topos” meaning spot, opportunity, foothold, or license).
- Satan builds strongholds on his “ground” – false ideas from which he influences us to make unwise decisions, wrong concept of God or self. False belief systems.
- God allows tormentors such as fear, depression, anger, lust, anxiety, or illness to come from the strongholds and afflict other parts of the soul. (see *Matthew 18:34-35*)

Steps to regain ground

1. Confess each sin that God brings to your mind. (1 John 1:9)
2. Claim the blood of Christ for cleansing (1 Peter 1:18-19)
3. Ask God (out loud) to regain the “ground.” (Psalm 23:3, James 5:16)
4. Tear down or replace strongholds with truth. (II Corinthians 10:4-5)
5. Transform or renew your mind with truth. (Romans 12:2)
6. Fully forgive offenders. (Matthew 6:10-15)

Personal areas we each may struggle

- Bitterness (resentment, unforgiveness)
- Pride (hidden or obvious)
- Rebellion (as the sin of witchcraft 1 Samuel 15:23)
- Temporal values or the over value of position or things on earth (vs eternal values ie. relationships)
- Sexual sin (actions, thoughts, desires)
- Generational sin (depression, suicide, alcohol)
- Sinful habits
- Occult activities (hypnotism, horoscopes, music)
- Overwhelming or negative thought patterns
- Hypocrisy (hidden or obvious)

Each area can give ground to the enemy and we can ask God out loud to take that ground of the soul back as we repent of the specific area that we struggle with. It is critical to remember that the enemy does not have full knowledge of your mind and is under no obligation to obey your thoughts. We must confess each area out loud (James 5:16) and in the presence of another human to have a witness against the enemy, accountability, and a type of restitution.

Secrets, Shame, and Guilt

Matthew 13:44 KJV

"Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field."

1 John 2:2 KJV

"And He is the propitiation for our sins: and not for ours only, but also for the sins of the whole world."

James 5:16 KJV

"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

Numbers 32:23 KJV

"But if ye will not do so, behold, ye have sinned against the LORD: and be sure your sin will find you out."

We have just learned that after faith in the finished work of the cross, guilt, shame, and condemnation are not a function of the Holy Spirit. At this point many Christians will stop me and say, "Listen, I will not allow all of those memories of my past failures to be brought back up - the blood of Jesus has cleansed me from all sin." That is correct that the blood of Jesus covers every sin on earth (*Matthew 13:44 KJV*) but, I would say to them, "It sounds to me that you are still ashamed!" That man who hid the treasure mentioned above was Jesus; the treasure was those who would receive Him by faith as their Lord and Savior. The field was every person ever born on earth. Jesus did not just pay for the sins of the treasure, He paid for the sins of the entire world (*1 John 2:2 KJV*).

The darkness is only dispelled when it is brought into the light. God knows every thought and intent of our hearts, but being a gentleman, He allows us to be the ones to confess our faults one to another (*James 5:16 KJV*). I have heard many times over at the end of the week of counsel, "I was never going to tell you..." and then they will refer to an issue of shame or guilt that was dealt with earlier in the week.

The main point is that the Christian individual has complete control of what they bring fully into the light, or allow remaining in a certain level of darkness. God cares so much about our freedom and abundant living that sometimes He will force the issue as in *Numbers 32:23 (KJV)* where He tells us "our sin will find us out."

Over the years I have learned that there cannot be even the slightest secret within a marriage. That would mean that all guilt and shame must be exposed to the light and to the marriage partner. During the week of counsel when there is still a lack of trust, I will be the sounding board. From that week on, the couple can be the sounding board for each other

as long as they continue to forgive to God's standard and stay in emotional intimacy with each other.

I have repeatedly asked many a spouse if they would like their spouse to go to someone else with their failings, if they know that they will be hurt by them, as some counselors will instruct. With a clean heart they all say, "No--I want to be told everything no matter how hurtful it may be." This also becomes one deterrent to sin in a marriage, along with the main accountability, which is the still small voice of the internal control or the Holy Spirit!

Use the remainder of this page to pray and allow the Holy Spirit to bring to your memory every event that is still in the darkness and important to Him. Then make a decision that you will not let the enemy tempt you into keeping even the slightest secret or leaving out the slightest detail that the Holy Spirit is prompting.

For the spouse that could be hurt with this confession we will cover forgiveness for these issues in a few pages or refer to the resource on "Forgiveness vs. Bitterness." I have witnessed many clients say that it is like a load being lifted off of their body. This obedience is just one of the evidences of beginning to walk in the abundant life that Jesus came to give us.

Notes

Sexual Sin Work Sheet

Ask God to bring to memory all details of this sin important to Him

Fantasy (*emotional attachment while reading a novel or about an attachment otherwise*)

-

Lust (*sexual thoughts and desires*)

- Same sex
- Opposite sex

Pornography (*for women this can be romance novels*)

- Magazine
- Videos/Movies/TV
- Internet

Masturbation

- When started
- Last time practiced

Sodomy

-

Oral or Anal sex

-

Defrauding (*heavy petting that did not go farther*)

-

Sex outside of marriage

-

Adultery

-

Exposing nakedness (*Streaking*)

-

Look in on someone else (*sex acts or nakedness*)

-

Divorce (*How many*)

Sexual harass anyone

-

Incest (*cousins or family*)

-

Sexual abuse someone

-

Rape anyone (*any involvement*)

-

Involvement in an Abortion

-

Bestiality (*involvement with animals*)

-

Prostitution (*paid for sex*)

-

Topless or nude bars

-

Cyber or phone sex

-

900 phone numbers

-

Wife swapping

-

Other

-

Jesus, I invite you into all that happen with my Body. I want you glorified by everything!

Jesus I now confess this sexual sin of _____, as sin against you. Will you forgive my sin? Thank you for forgiving me. Jesus take back all place that I have given to the enemy, I yield it back to your control. Thank you for hearing this prayer.

Where Sin Begins

Let no one say when he is tempted, I am tempted from God; for God is incapable of being tempted by [what is] evil and He Himself tempts no one. But every person is tempted when he is drawn away, enticed and baited by his own evil desire (lust, passions). Then the evil desire, when it has conceived, gives birth to sin, and sin, when it is fully matured, brings forth death. (James 1:13-15 AMP)

But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart. If your right eye serves as a trap to ensnare you or is an occasion for you to stumble and sin, pluck it out and throw it away. It is better that you lose one of your members than that your whole body be cast into hell (Gehenna). (Matthew 5:28, 29 AMP)

*For he is not a Jew, which is one outwardly; neither is that circumcision, which is outward in the flesh: But he is a Jew, which is one inwardly; and circumcision is that of the heart, **in the spirit, and not in the letter**; whose praise is not of men, but of God. (Romans 2:28, 29)*

To break a sin pattern that is stubborn or difficult to break it is important to start in the right place. In the Old Testament in Exodus chapter 20 when the Ten Commandments were first given we see that God was calling the acts sin; do not have other Gods before me, do not steal, do not commit adultery. In the New Covenant we no longer live just by the letter of the law but now by the spirit of the law. In the New Testament in (Matthew 5:28) we see that the sin begins in the heart and that a lustful look at a woman is to be considered adultery of the heart. **To be effective at defeating sin in our lives and walk with a clear conscience every hour of the day we must understand when our heart is approaching the beginning of sin.**

In Genesis 3: 6 we read; And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

To illustrate this point I will use the first sin by a human. As you read the verse above (Genesis 3:6) you will see the **lust of the flesh** (saw that it was pleasant for food) the **lust of the eyes** (delightful to look at) and the **pride of life** (desired to make one wise) as described in (1 John 2:16) are all there. The sin began first in the woman's heart before the words she took and did eat. **When we do not stop the sin in our own lives at the heart level and are then trying to manage it at the act level we have already lost the battle and are already in sin.** We can become disappointed and hopeless if we do not learn to deal with sin first at the heart level. I want to encourage you that you do not have to continually experience defeat by learning to stop besetting sin this way. It is also important to expose all sin to the light immediately, by bringing your mate or trusted friend into the fight. That will give immediate strength because you are not alone.

For men that continue to return to sexual sin again and again this is meant to be an encouragement! Men, be careful not to get trapped in sin by letting the beginning titillating thoughts continue any more than a Nano second. If you will start to take every thought captive at the very beginning (2Corinthians 10: 5) you can live in the freedom and abundant life that Christ provided for us by his finished work on the cross. If the beginning thought is properly taken captive the acts will not be a problem.

Consequences of Sex Before Marriage

Distrust for each other

The feeling of holding out or being dishonest (have a secret) in marriage

Not trusting each other emotionally

Unable to respond fully physically in marriage

Numbness and confusion in spiritual matters

The loss of open communication with a spouse

Hindered or ineffective prayer

Financial loss

The loss of respect for each other

The loss of Sympathy for each other

Excusing each others sin because of your own sin

Rejecting of on another

Blaming each other

Feelings of guilt

Feelings of shame

Justifying of self

Poor or inflated image of self

Disunity

Systems of God Given Authority

God is a God of order. This order shows up in the authority system designed by Him here on earth. In order to understand some of what may trip us up, or cause seeming hardship in our lives we must first understand how that system works. God is creator of all and the highest authority in all of the universe and certainly here on earth. If we look at these system levels as umbrellas pictured here we must understand the purpose of this protection. In *1 Peter 2: 3-25* and *2 Peter 2:10* we are instructed to submit to every ordinance of man for the Lord's sake. Government is to reward those that do good and punish those that do evil. Each of these umbrellas represents the next level in an order of authority designed for our protection. This system of order in a democratic society is also imperative for that system to operate efficiently and without chaos. The founders of this nation, Christian or not agreed on this.



- ☂ The next authority in any nation will be the Central Government of that nation.
- ☂ In the USA the State Government is the next in order.
- ☂ The next system will be the County or local Government.
- ☂ The next is the City or local Government.
- ☂ The next authority becoming more personal is your Employer and/or Church.
- ☂ The next authority if present is the Father.
- ☂ The next God established authority is the Mother. The most protected are the children.

When we live as though there is no authority system we risk the consequences of that authority system in place over us. But more importantly, because God recognizes and follows the system that He designed here on earth, He sees living outside of this authority system as disobedience or rebellion against Him. So when we choose to live outside of this authority, we risk a closer relationship with God, and will not enjoy the physical and spiritual protection provided by God and His representatives here on earth.

God IS the ultimate authority. At the fall in the garden Satan usurped the authority Adam and Eve were given over everything in, on, under, and over the earth and sea and became what is now known as the god of this world. Though Satan took the authority given to Adam and Eve, he is still under God's authority. God could remove Satan with one breath but doesn't for several reasons. First, God is a righteous God, and Satan legally took that position as he tempted the first man and they fell. Another reason is that God uses Satan and our world government to His Glory. One example of this is in sending His Son to earth to be killed for our sake by that system, God used the system established on earth so that He could save those that would receive His perfect and complete gift, Jesus Christ. Further understanding is given in (1 Corinthians 2:8-9), where the princes of this world unknowingly fell into the hands of God and used the worldly government to have Christ crucified, and completed the will of God.

God still uses Satan and all powers of darkness in the world today. This truth is further explained in (Matthew 13:24-30 and 13:36-43), where the husbandman sowed good seed and then the enemy came and sowed tares while they slept. When asked if the tares should be removed immediately, the owner responded to avoid uprooting good seed to let them both grow together until harvest. Then harvest the proud fruitless tares (faithless humans) first and burn them with fire and then harvest the humble fruit laddened crop (humans with faith in the one true God) afterward. Knowing

it is the mixture of good and evil that moves the human to a need for God and brings them to the point of acceptance of His perfect gift in Jesus Christ or to reject him. If humans had only pleasant things happen here on earth they would have no need for God. If only bad happened to the human they would despair from God. But together, they are able to see God's love and make the choice to continue in sin or accept the only perfect and complete payment that was and could be made that is acceptable to God for our sin. Over simplified, the only deadly sin that humans can commit is to reject the complete and finished work of Abba through Jesus Christ in His death, burial and resurrection.

If we operate in obedience to God given authority and His ministers here on earth no matter how flawed they as humans may be, we will enjoy protection of the Kingdom of Heaven right here on earth. If we operate in rebellion or witchcraft as in (1 Samuel 15:23), or in disobedience we can then provide a foothold to the accuser of the brethren as in (Ephesians 4:27) and experience demonic abuse and his mission to kill, steal, and destroy in our lives.

One other aspect of this protection afforded by authority represented in the umbrella within the family is that if we as Christian fathers, though we are saved allow sin, as in sexual sin or rebellion, in our lives a hole can then be torn in that umbrella of protection and those under our protection can be fondled and played with by the enemy. This can be seen manifested in some fathers that are trapped in the sexual sin of lust and pornography. The small children may have night terrors or frightening dreams until this condition is corrected through repentance of the sin.

A very important decision that you must make when seeking to be under God given authority is choosing a Spiritual Family or church. First ask God in prayer as a family where God would want to place you, then begin to look in close proximity to where you live for the biblical spiritual address that you can interact with. If you have not moved yet let the address of a spiritual house influence your physical address. Speak with one of the leaders of a church that you have interest in and ask them if they are a Bible believing and Bible teaching church. Then test the spirit by attending several Sundays. Once you have established that you are where God wants you to be. Don't change your spiritual address before God does because he will be sending your spiritual mail to that address. Also continue to set aside the Tithe or one tenth of your net income. The tithe belongs to God and protects the other ninety percent of your income. The tithe then would go to that spiritual address to which God has directed you.

A father of the fatherless, and a judge of the widows, is God in his holy habitation. God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry land. (Psalms 68:5, 6 KJV)

Notes

Rebellion Work Sheet

Explain ways that you have rebelled against the following:

Government (*taxes, police, traffic laws, etc.*)

-
-

Church or spiritual leaders

-
-

Father

-
-

Mother

-
-

Husband

-
-

Wife

-
-

Employer

-
-

God

-
-

Stealing or Theft (*pens, paper, shoplifting*)

-
-

My culture

-
-

I confess and renounce my rebellion against _____, and I call it sin against you Lord. Will you forgive me for that sin? Thank you for your forgiveness. I ask that you take back the place in my soul that I have given to the devil. I now yield it back to your authority. Thank you for hearing my prayer.

God's Classroom

Seeing our problems from God's prospective

God is bigger than any of our problems, and he longs for us to be His through receiving what Jesus Christ has finished for us on the cross. In Romans 8: 28 He says all things work together for good. Notice he did not say all things are good. If we can accept that the furnaces of affliction in our lives are not to hurt us, but to bring out and remove the bondage from our life, then we can praise Him and give Him glory in our lives that He deserves and truly give thanks in all things (1 Thessalonians 5:16-18).

An example of a furnace of affliction is (Daniel 3:12) the three men in a fiery furnace. These three men were committed to God. The king hated it, so he heated the fire seven times hotter. The three men were bound together and thrown into the furnace. The heat was so intense that the guards who put the men into the furnace died from the heat. The three men however, were seen walking around unbound inside the furnace and a fourth (God) was seen with them. When they came out the smell of smoke was not even on them. The lesson for us to learn today is that even when our affliction seems beyond what we can humanly bear, Christ is with us, the affliction will only be hot enough to burn off the things that bind us i.e. pride, bitterness, hypocrisy, sexual sin, alcohol or drug abuse. Even the evidence of having been in the fire (the smell of smoke) will not at all be evident.

In Zechariah 13: 9 we see another example of a furnace of affliction. The gold (represents righteousness) is tried 7 times (number meaning perfect) in the fire of affliction. It must be heated to liquid form in order for the dross (meaning impurities), to separate and rise to the top to be scraped off. Then the gold smith (God) must keep the gold hot enough, long enough to see his reflection in the refined product. Then and only then will he know it is pure? In this story we can learn that once the affliction has tested us and we see it from His prospective, the dross, (anger, hatred, impatience, and bitterness,) can be skimmed off so that His reflection can be seen in us, (let your light so shine before men).

One way that I like to look at this is all of the circumstances; things, people and trials in our lives that may be hurting us are like God's classroom. He is bigger than all of them and able to use them to His glory, and for our good. Because this is true, we can thank Him for them, and ask Him to keep us in them or in His classroom until we pass the grade or have learned all that he needs to teach us.

After we see those circumstances as God's classroom then we must see God as the teacher. Therefore, we must keep our eyes on Him and above our circumstances, not on the people and things that cause pain. If we do this, we will be able to forgive the people in our classroom and forgive them when they hurt us again just as Christ forgave us on the cross, thus keeping our hearts sinless before God.

God uses all things to His glory: Had the princes of this world known what they were doing they would not have crucified the Lord of Glory (1 Corinthians 2: 8). Even the enemy falls into the hands of the almighty, to do God's will in the lives of men.

God is good all the time, even when the enemy is causing bad things to happening in our lives. If our doctrine does not allow for that, then what we believe is not truth, because His word is truth.

Cast All My Cares on Him

The bible tells us to cast all our cares on Him (1 Peter 5:7). What exactly does this mean, and how do we do it? When we start to fear and have anxiety or worry and we cannot do anything about it, we have one of two choices.

- We can try to control everyone and everything around us so they/it don't hurt us anymore. If we do this then we make ourselves responsible for our happiness, and we must strive to stay happy on our own. This control is a facet of the sin of pride!
- Or, we can cast it on Him; essentially turning that care or worry over to Christ and letting Him care for us. Therefore, we quit holding ourselves as most important and become free and vulnerable in His hands, rejoicing in each day He has given to us.

The second choice is the correct response we must choose each time.

We, as humans, are not big enough, strong enough, or wise enough to be in control of, or be lord of our own lives. God is the only one big enough, strong enough, and wise enough to be the Lord.

When we take lordship of our lives, many times it is because we are in emotional pain and want that pain to stop. We choose to try to end that pain ourselves rather than inviting God into that pain and letting him heal it at its core. If I make myself lord I enter into hidden pride (putting self first or most important and not able to serve others). Another cause for taking over control of our lives can be habit. Regardless of the reason though, pride is sin and must be recognized as sin and repented of. The following prayer is one that can be used to repent of the sin of pride.

Prayer

Jesus, I am not big enough, strong enough, or wise enough to be lord of my life, but you are. I now declare you Jesus as Lord of my life. I confess my desire to control my life as sin. I renounce my control (pride) as sin and ask you to forgive me. Please cover my sin with your blood that was shed for me and take back all of the ground that I have given to the enemy because of my pride. I now yield that ground back to your control and ask that you pull down every stronghold and remove all the work of the enemy in my life. Thank you for hearing my prayer. I ask all of this in the precious name of my Lord and Savior Jesus Christ. Amen

Make Every Thought Obey Christ

2 Corinthians 10:3-6 KJV

"For though we walk in the flesh, we do not war after the flesh: for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ..."

Emotions follow thoughts: First, ask yourself; "why am I in a bad mood or down hearted?" Second, think of the last fifteen minutes to an hour; on whom or what have your thoughts been? Keep in mind that stress and anxiety are your body's reaction to our thoughts.

Record your thoughts:

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

Correct your thoughts:

- _____
- _____
- _____
- _____
- _____
- _____

When the thoughts come into our mind, many times in the beginning of learning to take them captive (or arrest and hand cuff them as enemies), we will dwell on them for some time before we even realize it. This thought permission or thought prevention is a learned obedience. It is not something that comes natural to most of us. Because the mind, will and emotions (soul) are where the battle is, it is you personally that must engage in this battle for your mind. To choose not to fight the battle is to choose to lose that battle. No one else can fight or win this battle for you. You must do it yourself because no one else knows your thoughts.

Philippians 4:8-9

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you."

As thoughts comes into your mind, examine them using the verse above and only allow them if they fit the criteria listed. Otherwise, treat them as an enemy and throw them away. Use scripture to defeat those old negative thoughts. Prevent them from lodging in your thoughts for any time at all. Isaiah 61:3b says, "Put on the garment of praise for the spirit of heaviness". The word of God teaches that praise is a sacrifice. To put on a garment you have to put it on one sleeve at a time, deliberately. There are times we have to do the same thing with praise. We have to be deliberate about it. The heaviest emotional issues that we can carry are issues about self. Thinking about self is pride. God's Word warns that He resists the proud, hates pride, and won't tolerate it. So in this verse, it is teaching us how to put on the garment of sacrifice for the spirit of pride. There is no better way to take our focus off of negative thoughts, or the world, than to praise God, the only one who is worthy of it.

Take Every Thought Captive

- *Today's thoughts are tomorrow's actions.*
- *Today's jealousy is tomorrow's temper tantrum.*
- *Today's bigotry is tomorrow's hate crime.*
- *Today's anger is tomorrow's abuse.*
- *Today's lust is tomorrow's adultery.*
- *Today's greed is tomorrow's embezzlement.*
- *Today's guilt is tomorrow's fear.*

Could that be why Paul writes, “Love...keeps no record of wrongs” (1 Corinthians 13:5 NIV)? Did you know we have an option? Paul says we do: “We capture every thought and make it give up and obey Christ” (2 Corinthians 10:5).

Do you hear some battlefield jargon in that passage—“capture every thought,” “make it give up,” “and obey Christ”? You get the impression that we are the soldiers and the thoughts are the enemies.

It was for Jesus. Remember the thoughts that came his way, courtesy of the mouth of Peter? Jesus had just prophesied his death, burial, and resurrection, but Peter couldn't bear the thought of it. Peter took Jesus aside and told him not to talk like that....Jesus said to Peter, “Go away from me, Satan! You are not helping me! You don't care about the things of God, but only about the things people think are important” (Matthew 16:22-23). See the decisiveness of Jesus?

What if you did that? What if you took every thought captive? What if you took the counsel of Solomon: “Be careful what you think, because your thoughts run your life” (Proverbs 4:23) you are not a victim of your thoughts. You have a vote. You have a voice. You can exercise thought prevention. You can also exercise thought permission.

Changing the thoughts changes the person. If today's thoughts are tomorrow's actions, what happens when we fill our minds with thoughts of God's love? Will standing beneath the downpour of his grace change the way we feel about others?

Paul says absolutely! It's not enough to keep bad stuff out. We've got to let the good stuff in. It's not enough to keep no list of wrongs. We have to cultivate a list of blessings. The same verb Paul uses for KEEPS in the phrase “keeps no list of wrongs” is used for think in Philippians 4:8 “Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there be any excellence, if there is anything of praise, THINK on these things” (RSV). Thinking conveys the idea of pondering—studying and focusing, allowing what is viewed to have an impact on us.

Take No Thought for Tomorrow

So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble. (Matthew 6:34 AMP)

Many of us must learn that though God is not confined by time he is already in tomorrow. But when we leave today in our thoughts and go off into a fantasy of what we think tomorrow may be, we then leave the Prince of Peace in the reality of the current day that we are given and become lonely, disillusioned, sad, and scared by the imagination we call tomorrow. The above verse explained another way would be; God has given us enough grace for one day at a time. When we charge tomorrows worries on today's grace account we will find that we overdraw our grace account. As my wife and I were faced with breast cancer I found myself spending time thinking about what I thought my future would be. As I repeatedly practiced that exercise I found myself overwhelmed, scared, angry with God, with no joy or hope and sad. All peace and energy would leave and it was common to find myself depressed and ready to die. Then I learned the principle of not leaving today and found myself joyful and at peace. Tomorrow was no longer a safe place to spend any time so I don't go there anymore.

The command from 2 Corinthians 10:5; [Inasmuch as we] refute arguments and theories and reasoning's and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One), (2 Corinthians 10:5 AMP). The thoughts about tomorrow must be taken captive. And then think on: Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace], which transcends all understanding, shall garrison and mount guard over your hearts and minds in Christ Jesus. For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]. (Philippians 4:6-8 AMP)

Psalm 91

1. He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
2. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.
3. Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.
4. He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.
5. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;
6. Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.
7. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.
8. Only with thine eyes shalt thou behold and see the reward of the wicked.
9. Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;
10. There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
11. For he shall give his angels charge over thee, to keep thee in all thy ways.
12. They shall bear thee up in their hands, lest thou dash thy foot against a stone.
13. Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.
14. Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
15. He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.
16. With long life will I satisfy him, and shew him my salvation.

Thought Test

Philippians 4:8-9

Write down the thought to be tested: _____

- | | | |
|------------------------------------|-----|----|
| • <i>Is this True?</i> | Yes | No |
| • <i>Is this Honest?</i> | Yes | No |
| • <i>Is this Just?</i> | Yes | No |
| • <i>Is this Pure?</i> | Yes | No |
| • <i>Is this Lovely?</i> | Yes | No |
| • <i>Is this of Good Report?</i> | Yes | No |
| • <i>Is this Worthy of Praise?</i> | Yes | No |

I have determined that the thought is: (Circle one) **Rejected** **Accepted**

The thought is a lie because: _____

The thought is the truth because: _____

Prayer

*Thank you Lord for commanding me to take every thought captive, and make it obey Christ.
Thank you Lord for the wisdom to discern good thoughts from bad thoughts. Please give me the wisdom to catch every thought and judge it before I have spent any time on it. For thoughts that I did not catch or was not obedient on, would you please forgive me? ----- Thank you for hearing my prayer! I pray this in the name of Jesus, Amen.*

In God's Hands Testimony

The idea of God's enclosing us in His hands can be taken two ways, depending on our spiritual posture. When we are in rebellion and running away from God, being hemmed in can feel restrictive. But when we are in communion with our Creator, His fencing promotes a feeling of security and well-being, which is what David describes in the following verses:

*You hem me in -- behind and before;
you have laid your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths,
you are there.
Psalm 139:5-8, NIV*

When I was five years old, my mom and dad divorced. Unlike the idealistic splits depicted on television, theirs was ugly. And like many children from divorced families, I thought it was partly my fault. I thought I must have done something wrong. If only I'd been a better little girl -- if I had been sweeter or kinder or used my inside voice more often -- maybe Dad wouldn't have left. So I resolved to be so good that nothing that bad could ever happen again. I was determined to make straight A's and to act nice and to never let mom see me sad, because, goodness knows, she didn't need any more grief.

One day not long after the divorce was final, the pressure of being perfect got to be too much. Deeply upset, I crawled under my bed so I could cry alone. As I was finally letting out all that emotion, I heard Mom calling me for dinner. But I didn't answer, because I couldn't control my tears -- and I thought good girls weren't supposed to cry. Soon I heard her footsteps padding down the hall. When she paused in my doorway, I held my breath, hoping she'd leave. Instead she asked gently, "Lisa, honey, are you under the bed?"

Finally I murmured, "Yes ma'am." I lay there in utter misery; ashamed of my failure and certain I was about to get into trouble. Then the dust ruffle lifted, and my mom's concerned face appeared. Without another word Mom got down on the floor, wedged herself under the bed, and lay down right next to me.

That's the image that comes to mind when I ponder God's omnipresence as described in Psalm 139:7-12. On our worst days, when we're trying to hide our misery or conceal our failures, our perfect God doesn't stand at a distance, waiting for us to pull ourselves together. He crawls right in beside us, amid the dust bunnies and clutter of our lives, to show that we're never alone in our messes. In fact, that's the very reason Jesus left the shiny halls of heaven to dine in the dusty homes of ordinary people: because God refuses to leave us alone to wallow in our misery in sin.

The WORD of God says that:

I am God's child born again of the incorruptible seed of the Word of God which lives and abides forever 1 Pet. 1:23

I am complete in Christ Col. 2:10

I am the apple of my Father's eye Ps. 17:8

I am free from condemnation Rom. 8:1

I am the righteousness of God through Jesus Christ 2Cor 5:21

I am chosen I Thess. 1:4

I am firmly rooted, built up, strengthened in the faith and overflowing with thankfulness Col 2:7

I have love for others John 13:34-35

I am built on the foundations of the apostles and prophets, with Christ Jesus Himself as the chief cornerstone Eph 2:20

I am a partaker of His divine nature 2 Pet 1:4

I am God's workmanship, created in Christ Jesus for good works Eph 2:10

I am being changed into His image Phil 1:6

I am one in Christ! Hallelujah! John 17:21:23

I have all my needs met by God according to His glorious riches in Christ Jesus Phil 4:19

I have the mind of Christ 1 Cor 2:16

I have everlasting life John 6:47

I have a guaranteed inheritance Eph 1:14

I have abundant life John 10:10

I have overcome the world 1 John 5:4

I have the peace of God which passes understanding Phil 4:7

I have access to the Father by one Spirit Eph 2:18

I have received the power of the Holy Spirit to do great works Mark 16:17

I can do all things through Jesus Christ Phil 4:13

I shall do even greater works than Christ John 14:12

I walk in Christ Jesus Col 2:6

I have spiritual authority 1 John 4:4

I press toward the goal for the prize of the high calling of God Phil 3:14

I live by the law of the Holy Spirit Rom 8:2

I know God's voice John 10:14

I show forth His praise 1 Peter 2:9

I always triumph in Christ 2 Cor 2:14

CHRIST IS IN ME THE HOPE OF GLORY! Col 1:27

I am forgiven all my sins and washed in the blood Eph 1:7

I am a new creature 2 Cor 5:17

I am the temple of the Holy Spirit 1 Cor 6:19

For whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, think on these things day and night. Hold on to the teaching of Christ. Then you will know the

I am delivered from the power of darkness and transformed into God's kingdom Col 1:13

I am redeemed from the curse of the law Gal 3:13

I am strong in the Lord Eph 6:10

I am holy and without blame before Him Eph 1:4

I am accepted in Christ Eph 1:6

I am blessed Duet 28:1-14

I am a saint Rom 1:7

I am qualified to share in His inheritance Col 1:12

I am victorious Rev 21:7

I am dead to sin Rom 6:2, 11

I am elect Col 3:12

I am loved with an everlasting love Jer 31:3

I am established to the end 1 Cor 1:8

I am set free John 8:31-33

I am circumcised with the circumcision made without hands Col 2: 11

I am crucified with Christ Gal 2:20

I am alive with Christ Eph 2:5

I am raised up with Christ and seated in heavenly places Col 2:12

I am His faithful follower Eph 5:1

I am the light of the world Matt 5:14

I am salt of the earth Matt 5:13

I am called of God 2 Tim 1:9

I am brought near by the blood of Christ Eph 2:13

I am more than a conqueror Rom 8:37

I am in Christ Jesus by His doing 1 Cor 1:30

I am an ambassador for Christ 2 Cor 5:20

I am beloved of God 1 Thess 1:4

I am the first fruits among His creation James 1:18

I am a king and a priest unto God Rev 1:6

I am born of God and the evil one cannot touch me 1 John 5:18

I am a joint heir with Christ Rom 8:17

I am reconciled to God 2 Cor 5:18

I am filled with blessings Deut 28:2

I am healed by the wounds of Jesus 1 Pet 2:24

I am sealed with the promise of the Holy Spirit Eph 1:13

I am in the world as He is in heaven 1 John 4:17

I am a fellow citizen with the saints of the household of God..Eph 2:1

truth and the truth, by which you have been made holy, will set you free.

(Phil 4:8, Jos 1:8, John 8:31-32, John 17:17)

The Blood

One night in a church service a young woman felt the tug of God at her heart. She responded to God's call and accepted Jesus as her Lord and Savior. The young woman had a very rough past, involving alcohol, drugs, and prostitution. But, the change in her was evident. As time went on she became a faithful member of the church.

She eventually became involved in the ministry, teaching young children. It was not very long until this faithful young woman had caught the eye and heart of the pastor's son. The relationship grew and they began to make wedding plans. This is when the problems began.

You see, about one half of the church did not think that a woman with a past such as hers was suitable for a pastor's son. The church began to argue and fight about the matter. So they decided to have a meeting. As the people made their arguments and tensions increased, the meeting was getting completely out of hand.

The young woman became very upset about all the things being brought up about her past. As she began to cry the pastor's son stood to speak. He could not bear the pain it was causing his wife to be. He began to speak and his statement was this: "My fiancée's past is not what is on trial here. What you are questioning is the ability of the blood of Jesus to wash away sin. Today you have put the blood of Jesus on trial. So, does it wash away sin or not?"

The whole church began to weep as they realized that they had been slandering the blood of the Lord Jesus Christ. Too often, even Christians, we bring up the past and use it as a weapon against our brothers and sisters. Forgiveness is a very foundational part of the Gospel of our Lord Jesus Christ. If the blood of Jesus does not cleanse the other person completely then it cannot cleanse us completely. If that is the case, then we are all in a lot of trouble.

What can wash away my sins?

Nothing but the blood of Jesus! End of case!!!

Dart Test

A young lady named Sally relates an experience she had in a seminary class, given by her teacher, Dr. Smith. She says that Dr. Smith was known for his elaborate object lessons.

One particular day, Sally walked into the seminary and knew they were in for a fun day.

On the wall was a big target and on a nearby table were many darts. Dr. Smith told the students to draw a picture of someone that they disliked or someone who had made them angry, and he would allow them to throw darts at the person's picture. Sally's friend drew a picture of someone who had stolen her boyfriend. Another friend drew a picture of his little brother. Sally drew a picture of a former friend, putting a great deal of detail into her drawing, even drawing pimples on the face. Sally was pleased with the overall effect she had achieved.

The class lined up and began throwing darts. Some of the students threw their darts with such force that their targets were ripping apart. Sally looked forward to her turn, and was filled with disappointment when Dr. Smith, because of time limits, asked the students to return to their seats. As Sally sat thinking about how angry she was because she didn't have a chance to throw any darts at her target, Dr. Smith began removing the target from the wall. Underneath the target was a picture of Jesus. A hush fell over the room as each student viewed the mangled picture of Jesus; holes and jagged marks covered His face and His eyes were pierced.

Dr. Smith said only these words.... 'In as much as ye have done it unto the least of these my brethren, ye have done it unto Me.' Matthew 25:40.

No other words were necessary; the tears filled eyes of the students focused only on the picture of Christ.

Author unknown

Forgiveness vs. Bitterness

We must forgive others to be free from our past and keep Satan from using it against us in the future (2 Cor. 2:10-11). We are called to be merciful (Luke 6:36). We are called to forgive as we have been forgiven (Eph. 4:31-32 & Col. 3:13). Ask God to bring to mind the names of those people that you need to forgive. Write them down and say this prayer out loud.

Dear Lord,

Thank You for Your kindness, forbearance, and patience, knowing that your kindness has led me to repentance (Rom. 2:4). I now confess that I have not extended the same to those people who have offended me. I confess that I have harbored bitterness, resentment, and unforgiveness toward my offenders. During this time of self-examination I ask that You to bring to my memory the names of those people I need to forgive (Matt. 18:35). Give me the strength to forgive them the way You forgave me. I ask this in the precious name of your Son Jesus. Amen.

As you list the names that come to your mind, add your name to the list. You must also forgive yourself by accepting God's cleansing and forgiveness for the sins you still blame yourself for. Then add God's name to that list as well. Any thoughts raised up against God will usually result in anger towards Him. We must renounce all expectations and anger we have towards our Lord. God cannot sin. He only wants to prosper, cleanse, and teach, us (Jer. 29:11). We must trust His truth and understand that just because we believe something does not make it true. We must test all thoughts against God's word. Only when it withstands that test we can rely on it as truth.

Before you begin to pray through the names you must understand the consequence of the decision that you are making by reading the explanation below with the ***main points in bold print***.

Forgiveness is not forgetting: You have probably found that even if you try to forget you cannot. We must rely on God's help for true forgiveness. God says that He will remember our sins no more once He forgives us. He also says He will put them as far as the east is from the west (Heb. 10:17). As a human you have to make a conscious decision to ***not bring up the past against your offender, or allow it even in your thoughts***, after you have forgiven them. When thoughts present themselves, pray and ask God to help you forgive them as many times a day or week as is necessary for you to remain in freedom.

Forgiveness is a choice that you are commanded to make by God. Forgiveness may be difficult for you because it goes against your sense of justice. We instinctively want revenge for the offenses suffered. However, we are told to never take our own revenge (Rom. 12:19). You may ask "why should I let them off the hook?" That is the exact problem. As long as you choose to hold on to the offense or need for revenge, you are still controlled by or bound to them by your unforgiveness. ***You will let them off of your hook, but they are never off of God's hook.*** He will deal with them fairly. This is something we cannot do.

You may say, "You don't understand how much this person has hurt me". What you need to understand is: by holding on to anger through unforgiveness, you are allowing them to continue hurting you? Your unforgiveness is not hurting them. There is only one way to stop the pain? ***You are not forgiving them for their sake. You forgive for your own sake, so you can be free. Your need to forgive is not an issue between you and the offender. It is between you and God. Unforgiveness is sin!***

Forgiveness is agreeing to live with the consequences of another person's sin. It is very costly. You pay the price of the evil you forgive. Remember, you will live with the consequences of the other person's sin whether you want to or not. The only choice you have is whether you will do so in the bitterness of unforgiveness, or the freedom of forgiveness. Jesus took your sin upon himself. All true forgiveness is substitutionary. No one really ever forgives without bearing the consequence of the other person's sin.

Notes

Bitterness Against Self

What is bitterness against self? When I become bitter at myself I hold myself to a higher standard than God holds me to. In doing this I am rejecting the gift of forgiveness God has given me. Or, I am saying that Jesus blood is not enough to cover my sin. This may seem as though I am humbling myself, but it is false humility. It is not pleasing to God. Actually it is saying that I am too rotten to be forgiven, or God's blood payment cannot cover how bad I am.

Other forms of bitterness against self are: blaming myself for everything that goes wrong, bringing up the past against myself, or running myself down in thought or in speech. My speech and thoughts can become injurious, condemning or even self-hating. To believe any of this in our hearts is not in agreement with God's Word, or what it says about us. Sometimes we even try to get even with or punish ourselves thus falling into self-pity.

This all indicates that we still believe ourselves to be guilty of what we have done or left undone. All penalties for sin, condemnation, and guilt were nailed to the cross with Jesus and the law was fulfilled. Now when we feel conviction it is because, due to sin, we have moved away from or are hiding from God, our Father wants us back in relationship with him. The Holy Spirit will convict us of the sin of bitterness against self so that we will find freedom and abundant life in Him.

This sin is so easily overlooked and then we wonder why we remain void of inner peace. Learn to examine yourself often to enjoy the freedom because of this knowledge.

Prayer

Jesus I have become bitter at myself and am holding myself to a higher standard than you do thus rejecting your forgiveness for me. I now understand this to be sin and I ask that you forgive me, cover that sin of bitterness with your blood and take back all the ground that I have given to the enemy. I yield that ground back to your control Lord Jesus. Please pull down every stronghold and remove every work of the enemy. Thank you for answering my prayer. Amen

Pain Word Sheet Explanation

To use the pain word sheet write the name of someone who has hurt you by a number at the bottom of the sheet, then put that number corresponding to the name by at least 5 of the pain words that person caused you to feel. Repeat this step for every person, group, sickness, self, or for God that you have experienced pain from.

Take that first name and enter into prayer:

Jesus, do you have time for me? ---Wait for the still small voice--- Jesus do you care about that pain? ----- Can you show me in a mental picture what damage this has done to my heart? --Record it-- Thank you Lord for knowing how this pain has damaged my heart! Jesus, do I have to live with this pain? ----- Can the one who caused the pain ever repay or make that pain up to me? ----- Since they cannot make it up to me what then do you want me to do with the pain? ----- Can you replace all of that pain with the peace only you can give? ----- Do you want me to forgive this person? -----

Forgiveness Prayer

Jesus, all of the pain caused by ____name____, please remove the debt of pain that they have owed me from their account, in forgiveness I accept as my own the consequence of their sin. I declare that they owe me nothing. I now release them from any and all of the debt that they have owed me and release them from the hard feelings that I have had toward them. Jesus the bitterness and unforgiveness that I have harbored toward them, I now call sin against you. You did not hate me for my sin as I did them. I now ask, would you forgive me for my sin of bitterness against them? -----

Jesus you know my heart better than I do, have I fully forgiven this person the way you first forgave me? ----- Thank you for the gift of forgiveness!

Ask God to bring the name of every person to your memory that has ever hurt you in your lifetime and go through these prayers for each one or until there is complete peace flooding your heart.

If any of the events of pain or names return to your memory and you feel loss, anger, desire for revenge, pain or you are unable to pray freely for them, go through these prayers again as many times a day, week, month, or year that you must to remain free!

Always remember to compare the way you have forgiven the ones who have hurt you with the way you are forgiven by God, and want to be forgiven by others!

Emotional Pain Words

Abandoned	Detested	Insignificant	Silenced
Accused	Devalued	Invalidated	Stepped on
Afraid	Didn't belong	Isolated	Shattered
All my fault	Didn't measure up	Knocked down	Stressed
Alone	Dirty	Judged	Stupid
Always wrong	Disappointed	Left out	Suicidal
Angry	Discarded	Lied to	Taken advantage of
Annihilated	Discounted	Lonely	Terrified
Anxious	Discouraged	Lost	Threatened
Apathetic	Disgraced	Made fun of	Torn apart
Ashamed	Dishonored	Manipulated	Trapped
Avoided	Disregarded	Mistreated	Trashed
Awkward	Disrespected	Misunderstood	Tricked
Babied	Dominated	Mocked	Ugly
Bad	Embarrassed	Molested	Unable to speak
Belittled	Empty	Neglected	Unaccepted
Betrayed	Excluded	No good	Uncaring
Bewildered	Exhausted	No support	Uncared for
Bitter	Exploited	No way out	Unchosen
Blamed	Exposed	Not being affirmed	Unclean
Can't do anything right	Failure	Not cared for	Undesirable
Can't trust anyone	Fear, fearful	Not cherished	Unfairly judged
Cheap	Foolish	No deserving to live	Unfairly treated
Cheated	Forced	Not listened to	Unfit
Coerced	Forsaken	Not measure up	Unimportant
Condemned	Friendless	Not valued	Unheard
Confused	Frightened	Opinions not valued	Unloved
Conspired against	Frustrated	Overwhelmed	Unlovable
Controlled	Good for nothing	Paralyzed	Unnecessary
Cornered	Guilty	Powerless	Unneeded
Crushed	Hated	Pressured	Unnoticed
Cursed	Hate myself	Pressure to perform	Unprotected
Cut off	Helpless	Publicly shamed	Unresponsive
Deceived	Hopeless	Put down	Unsafe
Defeated	Humiliated	Rejected	Unwanted
Defenseless	Hurt	Repulsed	Useless
Defrauded	Hysterical	Resentful	Valueless
Degraded	Ignored	Revenge	Violated
Depressed	Impure	Ridiculed	Vulnerable
Deprived	Inadequate	Ruined	Walked on
Deserted	Incompetent	Sad	Wasted
Desires rejected	Indecent	Scared	Weak
Despair	Inferior	Secluded	Worthless
Despised	Inhibited	Self Disgust	Wounded
Despondent	Insecure	Separated	
Destroyed	Insensitive to my needs	Shamed	

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____ God _____

8 _____ Self _____

Notes

Forgiveness Prayer

Jesus the pain that _____offenders name_____ caused me is _____at least 5 pain words_____. I am now willing to forgive _____offenders name_____. Jesus, I ask you to take everything off of _____offenders name_____ account that they owe me and transfer it all to my account. Please mark their account paid in full by me. In forgiveness I accept all of the charges or emotional pain and the full consequence of their sin, they now owe me nothing, their debt it is paid in full, just like you did for me at the cross. All the bitterness, unforgiveness, and resentment that I have had toward my offender I now understand to be my sin against you Lord. You quickly forgave me but I could not extend that forgiveness to them. Jesus, would you please forgive me for my sin of bitterness and cleanse me from that sin with your blood that you shed for me on the cross?

Jesus, please take back all the place, footholds, or ground (Eph. 4:27) of my soul that I have given to the enemy because of my bitterness, I now yield all that ground back to your control. Please teach me to have a forgiving heart. Please pull down every strong hold and destroy all of the lies of the enemy. Thank you for hearing my prayer. I ask this all in Jesus precious name. Amen!

Notes

Repenting of Bitter Thoughts

Get alone with God or even better get together with a trusted witness against Satan. Before you pray this prayer it is important to ask God to prepare your heart to hear only him. Ask God to silence every spirit or hindrance to His very best outcome for this time with Him. Take out a pen and be deliberate about writing down what He is saying with His still small voice to your heart. Write down each word, mental picture, and answer that He is showing you. If at first you do not hear His still small voice, ask Him if you have hated or been angry with Him. Then repent of that by asking God for forgiveness for that anger and disrespect. Ask God to silence every spirit of confusion or doubt, and then continue with this prayer.

Jesus I have been reliving or recounting wrong that was done against me by _____.

Have I ever told this to another person or said anything out loud to any human being on earth? _____.

I do still hurt from the pain that was caused me when that wrong was done.

Jesus, do you care about that pain in my heart? Answer _____.

Is my pain valid to you? Answer _____.

Jesus, can you show me the damage that wrong did to my heart in a mental picture?

Answer _____

_____.

Jesus, thank you for understanding my pain!

Can the one who wronged me ever make that completely right? Answer _____.

Jesus, what if they don't care or refuse to make it right, will you make it right? Answer _____.

Jesus, will you ever bring up thoughts of the hurt that I caused you against me after forgiveness? _____.

Can I ever repay you for my sin against you? _____.

Jesus, are these thoughts that I have brought up glorifying to you? _____.

Are these thoughts sin against you? _____.

What do you want me to do with the pain I still carry? _____.

Jesus, can you replace it with peace? _____.

Jesus, I now choose to forgive the wrong that was done to me and become the substitute for the wrongdoer. I now give up the right to punish or get revenge for the wrongs I have suffered! Because your Word tells us that vengeance is yours that you will repay and that you will not bring my sin up against me again, I now call the recounting of every thought against the wrongdoer as sin against you Lord. Will you please forgive me? _____. Lord, remind me to take every thought of this event(s) captive in the future, and make them obey you!

Thank you Lord for hearing my prayer, In Jesus name I pray, Amen.

Repentance of Bitter Thoughts

Get alone with God or even better get together with a trusted witness against Satan. Before you pray this prayer it is important to ask God to prepare your heart to hear only him. Ask God to silence every spirit or hindrance to His very best outcome for this time with Him. Take out a pen and be deliberate about writing down what He is saying with His still small voice to your heart. Write down each word, mental picture, and answer that He is showing you. If at first you do not hear His still small voice, ask Him if you have hated or been angry with Him. Then repent of that by asking God for forgiveness for that anger and disrespect. Ask God to silence every spirit of confusion or doubt, and then continue with this prayer.

Jesus I have been reliving or recounting wrong that was done against me by _____.

If I have never said anything out loud to another person about the wrong done to me is it still sin? __

I do still hurt from the pain that was caused me when that wrong was done.

Jesus, do you care about that pain in my heart? Answer _____.

Is my pain valid to you? Answer _____.

Jesus, can you show me the damage that wrong did to my heart in a mental picture?

Answer _____
_____.

Jesus, thank you for understanding my pain! Can the one who wronged me ever make that completely right? Answer _____.

Jesus, what if they don't care or refuse to make it right, will you make it right? Answer _____.

Jesus, will you ever bring up thoughts of the hurt that I caused you against me? _____.

Can I ever repay you for my sin against you? _____.

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Jesus, I now choose to forgive the wrong that was done to me and become the substitute for the wrongdoer. I now give up the right to punish or get revenge for the wrongs I have suffered! Because your Word tells us that you will not bring my sin up against me again, I now call the recounting of every thought against the wrongdoer as sin against you Lord. Will you please forgive me? _____. Lord, help me to take any thoughts of this event(s) captive in the future, and make them obey you! Thank you for hearing my prayer. Amen

Matthew 18:21-35 Made Personal

How many times do you say that I have to forgive? Seventy times seven!

The kingdom of heaven is like a king who decided to collect the money that his servants owed him. When the king began to collect his money, __your name__ was brought to him owing ten million dollars, but when __your name__ had nothing to pay; the king commanded that everything __your name__ owned should be sold including himself/herself, his/her spouse and his/her children and payment be made on __your name__ debt. Then __your name__ fell at the king's feet and begged for mercy and for time to pay it all back. After this the King was moved with compassion and chose to forgive __your name__ all of the debt that was owed.

Later __your name__ found __debtor__ that owed him/her two thousand dollars. __Your name__ grabbed __debtor__ around the neck and demanded that __debtor__ pay all that was owed. The __debtor__ fell on his/her knees and begged that he/she be given more time to repay all that was owed. __Your name__ refused to be patient but rather threw __debtor__ in jail till all that was due was paid in full.

When the king heard from His other servants what had happened. The king recalled __your name__ and he said "you evil servant"! Because you begged me to let you have time to pay, I forgave you all that you owed. Shouldn't you have had mercy on your __debtor__ like I had on you? That king was very angry and put __your name__ in prison and delivered him/her to the tormentors until __your name__ could pay all that was owed the king.

This king did what my heavenly father will do to you if you do not forgive your brother or sister from your ***hearts***.

The unforgiving person ends up in a type of debtor's prison. That person will remain in pain, still expecting their debtor to pay the debt owed, wrongly thinking that God must be angry about the same issues, and wrongly thinking that if they let their debtor go free by forgiving them they are granting them permission to continue hurting them or continue in their sin. The only way out of that debtor's prison is to release the one who owes them by forgiveness in the same way the King first demonstrated forgiveness to them by His death on the cross Jesus, became their substitute and took their punishment.

These verses of scripture show us:

The debt that Christ forgave us was larger than anything we will have to forgive others.

- Christ forgave us first and commands us to follow His lead.
- Forgiveness is something that we can do though we may not want to.
- The unwillingness to forgive is sin against God and He will forgive us the same way and to the extent that we forgive others.

Forgiveness is serious business!

Intimate Prayer

I long in my heart to impart to each of you the anointing of intimate prayer that is used in this counsel. Eighty percent of the time that we spend together in this counsel is teaching. We want to understand the principles of; freedom, authority, ground of the soul, relationship, yielding rights and expectation, pride, hypocrisy, and forgiveness. After understanding these principles from the heart, the next very important part is to help each client apply what has been understood.

Beginning in intimate prayer is the most vulnerable component of the counsel. It is also the most fruitful and important. Until we engage in what I call doing business with God, it is likely that there will be no lasting change in the one counseled. Because we are no more or less than instruments of God and because the Holy Spirit knows each heart and cares about freedom for that heart perfectly. It is He that will facilitate in prayer with you as the instrument to the effect of freedom. The counseled can still resist the Spirit. Using the Word to motivate them to the biblical changes in their life or the Holy Spirit to quicken truth to you as His instrument to correct false beliefs, it is a matter of listening closely to His leading to quicken to your heart the scriptures needed for understanding. If they are in so much pain that all that they can do is not continue to follow His lead. There is nothing too hard for God!

You can use other names for God but I like to use the name of Jesus as Paul did. At that name every knee shall bow and every tongue confess that Jesus Christ is Lord. Jesus is interceding for us before the Father. Jesus is our access to the father.

Begin these prayers after reviewing the notes or the conversation that you just had with the one being led. Try to understand the core of the places of pain that still exist and then ask the Holy Spirit to lead you to craft specific prayers according to His leading and for His results. If you only have a few minutes with a hurting soul you can understand the most current or pronounced pain. Lead them in prayer through Christ seeing the pain, Christ caring about the pain, a picture of damage to the heart, what to do with the pain, replacing the pain with peace, and then forgiving the cause of the pain and forgive self if necessary. As you learn to listen to the leading of the Holy Spirit, He will guide you to where He knows the soul needs to be set free. He also knows and cares more than we can about each detail binding up the heart.

- Jesus do you see the pain?
- Show me what that pain has done to my Heart.
- What do you want me to do with the pain?
- Should I expect the one who caused this pain to make it right?
- What if they won't make it right, am I stuck with it?
- Can you please replace all the pain with your peace?
- Do I have to forgive the one who has hurt me?
- Have I forgiven them to your standard?
- What have you done to my heart that was so damaged?
- Is this event of pain finished to your glory?

Mental Picture, Verse, or Song

Jesus, I want nothing from the enemy, only what you have to give me.

Name: _____ Date: _____ Heading: _____

- Can you bring back the memory where this pain started?
- Will you keep me safe? Wait for an answer for each question.
- Do you have time for me? “
- Do you see my pain? “
- Can you help me with this pain? “
- Do you care about my pain? “
- What has this pain done to my heart; *can you show me in a mental picture of only what you want me to see?*
- **Record that memory**

- What do you want me to do with this pain? “
- Jesus, were you there? “
- Where were you? “
- I can't see you. “
- Jesus, have I been angry at you or hated you? “
- **Jesus that was wrong of me, your word correctly tells me that you cannot sin and that is true! What I have believed is not true.** *Jesus, would you forgive me for hating or disrespecting you? Please take back the ground of my soul that I gave to Satan, I now yield it back to your control!*
- Now can you show me where you are? “
- How would you rescue---cleanse---heal that child/girl/woman/boy/man?
- Do you want me to forgive the person who hurt me?
- Can I do that?
- *Jesus, take all the pain from their account and put it on mine I accept the charges, they now owe me nothing, the resentment, bitterness, and unforgiveness are all my sin against you, will you forgive me for that?*
- Have I held this against myself____? Do you want me to let myself off the hook____?
- I have held myself to a higher standard than you do and that is sin. Will you forgive me____? Now as you look on my heart have I truly forgiven them the same as you forgave me?

Prayer Questions for Pain

Jesus do you even have time for me?
 Do you care about the pain that was caused me?
 Do you know the source of the pain?
 Can you show me in a mental picture what this has done to my heart?
 Can the source of my pain ever make it right with me?
 Can I ever repay you for the pain that I caused you that sent you to the cross?
 What if they choose not to make it right with me?
 Jesus, what do you want me to do with all of this pain?
 Can I do that?
 Is it that simple?
 What happens to my heart if I choose not to give you the Pain?
 As you examine my heart have I given you all of the pain?
 Do I have to forgive the source of my pain?
 What if I don't want to or can't forgive them?
 Jesus, can you show me a mental picture of the pile of sin that you forgave me for?
 Please show me a picture of the sin that I sinned against them!
 Can you show me the pile of sin that my source sinned against me?
 Jesus did you have trouble wanting to forgive me?
 Do you command me to forgive?
 Jesus I now choose to forgive them because you first forgave me?
 Jesus, you know my heart better than I do, have I fully forgiven them to you standard?
 Can I continue to be distant from them?
 Will you be distant from me after you have forgiven me?
 Jesus, would you replace all of the pain that was in my heart with your peace?
 What if the source just hurts me again what do you want me to do with the pain?
 Do I have to forgive again?
 Should I ever expect the source of my pain to make it right with me?
 Jesus, can I bring their sin up against them just in my thoughts?
 Will you do that to me after you have forgiven me?
 Jesus, have I fully let them off of my hook?
 Jesus, what have you done to that heart that was so damaged?
 Thank you Jesus for your healing my pain!
 As you look at my heart, knowing it better than I do, have I fully forgiven the one(s) who hurt me?

** Put their name in for the word source.

Prayer Questions for Purity

Jesus, I feel that sex is very dirty; I am ashamed of it all!
 Jesus, did you create sex between a man and a woman?
 As I think of sex do you see what is going on in my heart?
 Can you show me in a mental picture what it looks like?
 Can you show me or bring back a memory of what caused sex to be dirty?
 Can sex glorify you?
 Jesus, where were you when that happened?
 Jesus, what did it do to you?
 Can that little girl/woman ever be clean again?
 Jesus, show me what you would do to make her clean and pure again?
 Jesus, was any of it my fault?
 Should all the shame and guilt be gone?
 Do I have to forgive myself for my involvement?
 Jesus, I have hated myself for my involvement do you still blame me.
 Should I blame myself any more?
 Do you command me to forgive myself?
 Jesus, I have held myself to a higher standard in forgiveness than you have!
 I am now willing to call my bitterness against myself sin against you, will you forgive me for that bitterness?
 Is there anything that your blood cannot cover?
 Jesus, please examine my heart, have I fully forgiven myself?
 Jesus, what do you want me to do with all of the pain/shame in my heart?
 Do I have any bitterness in my heart against others that were involved?
 Jesus, do I have to forgive the one(s) who took advantage of me/the one(s) who were involved with me?
 Have I been completely honest with you in this event?
 Are there any details that are important to you that I have left out about this event?
 Jesus, have I fully forgiven all who have hurt me in this event?
 Jesus, do you see any other shame or guilt in my heart?
 Jesus, if I stand before you with a clean heart would you please give me a prompting of clean?
 Is that Little girls/woman's heart completely clean now?
 Please show me what you have you done to that heart that was so dirty and damaged?
 Jesus, I now invite you into my bedroom and everything that happens with my body?
 Jesus, would it bring you glory if I were to serve my spouse physically in an honoring way?
 Should the act of marriage ever be dirty again?
 Jesus, put your love into my heart for everyone that you want me to love especially my spouse!
 Jesus, thank you for making me clean and for forgiving me!

Jesus Relationship Prayer Questions

Jesus, do you have time for me?

Do you even know how I feel?

Do you care how I feel?

Am I valuable to you?

Can I do anything to increase my value to you?

I am confused; can you show me in a word picture what is going on in my heart, so that I know that you know?

Have I given my whole Heart or just part of it?

Do you want my damaged heart?

Is it safe with you?

Am I trying to guard my own heart?

Please show me what that guard looks like?

Where are you Jesus, in relationship to the guard around my heart?

If you had your way with that guard, what would you do with it?

Will I let you do what you want?

Am I to protect my own heart, or do you want to be my protector?

If I get hurt again, what do you want me to do with that new pain?

Do you command me to forgive?

If I don't forgive, what happens to my heart?

Can I trust you, Jesus?

Do I have to perform in life before you will love me?

Jesus, will you take advantage of me?

Do you love me conditionally like my family does?

How are you different than my family?

Pride Explained

Pride as we will look at it is evident in each of our lives to different degrees. We must look at two different types of pride to understand and examine ourselves for this sin that God resists (James 4:6). The first type that we will discuss is obvious pride. Obvious pride is more of an open or arrogant pride, it says or displays, look at who I am, look at what I can do, or look at what I have. It can draw attention to looks, it can be used to shock, but the point is; "look at me" or focus on me. If you speak to someone that has this pride they will use I, me, my, mine, often in conversation. They want your approval, and enjoy talking about themselves. On the next sheet we will examine our hearts honestly to realize what is in our hearts, so that we can be rid of this sin before God.

Another form of pride that we must examine is hidden pride. The reason it is called hidden pride is because due to emotional pain in our heart we cannot clearly see those around us that need our attention. We may self-focus rather than serve; we may put ourselves down to others in hope that they will encourage us (this is fishing for a complement). If we have been hurt repeatedly without remedy we may then try to control anyone or any circumstances that we believe may hurt us again. Some of the most controlling people you may know are also some of the most hurting people you may meet. When our heart hurts in this way, most of the time we remain focused on self. This self-focus leaves us unable to serve others selflessly and is called hidden pride.

The important thing is that scripture tells us "let him who is greatest be servant of all". He also tells us "I will resist the proud but give grace to the humble" (James 4:6). In either of these named facets of pride this serving others is not probable or maybe not at all possible. The remedy for this sin is first take that pain event(s) in prayer to Jesus and let Him visit, make sense of, and replace that pain with peace as only He can, until it is completely satisfied and then biblically forgive from your heart everyone involved in those events of pain in the same way God forgave you. (Please see the resources on "Forgiveness vs. Bitterness" and on the "Mental Pictures").

Today in America, one of the most prosperous places on earth and with the spiritual tools to combat it, we are plagued with depression. Depression at the root is hidden pride or focus on self with self-pity as a byproduct. When we are experiencing a loss of a loved one, uncertainty of disease, or any other event of pain it is understandable to suffer depression. But as soon as we can let's let God have the pain and let Him lead us to peace and service again. Many who are depressed do not know that they are letting their thoughts run ramped or that they can control what they spend time thinking on. The command from scripture is to take every thought captive to the obedience of Christ. (See resources on "Make every Thought Obey Christ"). Start to control your thoughts and then repent before God for the hidden pride that you have fallen into. Do not let what I have just written hurt you. It is the knowledge of this sin once repented of that will give the relief desired!

Now that we understand pride let's use the work sheet on pride to examine ourselves for evidence of either pride and then repent of that sin before God to be free from it. Then once this weakness has been discovered we must ask God to make us keenly aware of falling into it again and if we do, prompt us to quickly repent again!

Facets of Pride

This is for both obvious and hidden pride.

<i>Self</i>	<i>Spouse</i>	
_____	_____	I have desired to be recognized and appreciated.
_____	_____	I have had hurt feelings when others are promoted and I am overlooked.
_____	_____	I have focused on myself rather than others.
_____	_____	I have blamed others for my failures.
_____	_____	I have become defensive when criticized.
_____	_____	I have been concerned about what others think of me.
_____	_____	I have had a hard time admitting when I have failed another person.
_____	_____	I have viewed others from my heart as lower than myself.
_____	_____	I have desired for others to meet my needs.
_____	_____	I have had a desire for self-advancement.
_____	_____	I have desired to be successful apart from God's blessing or direction.
_____	_____	I have refused to give up my personal rights and expectations.
_____	_____	I have had a desire to control others.
_____	_____	I have talked most often about myself when conversing with others.
_____	_____	I have drawn attention to my abilities and achievements.
_____	_____	I have felt sorry for myself (self-pity) when I am not appreciated.
_____	_____	I have focused on my knowledge and experience.
_____	_____	I have had a self-sufficient attitude, excluding God or others.

I now confess each of these as pride, and pride as sin against you Lord. I now ask, will you forgive me? Thank you for your forgiveness. I ask that you take back the place in my soul that I have given to the devil. I now yield it back to your authority. Please teach me how to humble myself to your glory. Thank you for hearing my prayer.

Laying Expectations at Jesus Feet

There are times in all of our lives when we have to yield rights or expectations that we may have because they are causing irritations or conflict in our lives. Although they may be valid or seem right to expect, we become disappointed, angry, frustrated or hurt when they are overlooked or denied. Our only option, to keep our hearts pure before Jesus, is to be willing to cheerfully yield them back to Him; at least for the time being.

List all expectations I will yield back to Jesus:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Prayer

Jesus I have chosen to lay _____expectation_____ at your feet and not expect this anymore. I choose to be thankful for the things my spouse does for me. Lord please remind me if I forget to yield any of these expectations to you. I confess that the inability to yield rights or expectations is my pride. I ask you to forgive me for my pride and cover that sin with your blood, taking back all the ground that I have given to the enemy because of my pride. I now yield that ground back to your control. Pull down every stronghold and destroy every work of the enemy. Thank you for hearing my prayer. In Jesus name, Amen

Occult Explained

I am surprised at how many Christians will tell me when they look at this section; "I never have or would never be involved with the Occult". As we then go through the list on the next page they are also surprised at how much involvement that they, their parents, or grandparents have been involved in. Any involvement by generations past must also be renounced to the limit of your knowledge.

On a similar topic one of the best ways to identify generational iniquity along with Occult within the family as we have children of our own, is to think on or remember what weaknesses or besetting sin that were in our parent's lives. Then look at what issues are evident in our children's lives and realize that those similar iniquities came through us. These could be issues like bitterness, pride as in self-focus or depression, drunkenness, rebellion and sexual weakness etc. The way that this sin along with the Occult involvement is dealt with from generations past is demonstrated to us by book of Daniel, as far as we read from scripture Daniel was an upright and Godly man. We read that he confessed the sins of Israel as though they were his own sin, and then he repented of or renounced them before God. We must do the same with our generational sin, as God would lead us to. If you are in doubt or have question as to past involvement, it is ok to renounce it as though there was involvement thus erring on the right side.

I just spent some time in counsel with a tender hearted young man that had been hurt by a relationship with his wife and then divorced by her. He felt inferior at best for this and guilty for being in and out of mental institutions for the last several years. We worked and prayed through bitterness against her, her family and friends, then prayed through bitterness towards himself for the failure as a husband and for the breaking of the covenant of marriage. Then we worked through the discipline of taking thoughts captive and the disobedience of not doing so. After a few other issues he told me that he knew that his most challenging battle was in the realm of the "soul" (which means mind, will, and emotions). He then told me that he felt sorry that Satan was rejected and would be thrown into the lake of fire, so he invited Satan into himself. I then taught him that he was deceived by the enemy to believe that God's justice for Satan was not righteous, that his thinking was not in line with the scripture, and that these issues must be renounced. He was willing to follow in prayer to renounce his wrong thinking (this is a stronghold). He then asked for forgiveness for dishonoring God for his wrong thinking. We then instructed the enemy to leave in the name of Jesus. He noticed that the lump that was at the back of his throat left and a big smile came to his face with a thankfulness and peace to his heart.

True peace cannot come to the heart unless the prince of that peace is resident in the heart where the battle used to rage. The greatest indicator for us to respond to is peace verses dis-peace. When dis-peace exists we must peruse peace with great intent and invite Him back.

Prayer

Jesus I have been involved in ____ name what you have been involved in _____. I now renounce all of my or past generational involvement in this sin and I call my involvement sin against you. Jesus, would you forgive me for this sin? ----- Thank you for covering this sin with your blood that you shed for me on the cross! I now ask you to break every tie to the Occult and please take back all ground of my soul that I gave to the enemy by my involvement? I now yield all of that ground that you took back, back to your control. Lord remove all wrong thought processes and teach me to put on the mind of Christ. Thank you for hearing my prayer, it is in the Name of Jesus I pray!

Occult Involvement

Check each area in which you have participated, both in the past and present. If your parents or family were involved, write their names by the specific area.

- Astral-projection (out of body experiences)
- Crystal ball
- Table lifting or body lifting (levitation)
- Magic eight ball
- Ouija board
- Using spells or curses
- Mental control of others
- Automatic writing
- Spirit guides
- Fortune telling
- Tarot cards
- Palm reading
- Tea leaves
- Amulets
- Charms (good luck)
- Omens
- Astrology/horoscope
- Hypnosis
- Séances
- Black or white magic
- Dungeons and dragons
- Fantasy role-playing games
- Games involving occult power
- Occult games involving violence
- Blood pacts
- Sexual spirits
- New Age medicine
- Acupuncture
- Consulted a spiritist
- Consulted a medium
- Consulted a channeller
- Consulted a psychic
- Trance (out of the body experience)
- Spiritistic healing
- Cast magic spells
- Wiccan
- Witchcraft
- Voodoo
- Satan worship
- Imaginary playmate (spirit guides)
- Martial arts (the religion of Karate)
- Mind control
- Speaking in a trance
- Visionary dreams
- Ghosts
- Materialization
- Clairvoyance
- Mental suggestion
- Nagging thoughts within
- Hearing voices in your mind
- Mind swapping
- Fetishism (objects of worship)
- Visualization
- Yoga (the spiritual belief)
- Transcendental meditation
- Magic rituals
- Bloody Mary (séance)
- Roman Catholic amulets
- Occult music (glorifies Satan)
- Demonic tongues
- Association with people in witchcraft
- Use of magic in healing
- Water witching/dowsing
- Occult books or literature
- Telepathy
- Indian Occult rituals
 - Dance with spirits
 - Sweat lodge purification
 - Earth worship
 - Guardian spirits
 - Spirit travel

Occult Phenomena

- Hearing unusual sounds
- Seeing a ghost or large dark image
- Seeing objects move
- Supernatural knowledge
- Personality change
- Extra sensory perception
- Feeling presence of evil
- Having objects disappear
- Hearing unusual voices
- Supernatural strength
- Demonic nightmares

Exposure to False Teaching

- Member of a cult
- Masons
- Christian Science
- Science of the mind
- Way International
- Unification church (Moonies)
- EST
- Church of the Living Word
- Scientology
- Unitarianism
- Roy Masters
- Silva mind control
- Hare Krishna
- Baha'ism
- Islam, Muslim, Black Muslim
- Buddhism
- Rosicrucian's
- Native American Spirit Worship
- Hinduism
- Unity
- Mormonism
- Jehovah Witnesses
- Children of God
- Herbert W. Armstrong
- Echkankar
- Father Divine
- Inner Peace movement
- New Age seminar
- Other

Drug Use

- Drunken with alcohol
- LSD
- STP
- Heroin
- Amphetamine (uppers)
- Nembutal (downers)
- Marijuana
- Hashish
- Cocaine
- PCP
- Glue sniffing
- Inhalants (huffing)
- Ecstasy
- THC
- Peyote
- Other street drugs
- Nutmeg
- Other Plants

GOD

Covenant
Responsibility

Wife

*Benefit when obedient,
opportunity to forgive when not*

Husband

If in this illustration either of the spouses draws close to God but not the other there is still a distance between them. It is only if both draw near to God that they are one flesh. There is also no competition for love in this triangle. We are instructed in Eph. 5:22&25 to submit and love as though we were doing unto Christ. In this obedience we will learn more about Christ than most other ways because we have to follow the example of how Christ loves His Bride to know how to love our spouse..

In marriage we make a covenant with God. All of our responsibilities concerning our spouse are answerable to God. He will be the judge of our obedience to the covenant.

God has a lot of responsibilities and expectations for your spouse. However, you as a spouse cannot and mustn't hold the other accountable. Doing so will only cause you more pain. You are not big enough, strong enough, or wise enough to change your spouse, let alone yourself. The course of action you must take when you see deficiency in your spouse is to pray. Make the deficiency in your spouse a serious matter of praying without ceasing as Paul sets forth in 1 Thessalonians 5:16-24. You must keep all offences out of your relationship with your spouse in order to love them to God's glory. You must then let God change them from the inside out as only He can.

Mission Field of One

In the Christian Church world today there seems to be an exaltation of mass number at least when it comes to missions. It seems at least that unless you can boast of many being brought into the kingdom by a clean, efficiently run ministry you are wasting God's time and resources. Yes, every soul is precious! What I am about to say may never make it into the Annals of Men or into the most read of the Christian magazines today, but I believe it reflects the Heart of God.

As we considering the mission field in general, it is important to understand certain things about the field. Seldom is a mission field on a foreign shore convenient, safe all the time, without problems, a desired place for every emotional need to be met, easy, fun all the time, and possible without prayer! Many times those that you are serving don't want you there or even like you. The mission field of one must also be considered in some of the same ways. It is not; leaving the country, or the state, needing a passport, needing to learn a new language, needing to learn another culture, but it is still hard work. As you understand the call of God to this field you must begin and continue in prayer following each directive He gives you. If you will do it His way you will have the peace, safety, and fulfillment realized in any call. Most importantly it will also get His results!

As I work with couples desiring a more fulfilling relationship, most of the time both are willing to learn better ways to serve and care for each other. On occasion I meet a couple where one or the other spouse is satisfied with the status quo. Some of those are not even believers. Others that I have met may be alcoholic and unwilling to give it up. I must interject at this point that I do not condone physical violence or terroristic threats at all. Any one facing either of these must involve the law for protection. For those that are safe it is likely that the well intentioned friends of those that live with someone like I described are counseling or encouraging that friend to put pressure on their spouse to change or they are encouraging them to leave or divorce that spouse.

I will encourage the spouse that is married to the status quo person to list the expectations that are not being met and then yield them to God by putting them at Jesus' feet, at least for a time. To do this it is necessary to understand how precious that other person is to God. They are so precious to God that He is willing to spend a willing servant's life to reach them with the secret to eternal life. This is simply put, a life for a life, for the cause of Christ. Thus they give up those rights and or expectations for the higher purpose. The unwillingness to yield rights in this manor indicates a facet of pride in the heart. Pride is sin and can cause one to miss God's call of service to another of His precious humans' lives.

For those that are living with a mate like I just described, scripture gives counsel on this in several places. In (1 Corinthians 7:12-16 AMP) we read; ***if any brother has a wife who does not believe [in Christ] and she consents to live with him, he should not leave or divorce her. And if any woman has an unbelieving husband and he consents to live with her, she should not leave or divorce him. For the unbelieving husband is set apart (separated, withdrawn from heathen contamination, and affiliated with the Christian people) by union with his consecrated (set-apart) wife, and the unbelieving wife is set apart and separated through union with her consecrated husband. Otherwise your children would be unclean (unblessed heathen, outside the Christian covenant), but as it is they are prepared for God [pure and clean]. But if the unbelieving partner [actually] leaves, let him do so; in such [cases the remaining] brother or sister is not morally bound. But God has called us to peace. For, wife, how can you be sure of***

converting and saving your husband? Husband, how can you be sure of converting and saving your wife? I would add that this does not mean making the unbelieving spouse so miserable or neglected that they then leave!

Another scripture dealing with this is; (1 Peter 3:1-4 AMP) ***IN LIKE manner, you married women, be submissive to your own husbands [subordinate yourselves as being secondary to and dependent on them, and adapt yourselves to them], so that even if any do not obey the Word [of God], they may be won over not by discussion but by the [godly] lives of their wives, When they observe the pure and modest way in which you conduct yourselves, together with your reverence [for your husband; you are to feel for him all that reverence includes: to respect, defer to, revere him--to honor, esteem, appreciate, prize, and, in the human sense, to adore him, that is, to admire, praise, be devoted to, deeply love, and enjoy your husband]. Let not yours be the [merely] external adorning with [elaborate] interweaving and knotting of the hair, the wearing of jewelry, or changes of clothes; But let it be the inward adorning and beauty of the hidden person of the heart, with the incorruptible and unfading charm of a gentle and peaceful spirit, which [is not anxious or wrought up, but] is very precious in the sight of God.***

And ***Ephesians 5:31-33 AMP***

"For this reason a man shall leave his father and his mother and shall be joined to his wife, and the two shall become one flesh. This mystery is very great, but I speak concerning [the relation of] Christ and the church. However, let each man of you [without exception] love his wife as [being in a sense] his very own self; and let the wife see that she respects and reverences her husband [that she notices him, regards him, honors him, prefers him, venerates, and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly].

We are loved by a God that spoke of leaving the ninety-nine and going after and rescuing the one; ***I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.*** (Luke 15:7 KJV)

Lets consider something different in marriage. Consider that God loves your mate so much that He wants to spend you on your mate for His purposes. So, rather than finding a way out of the marriage, let God meet your needs, and yield all unmet rights or expectations to Him. In doing this you will become an instrument in God's hand for His eternal purposes in the life of someone precious to Him.

What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh home, he calleth together his friends and neighbours, saying unto them, rejoice with me; for I have found my sheep, which was lost. I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance. (Luke 15:4-7 KJV)

In choosing the mission field of one you may not be noticed by the masses but I believe that you have touched the heart of God and are touching the life of someone very precious to Him.

Our Love Language

God has given each of us a unique way in which we feel most loved when it is communicated to us. We tend to communicate love to others in the same way we feel most loved ourselves. Often someone that we want to communicate love to may feel most loved by a different language or way other than that of our own. Some couples and/or families have learned this as they have spent time together but many have not discovered this skill. This communication skill is not to be demanded, forced, or abused but will give great understanding, as you desire how to know and serve a spouse or a child more effectively. One of the greatest acts of service is the understanding and willingness to seek out, understand, and speak a different language of love than your own primary felt and spoken language.

To explain this I will list the five most common love languages:

- Acts of service. (*This is when something is done for you*).
- Words of encouragement. (*This is when deliberate words are spoken to encourage you*).
- Quality time. (*This is when deliberate time is spent with you*).
- Physical touch and closeness. (*This is when someone deliberately touches or sits close to you*).
- Gift giving. (*This is when a gift is given particularly to you*).

If you will make this study of a spouse or child a priority in your life you will make great strides in warming their hearts and filling the emotional cups of those that God has given you influence with. You cannot be lazy as you seek to win and keep the hearts of those in your world.

Great harm or hurt can be caused if the opposite of your love language is used such as: you feel most loved by words of encouragement and someone uses words to cut you down. If you feel loved by acts of service and someone demeans an act of service that you have done in love. If you give a gift in love and it is not respected or is rejected.

Observing the communications spoken to you and others by a person will usually expose that person's primary love language. They tend to speak their primary love language. A child may communicate more than one primary language until they become older and this whole teaching does not always hold true because some people will feel most loved by a combination of several languages.

To explain these farther, imagine that you are in a foreign country and your primary verbal spoken language is English. Let's say that you find yourself in a crowded market place and that you are undistracted by the hum of the foreign language spoken around you. Then from a few yards away you hear English spoken, suddenly your attention is drawn to where it came from and you hope to communicate with that person that communicated the primary language that you know so well.

Your primary love language can be compared to the response to verbal English in this story, while your numbness to the hum of the foreign language that you did not understand can be compared to the other love languages that you do not speak or understand.

Again one of the greatest acts of love or service it to lay down your own primary love language and learn to speak the language of those that you want to communicate love to.

Jesus, please give me the skill to get and keep the hearts of those in my world that you want for me to encourage. Teach me to be your selfless servant. Thank you for hearing my prayer! In the name of Jesus I pray!

Hearts for me to win:

	Name	Primary Love Language
•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____
•	_____	_____

Notes

TEMPORAL vs. ETERNAL

Since we consider and look not to the things that are seen but to the things that are unseen; for the things that are visible are temporal (brief and fleeting), but the things that are invisible are deathless and everlasting. (2 Corinthians 4:18 AMP)

We read in the above scripture that we are to consider eternal things above temporal things as we navigate through this temporal life on earth. As Christians we are to enter into the kingdom of heaven while we are still here on earth. The Kingdom of Heaven is eternal; therefore we must focus on the eternal rather than the temporal!

One of the ways that we as humans use to cover pain is to focus on things here on earth. We can get caught in the trap of temporal values. When we focus on or value a job, ministry, work position, gaining wealth, belongings of any kind, achievement, or recreation. We begin to demean or exclude the only thing eternal, which is relationship. God is eternal and desires relationship with each of us. Because of His finished work, the earthly relationships around us can also become eternal as well. Because hearts or souls are the things that God looks on and values most. Because these have everything to do with relationship, we must then follow His lead to experience the true joy of this spiritual journey on earth. Nothing temporal can make it into heaven or has any value there but relationship; even our bodies will be changed.

To examine for temporal values let's look at some of the ways this can develop in our lives.

- If mom or dad valued temporal things there is a propensity for their offspring to also follow in that same way believing that this is the right way.
- It can be a reaction to a life of discomfort in poverty as a child that then vows never to be in that same discomfort again.
- A parent can provoke a son or daughter to become temporal by having high expectations of performance for them.
- If a parent has disappointment towards a child for not following in their vocational footsteps the son or daughter may then feel that they must prove their ability or value in the vocation that they have chosen.
- Another can be the need to gain acceptance through earthly possessions or performance.
- Spending money when in emotional pain can become a comfort for others that then becomes out of control.

When temporal things become a distraction at best or an idol at worst it has become sin in our lives and must be dealt with to break the slavery that it causes. Genuine forgiveness must be granted to a parent or individual if you have been motivated to wrong values. Then we must follow the conviction of the Holy Spirit to place whatever has become an idol back on the Lord's altar just as Abraham had to with his son Isaac. This will put the control of our future back in only God's control.

If we truly give this idol or temporal value to God, then we will be okay with Him taking that idol from us or letting us keep that thing and continue it without the idolatry.

Jesus these are temporal things that I have valued above relationships with you and others;

- _____
- _____
- _____
- _____
- _____
- _____

Prayer

Jesus, I have developed temporal values _____use above list_____ in my life. I now understand them to be idolatry and sin against you! Would you please forgive me for my sin of valuing these things above relationship with you and others? Is there anyone that I have not fully forgiven that I have been trying to prove my value to? Jesus, please give me grace to think, act and value eternal things for the remainder of my life! I ask that you take back all ground of my soul that I have given to the enemy by my sin? I now yield that ground back to your control! Thank you for hearing my prayer!

Notes

His Son First

I have told you these things, that My joy and delight may be in you, and that your joy and gladness may be of full measure and complete and overflowing. This is My commandment: that you love one another [just] as I have loved you. No one has greater love [no one has shown stronger affection] than to lay down (give up) his own life for his friends. (John 15:11-13 AMP)

The greatest sermon many of us may ever preach is "who" we are consistently. Much of our world around us and certainly our children may be most majorly influenced by our lives lived out loud (as an example) on a daily basis. This also applies to us as a couple or married unit. Our life and care for each other displays what we truly believe in our hearts more loudly than any words we say or rituals that we are involved in! God looks on the thoughts and intents of the heart, while humans look on the outward actions. We must then line up each of our thoughts and intents to God's standard. If we will deliberately order each of our thoughts and intents to honor God they will never become sinful words or actions. One other detail that must be mentioned is that behaving correctly in public and another way or badly in private is called hypocrisy. Hypocrisy is living a lie and is therefore sin! Because these principles are so influential let's examine the foundation that they are built on.

One area we must look at is our interaction with each other whether in marriage, family, church, or community. There are two major ways to interact with each other: One is to **react** to one another. This word react denotes that an action is immediately being returned with another action i.e. "he hit me first so I hit him back". The other is to **respond** to each other. When we choose to respond we take enough time to think, pray, and then calmly respond to the other. Sometimes that will be silence, do unto others as you would want them to do unto you, or over coming evil with good. The latter should be the Christian choice!

Biblically there are four different ways to respond one another and each has a corresponding Biblical consequence.

1. Starting with the worst, is returning **evil for good**, this is when someone does good to you and you return evil back to them even if is just in your thoughts. *Consequence:* Solomon writes that evil will not depart from your house. (Proverbs 17:13)
2. To return **evil for evil**, this is when someone does evil to you in the largest or smallest act and you do or even think of doing evil back to him or her. *Consequence:* God tell us that He will be against you. (1Peter 3:12)
3. Return **good for evil**. This is described in Scripture, do not be overcome by evil but overcome evil with good. *Consequence:* This will heap coals of fire (conviction) on their head. (Romans 12:17-21 and 1Peter 3:9) It will also usually end the conflict!
4. The golden rule, **do unto others as you would have them do unto you**. *Consequence:* You will reap what you sow and God is glorified. (Luke 6:31)

For a Christian to make the correct response to another, **forgiveness, forbearance, and hearing the Holy Spirit** must first be in order in ones heart!

No man has at anytime [yet] seen God. But if we love one another, God abides (lives and remains) in us and His love (that love which is essentially His) is brought to completion (to its full maturity, runs its full course, is perfected) in us! By this we come to know (perceive, recognize, and understand) that we abide (live and remain) in Him and He in us: because He has given (imparted) to us of His [Holy] Spirit. (1 John 4:12, 13 AMP)

We as Christians are called the temple or dwelling place of the Holy Spirit. I can therefore say that Christ in you **adores** your spouse/offender, whatever is in you that **does not** adore your offender is not Holy and must be **corrected** or removed. This can show up as bitterness, hatred, mistrust, revenge, harsh treatment, or the need to see change before forgiving! Your spouse or offender is **first Gods child** before they are a spouse or any other relation to you! You answer to God for the way that you treat them. As well, they answer to God for the way that they treat you. This high standard of answering to God is the only way for any lasting relationship to work!

When we react to each other or argue with one another the first thing that is lost is the **sound of the still small voice or the Holy Spirit**, which gives us the correct (Godly) response to another. That still small voice is the most critical element in being able to **resolve conflict** in relationship God's way! Please if just one of you will choose to respond, rather than react the guidance of the Holy Spirit will not be drowned out and peace will reign in your life, home and marriage! You must respond with gentleness and let the Holy Spirit correct the other as He speaks to their heart.

Prayer

Jesus, I have been offended and have returned evil for evil or evil for good. I now understand that these are sins against you! I have not treated the one who has hurt me, as Your child, before they have any relationship to me. I have reacted rather than responded. I now understand that this is also sin against you! Will you forgive me for these sins? _____. I now ask that you take back the place in my soul that I have given to the devil! By an act of my will I yield that authority back to your control! Thank you for hearing this prayer!

Notes

Relationship and Emotional Intimacy

Every human was created for relationship. In relationship each of us longs for someone to see us exactly for whom we are, and then respect and love that person following Christ's example. Relationship is the core of Christianity first and then all of other life worth living. To enter into the kingdom of heaven we have to enter into relationship with Christ Jesus. To enter into biblical marriage we have to enter into relationship with a person of the opposite gender. To do business with another person we will enter into relationship. Some of these relationships can be eternal. When we leave this earth we will be leaving every possession, fame, position, and social status behind. None of these have any eternal value. Relationship only has both temporal and eternal value so then it also makes sense that we would do well to develop as deep and as many relationships as our years on earth will allow us. This document has to do with family relationship and so from that perspective let's explore the most effective way to become eternally wealthy. If a father, mother, grandfather, grandmother, or child will spend time getting, understanding, and keeping the hearts of those closest to them they will know everything else that is going on in the lives of each in the family. Scripture teaches us that he who is greatest should be servant of all. As we labor as servants to love, understand, and keep a heart of each we serve we will have the resources to assist in causing each we have relationship with to feel valued, fulfillment, and joy. Because we live in a fallen world relationship can on the other hand be at least one source of our greatest emotional or physical pain. (Please refer to resources "Forgiveness vs. Bitterness!")

There is only one true Groom and one true Bride they are Jesus Christ as groom and the Bride that was taken from His sleep/death. This bride is called the body of Christ or the church, it is also known as the believers or Christians. With relationship is accountability and fellowship. Much of the church uses accountability among humans to help assist sinners to maintain freedom. There is an aspect of this accountability that is needed and helpful but the only real and powerful deterrent to sin is ultimately relationship to God and love for the person of Jesus Christ and what He did for you in His death burial and resurrection on the cross. This is what truly makes you the new creature or creation able to be dead to sin. When we understand from our hearts that Christ dripped blood for the sin we are involved in and repent of that sin, sin should lose its power.

Scripture tells us that we do not wrestle against flesh and blood that means that humans are not now and never have been the enemy. The enemy does function through flesh and blood in areas that we give him place. To be rid of the influences of the enemy in our soul we must choose to take back the place/ground (Ephesians 4:27) through repentance and remain free through obedience to the word of God. (Please refer to the resource on "Ground of the Soul and Stronghold")

Relationship within the family is very important to God and is also a qualifier for those in leadership within the church according to (Titus 1:5-9). It is also an avoidance to hindered prayer in marriage as taught in (1 Peter 3:7) In (Matthew 10:36-39) we are instructed that;

"he who loves son or daughter, father or mother or sister or brother more than Me is not worthy of Me" there seems to be an idolatry that can come into play here that is not true about the relationship between a husband and wife. In fact God says (Ephesians 5:21-33) "husbands love your wife's even also as Christ loved the church and gave himself for it" and in Verse 22 "wives submit yourselves unto your own husband as unto the lord". Much of what we must learn about the body of Christ or the bride of Christ we will learn from the type of earthly marriage and vise-versa. For those that are married, caring for the heart of your spouse is most important. God gave each of us a need to be cared for, man for the woman and woman for the man. That is what our groom (Jesus) is doing for us as his bride. If we as spouses and parents will get and keep the hearts of our family, we will know everything else that is going on in the lives of those close to us and will seldom be surprised by the events of their lives as we stay current. What does it mean to get or to keep the heart of someone? This is hard, important work. It means to take enough time and interest to communicate the importance, value and love to an individual through time spent, interest in, words spoken, and activities with that person that their emotional cup is filled regularly. This will keep them from looking outside the family or marriage to have those needs met. Every one of us wants to give out heart away in safety and we each feel love in a different way. It is imperative to learn the skill of seeking out, making a safe place for, and caring for the intimate emotional needs and desires of our spouse, children, loved ones, and the world we influence. This must be our hourly preoccupation within the family to keep the hearts of each member. Christ is constantly seeking deeper relationship with each of us and wants us to learn to pray without ceasing and for every need, want, hurt, and longing we encounter thus His example becomes the example to us for winning and keeping the heart of our world. The following recourses are to be used on a daily basis taking deliberate time each day to study, seek, and care for the heart of your spouse. This can be done by phone when that is the only way at times.

Notes

Keep Your Spouse's Heart Open

Ask the following Emotional Intimacy Questions of each other every day.

1. Have I been sensitive to your needs today?
2. Have I hurt you today? How?
3. Have I listened to you today?
4. Have you felt cherished by me today?
5. Have you been hurt by something else? By what?
6. Have I affirmed you as a person today?
7. Do you feel like you are the most important in my life?
8. Do you feel understood by me?
9. How much of your heart do I have today?
10. What would you say is most important to me?
11. Do I care about your desires and interests?
12. Do I admit when I am wrong?
13. Do you view me as a friend?
14. Do I bring security to your heart?
15. Do you long to be with me?
16. Do I honor you?
17. Do you like to be seen with me?
18. Did you cry today? And, what caused it?
19. Are you sure of my love for you?
20. Are you excited for me to come home each day?
21. Have I kept my word to you today?
22. Have I kept my word to the kids today?
23. Thank you for being honest with me.
24. Have you had financial fear today?
25. Have I been financially responsible today?
26. _____?
27. _____?
28. _____?
29. _____?
30. _____?
31. _____?
32. _____?
33. _____?
34. _____?
35. _____?
36. _____?



Hypocrisy

Strong's Definition of hypocrisy # 5272 ὑπόκρισις! hypókrisis! Acting under a feigned part, i.e. (figuratively) deceit ("hypocrisy")!--condemnation, dissimulation, hypocrisy an answering! the acting of a stage player!

Scripture

"Woe to you, experts in the law and you Pharisees, hypocrites! You clean the outside of the cup and the dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup, so that the outside may become clean too! "Woe to you, experts in the law and you Pharisees, hypocrites! You are like whitewashed tombs that look beautiful on the outside but inside are full of the bones of the dead and of everything unclean. (Matthew 23:25-27 NET)!"

Hypocrisy stems out of a heart with a greater fear of man than fear of God! When we fear or want the approval of humans rather than the approval of God we are in a state of sin called pride. Jesus spoke often about the pride and hypocrisy of the Pharisees in His time! These Pharisees wanted to be respected, honored, and almost worshiped by those that they viewed as subservient to them. Some even wanted to kill anyone that would not esteem them, as they wanted. Their jealousy of Jesus and His ministry is what moved them to envy, hatred, and finally to murder. Of course His death was all in God's plan!

When in hypocrisy we also demean the omnipresence of God! The fact that God will never leave nor forsake us means that He is with us at all times. He sees the thoughts and intents of our hearts in those times when we try to hide who we really are hoping we do not lose face with humans. When our thoughts and intents are different than our outward actions this is known as hidden hypocrisy. The same is true when our heart is dying inside of us but we put on a mask for humans to see, as in the picture above.

The reality of this sin called hypocrisy is that it is living a lie. We are living a visible life different than which we actually are! Gaining or keeping human approval is also hard work. Many have to use multiple masks for different situations or different groups of people so as to keep up a certain facade that they think is necessary to maintain this human respect!! Those closest to us, such as a spouse, members of family, or possibly special friends are the only ones who get to truly know who the hypocrite is. Close relationships also suffer from the disillusionment, exhaustion, and frustration of the one trying to keep up this mad lifestyle!

Hypocrisy inside the church is also very evident to most of the youth. Many times this will lead the youth to reject the local church, organized religion, or even come to the deadly rejection of Christ because of these that are supposed to be re-presenting Him.

None of us can live perfectly all of the time! But if we value Christ's opinion of us more than any human opinion and then do business with Him on a minute by minute basis, we will be free from this need to keep up the exhausting acting known as the sin of hypocrisy. This answering only to Christ will also deal with the fear of man known as pride! Who we are speaks so much more loudly than any of our words and also does a good job of preparing the hearts around us to receive the gospel!

Hypocrisy Explained

One of the most acceptable means of covering pain within conservative Christian groups or denominations and in many churches is to mask or disguise that damaged or broken heart behind a facade of pseudo happiness. Most feel that being honest with or admitting a broken heart or just avoiding any public appearances is not proper or acceptable. They then begin to mask to be accepted by their world and learn to live that way. Many become very good at acting the acceptable part and find that they can avoid awkwardness or facing reality this way. They will say after all not everybody needs or wants to see all of my dirty laundry. The real necessity is to deal with the dirty laundry so that there is no need to hide it any longer. Part of the down side of masking is the fact that the actor can never receive a complement or praise given because they know that it is not truly theirs to receive, they are living a lie or masking to be acceptable.

There are two distinct types of hypocrisy the first type is the one that we just described in part above, this is called obvious hypocrisy. A person with this type of hypocrisy is one way at home on Sunday morning and another person in church or in public that same morning. I counseled a pastor who would use profanity at home in front of his family before going to church and control his tongue well while preaching a sermon and with pastoral duties. He would then return home and again use profanity. My question for him was; which one is the real you? One of you is living a lie.

The second type of hypocrisy is hidden hypocrisy. The evidence of this type is a heart that is dying on the inside but is never revealed to the outside world. A person with this type of hypocrisy is in so much pain of heart but for one reason or another they cannot, will not, or it is simply not socially acceptable to be honest about it, so they live the lie.

Testimony: One Sunday morning as God was dealing with me on this issue, as I was gathering all of the bibles from under the chairs a note fell out of my oldest daughters bible. That note read, "Who you are speaks so loudly I can't hear what you are saying". Who we are must be the same in private as well as in front of our family, in church, in business, or in public.

God would have us learn to be transparent no matter what is going on in our life. If we are struggling it is ok to be honest and without fear of man, but be honest before God. Hypocrisy is also hard work in itself. It is hard work to be acceptable to everyone in our world. We must understand that we answer to the audience of one and He knows the condition of our hearts at all times. Learn to cast all of your cares on Him and let Christ carry the heavy burden, then remind yourselves that His burden is light and His yoke easy and it never changes.

Use the sheet on the next page to examine and expose the hidden or obvious hypocrisy that is evident in your life and then use the prayer at the bottom of the sheet to repent of that sin.

Hypocrisy Work Sheet

Mark if true either in the present or in the past.

- I have pretended to obey my parents while being inwardly rebellious.
- I have criticized others failures when my spiritual problems are similar.
- I have pretended to care for others while being bitter, resentful, and angry.
- I have said one thing with my lips outwardly but think differently in my heart.
- I have only told things about myself that I want others to know, instead of the truth.
- I am afraid of what others will think of me if they know what I am like on the inside.
- I project myself as having it all together (no problems) out of fear of rejection by others.
- I am dishonest about sharing my weaknesses with others for fear of being rejected.
- I lie about things that happen to cover up what I do.
- I lie to gain the acceptance of others.
- I identify other people's problems but not see my own. *(Matthew 7:5)*
- I ask others to do things I am unwilling to do.
- I pretend to be close to God when not desiring or enjoying relationship with Him.
- I practice religious activities to be seen and praised by men. *(Matthew 6:2, 5, 16)*
- I pretend to be excited about fellowship with other believers, when only wanting to impress them with my religion.
- I give money to gain the praise of men. *(Matthew 6:2)*
- I pray to impress others. *(Matthew 6:5)*
- I fast to impress others. *(Matthew 6:16)*
- I pretend to be excited about service for the Lord, while doing it out of obligation.
- I pretend to live a holy life but in my heart wish I didn't have to.
- I pretend to be a spiritual person when I am really not.
- I say that I love God but I do not obey His commandments. *(Luke 6:46)*
- I say that I have an intimate relationship with God but seldom pray.
- I obey God for fear of what other will think of me if I don't.
- I make spiritual decisions based on what others expect of me.
- I pretend to have pure moral thoughts while yielding to lustful thoughts.
- I tell my spouse that I am morally pure while being unfaithful in desires, thoughts, or actions.

Jesus I have been living a lie through hypocrisy. I now renounce that hypocrisy as sin against you. Will you forgive me? Thank you for your forgiveness. Jesus, please take back all of the place that I have given to the enemy, I now yield it back to your control.

To Maintain Freedom Gained

You have won a very important battle in an ongoing war. Freedom is yours as long as you keep choosing truth and guarding the door of your thoughts and heart, standing strong in the Lord. Continue to take every thought captive and make it give up and obey Christ (2 Cor. 10:3-6). If memories of ungodly activities or “lies” that you have believed from your past, not yet repented of, come to mind, renounce them and choose the truth. Ask God about thoughts that you are unsure of, if they are pleasing to him or not, judge them according to (Phil. 4:8-9). Men this is imperative for your families’ sake! Women this is imperative for your children’s sake!

1. Stay in fellowship with those that are staying free, and speak the truth in love.
2. Study the bible, and memorize key verses.
3. Take responsibility for your thought life, you have the say so.
4. Don’t get lazy in your thought life. You need to least one friend to stand with you.
5. Your battle is a personal one; no one can do your fighting. Others can help but they can’t think and choose truth for you.
6. Your identity is in Christ and your value is the ransom that he paid, (His Son).
7. Read the list of “The word of god says that:” morning and night out loud.
8. Commit to daily prayer. Pray often and with confidence.

Use this SWORD

Dear Lord,

I honor you as Lord of every part of my life, you are big enough, strong enough, and wise enough and I am not. You are always kind in everything. Thank you for the gift of the new life in Christ, and now calling me a son through what Jesus did on the cross. I choose to reject the ways of the world, and crucify the flesh and all its passions taking focus off myself. I will take my new hurts to you for healing again. I ask that you fill me with your Holy Spirit that I may live free from sin. I declare my dependence on you, and I take my stand against Satan, all his lying ways, and his helpers with the sword of the Spirit. I choose to believe the truth. I refuse to be discouraged. You are God of all hope, and I am confident that you will meet all my needs as I keep my heart right with you. I express confidence that I can live a responsible life through Christ who strengthens me. By my authority in Christ I command all powers of darkness to depart from me. I submit myself a living sacrifice. I endeavor to renew my mind with the living word of God that I may prove that the will of God is good, acceptable, and perfect. It is in the precious name of Jesus that I pray. Thank you for hearing my prayer.

The Ten Commandments

Exodus 20:1-17

And God spoke all these words, saying: *"I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage."*

1. You shall have no other gods before me.
2. You shall not make for yourself any carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate me, but showing mercy to thousands, to those who love Me and keep My commandments.
3. You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain.
4. Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.
5. Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor's."

Daily Checklist:

- Did I spend time with God today?
- Did I deal with all my sin today?
- Did we get the enemy kicked out?
- Are we committed to keeping him kicked out?
- Have I made every thought obey Christ today?
- Am I the center of my world, or are others?
- Do I still believe who Christ says that I am?
- Do I still hear His still small voice?
- Have I checked on my spouses/children's heart today?
- Is there new pain that I need God to heal today?
- Am I waiting on someone who has hurt me to make it right with me?
- Before I go to sleep, am I at all angry?

Cracked Vessel

The water bearer was carrying a pole across his neck with a water pot at each end. One pot was whole and able to carry a full portion of water on the long walk from the stream to the masters home, while the other pot had cracks in it and would arrive only half full.

For two full years this went on daily, with the bearer delivering only one and a half pots full of water to the master's house. Of course the perfect pot was proud of his accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection and defects, and was miserable that it was only able to accomplish half of what it was made to do. After two years of what it perceived to be bitter failure, it spoke to the water bearer by the stream one day.

"I am ashamed of myself, and I want to apologize to you."

"Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half a load because of the flaws in my side causing water to leak all the way back to the master's house. Because of my flaws you have to do all this work, and you don't get the full value from your efforts," said the pot.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

The pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered him some. But at the end of the trail, it still felt bad because it had leaked out half of its load, and so again it apologized for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on one side of the path, but not on the other side? That's because I have always known about your flaw, and I took advantage of it. I planted wild flower seeds only on your side of the path and every day while we walk back from the stream, you've watered them. For two years I have been able to pick from these beautiful flowers to decorate my masters table. Without you being just the way you are, he would not have had this beauty to grace his house.

Luke 20:17-18: And He beheld them, and said, "What is this then that is written, the stone which the builders rejected, the same is become the head of the corner? Whosoever shall fall upon that stone shall be broken; but on whomsoever it shall fall, it will grind him to powder."

Whose I Am

Apart from Christ, we are unworthy. And it is true that without Him we are nothing. But, one invitation to enter my heart and I am not without Him and I never will be again! So shouldn't I start thinking of my worth through His eyes? Isn't it true that the value of something is measured by what someone else will pay?

Then each of us needs to rethink our worth! Do we ever acknowledge who we are before Him? Rather than run ourselves down, or puff ourselves up, wouldn't it honor Him more if we believed that He actually did a good enough job in saving us and that we really are saved? Jesus paid the ultimate price to make it possible for us to have a change of our identity. Isn't it time we believe it and receive the benefits? If we don't we will not have the confidence to stand before the world in these final days. The boldness we need is not self-confidence, but the confidence that the Father has in the work of His Son in us! It's no longer a question of heaven or hell. It's only a question of how much of hell's thinking I will allow into this heavenly mind of mine.

Doesn't it honor Him more when His children no longer see themselves only as *sinners saved by grace*, but now as *a new creature, a new creation, and heirs of God*? Isn't it a greater form of humility to believe Him when He says we are precious in His sight when we don't feel very precious? Doesn't it honor Him more when we think of ourselves as free from sin because He said we are? At some point we must rise up to the high call of God on our lives, and stop saying or thinking things about ourselves that are no longer true. If we are going to fully come into the maturity that God has for us in these last days, we will have to come to grips with the issue of being more than *sinners saved by grace*. Maturity comes from faith in the sufficiency of God's redemptive work that establishes us as sons and daughters of the most high.

We must then believe that what the bible says about us is truer than what we believe about ourselves. Then we must honor Him by repenting of those wrong thoughts and put on the mind of Christ (*Romans 12:2, Ephesians 4:23*).

The Story of Joseph

(An Anointing, a Call, and perfect Timing)

(Genesis 37- 52)

The story of Joseph has been an encouragement to my self and many others. There are so many areas of Joseph's life that God uses for us to learn from, be comforted with, and to bring understanding to our lives today.

Moreover he called for a famine upon the land: he brake the whole staff of bread. He sent a man before them, even Joseph, who was sold for a servant: Whose feet they hurt with fetters: he was laid in iron: Until the time that his word came: the word of the Lord tried him. The king sent and loosed him; even the ruler of the people, and let him go free. He made him lord of his house, and ruler of all his substance: To bind his princes at his pleasure; and teach his senators wisdom. (Psalms 105:16-22 KJV)

A very loving older father raised Joseph. He was the first son of Israel's favored wife Rachel. She later died at the birth of her second son Benjamin. Joseph was given a robe indicating favor because he was born to his father in his old age. He had received several dreams. In his first dream his bundle stood up and the brother's bundles gathered around and bowed down to him. In the second the sun, moon, and eleven stars bowed down to him. Because of the favoritism of their father and the dreams that Joseph had shared with his brothers, they hated him. At the age of seventeen his father sent Joseph to find and check on his brothers that were tending the flocks some distance away. When Joseph finally found them, and was coming towards them, they recognized him and made plans to kill him. They threw him in a well as they decided what to do with him. Some of the brothers wanted to kill him but Reuben wanted to spare his life and later privately send him back to his father. As they were eating, a group of Ishmaelite's passed by headed from Gilead to Egypt. Judah persuaded his brothers to sell Joseph so that they would not be guilty of his death. The robe, which had been given to Joseph by his father, was taken from him, torn, animal blood spilled on it, taken back to his father, and used as false evidence that a wild beast had killed Joseph. Once in Egypt, Joseph was sold to a man that was captain of the palace guard named Potiphar to be a servant in his house. Over time the Lord blessed Joseph in Potiphar's house, and made him successful so that he was put in authority in that house. Potiphar was not concerned about anything except the food that he ate because of Joseph's trusted care. We read that Potiphar's wife desired to have Joseph. Joseph valued his master's trust and did not want to dishonor Potiphar. Over time she tried to persuade Joseph to be with her but he would not. One day when she saw the opportunity she grabbed Joseph. Joseph knew that what was about to happen was sin and asked, "How can I do this great sin and sin against God?" He did not resist the temptation but fled from that temptation leaving his coat in her hands. Once again his coat was used as false evidence against him.

Is it possible that Potiphar believed Joseph over his own wife? He had the authority to put Joseph to death for what he had done, had he believed his wife completely. To fit God's plan Joseph could not be killed. Instead he was thrown into the king's prison. Is it also possible that prison was God's way of holding him from finding his way back to his family, and to keep him where He needed him for the right time? Joseph then did what his hands found to do in prison, becoming a helper to all the prisoners. He was well known among them so that the warden was not concerned with the affairs of the prison because Joseph had everything well managed and in order. Again Joseph found himself blessed by God with management anointing as he had in Potiphar's house. He was favored by the prison warden and in charge of the king's prisoners.

When the butler and baker were thrown into prison and kept there for some time they each had a dream. Joseph told them that only God could interpret dreams, so God used Joseph to care for and interpreted their dreams. The interpretations were accurate; the baker died in three days, the butler was restored in three days to his former position. Joseph had asked for the butler to be kind to him once he was set free, but he promptly forgot Joseph in prison until God's time was right. It was not until Pharaoh had his dream of the seven thin stocks of corn eating the seven fat stocks of corn and the seven thin cows eating the seven fat cows with no one to interpret, that the butler remembered that Joseph had accurately interpreted his dream. Joseph was brought out of prison, now age thirty to tell and interpreted the Pharaoh's dream. He then was placed second in line only to Pharaoh to see to it that the proper plan was put in place and managed well. During the seven years of plenty Joseph stored what was needed. The Bible tells us that the second year of the famine at the age of thirty-nine Joseph would meet his brothers for the first time since being thrown into the pit at age seventeen. He was glad to see them but still manipulated them with the money and the silver chalis. He held one in prison until they would bring Benjamin to see him. Through this the brothers came to understand that they were suffering these things because of what they had done to him years before not knowing that this was Joseph. The plan of God was fulfilled as the whole family came to live in Goshen. These herders or shepherds that were repulsive to the Egyptians were given land by order of Pharaoh. When Joseph was forty-nine years old, Israel their father died, the eleven brothers discussed among them that Joseph would now kill them. When Joseph heard this he told his brothers "you meant it for evil, but God meant it for good" and that was to save much people alive.

God saw fit to inconvenience a young man at the age of seventeen and allow him to suffer many things. He spent twenty-two years away from his family and especially his father after having lost his mother before that. Joseph would then use his talents with Gods blessing to prosper in Potiphar's house and in the king's prison only to be falsely accused and forgotten. All the while Joseph was in the center of God's perfect plan for his life and being prepared or used for God's purposes. The perfect time of Joseph's ministry began two years into the famine and lasted until the first crop following the famine. His preparation and training time was much longer than his ministry time. This was also similar for Jesus, John the Baptist, Paul, and you.

Joseph married an Egyptian wife and had two sons the first he named Manasseh because he said God has made me to forget. The second was named Ephraim because God has made me doubly fruitful.

If you compare your life to Joseph's, please see that he was not a bitter man. He was blessed by God and excelled each time he was given a chance. By God's grace he made each authority he was under successful, he lived with integrity throughout his life no matter the circumstance. You could say that Joseph's circumstances cheated him out of a peaceful life, caused him physical or emotional pain, inconvenienced him, gave him a right to be angry or disappointed, cheated him out of his fathers love, or was very hard on him personally. Then you have to remember Psalm 105 and the call that God had placed on his life that was without repentance for that specific time in history!

Please understand that you have been born into the family, nationality, given your parents, born into this time in history, placed on this part of the planet, given the color of skin, specific physical features, and the circumstances of life (or messes) that you were so that your message can come out of all of it. Always remember to be thankful to the designer for the way He designed you, your family and for the way He uses your circumstances even illnesses to teach obedience by the things that you suffer. God is not the cause of evil or sickness but He uses them for good (Romans 8:28).

Notes

Our Covenant

I covenant never to raise my voice in anger to my spouse!

I covenant never to accuse my spouse!

I covenant to care for my spouse's heart daily!

I covenant to allow my spouse to care for my heart daily!

I give permission for a pastor/counselor to call my spouse at any time to check on their heart!

If there is a problem with my spouse's heart I give the pastor/counselor permission to follow up with me to find and resolve the issue!

If at any time I will not speak to the pastor/counselor, they will consider me to be in grave danger!

In the presence of Jesus and these witnesses, I sign this solemn covenant with my spouse this seventh day of August 2013!

Signature _____ Date _____

Signature _____ Date _____

Witness _____ Witness _____

Ephesians 5:22-33

²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴ Therefore, just as the church is subject to Christ, so *let* the wives *be* to their own husbands in everything.

²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶ that He might sanctify and cleanse her with the washing of water by the word, ²⁷ that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. ²⁸ So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord *does* the church. ³⁰ For we are members of His body, of His flesh and of His bones. ³¹ "For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh."

³² This is a great mystery, but I speak concerning Christ and the church. ³³ Nevertheless let each one of you in particular so love his own wife as himself, and let the wife *see* that she respects *her* husband.

Notes

Lover of Your Soul

Dear friend ____your name____,

How are you? I just had to send you this letter to tell you how much I love you and care about you. I saw you yesterday as you were walking with your friends. I waited all day hoping you would talk to me also.

As evening drew near I gave you a sunset to close your day and a cool breeze to rest you-- and I waited. You never came. Yes, it hurt me, but I still love you because I am your friend.

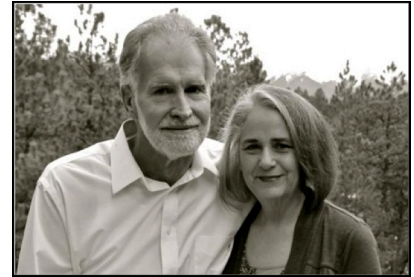
I saw you fall asleep last night and I longed to touch your brow. So I spilled moonlight on your pillow. Again I waited, wanting to rush down so we could talk. I have so many gifts for you.

You awakened late and rushed off for the day---my tears were in the rain. Today you look so sad so alone it makes my heart ache because I understand. My friends let me down and hurt me many times too. But I love you. I try to tell you in the quiet green grasses. I whisper it in the color of the flowers. I shout it to you in the mountains streams and give the birds love songs to sing. I clothe you with sunshine and perfumed air. My love for you is deeper than oceans and bigger than the biggest want or need you have.

We will spend eternity together in Heaven. I know how hard it is on this earth. I really know because I was there and I want to help you. My father wants to help you too. He's that way, you know. Just call me... ask me... talk to me. It's your decision. I have chosen you and because of that I will wait...because I love you.

Your friend,

Jesus



About the Director

Bradley Reinke has been married to my wife Shirley for 38 years; they are the blessed parents of 8 children. Brad was originally employed in a service business, and later had his own business for 25 years. Brad has served on various church boards before being assisted into ministry by their family's local church, "Little Blue Christian Fellowship" and the insight of pastor David and Lavena Sellers. Whole Families, Inc. has now been serving the Body of Christ both domestically & internationally for over 10 years! Though God started training for this type of counsel much earlier, a large portion of formal training that God used was through the "Advanced Training Institute of America" complemented with 25 years of the deep teaching of pastor Sellers. Brad was also made ready for this call by applying the principles now taught and experiencing the miracle of freedom first hand. *"It is an honor to sit with each client and assist him or her to that same freedom"*. WFI is now under the spiritual covering of Westcliffe Community Church and the teaching and leadership of Pastor Daniel Dovidio.