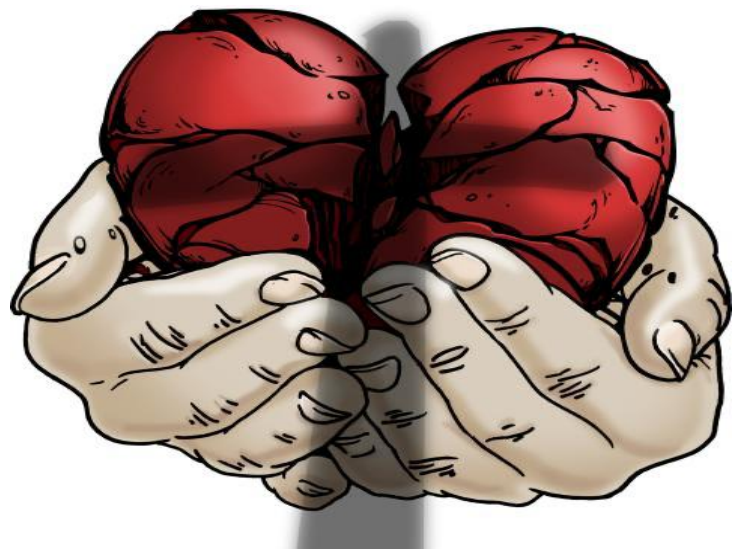


Straight 2 the Heart's 8-Week Prayer *and* Discipleship Training

- * Christ-centered
- * Cross-centered
- * Word-centered
- * God-centered



8-Week Introductory Training Leaving A Legacy – Level 1 Training: **Part 1** Praying God's Promises Workshop For Multiplying Disciples Participant's Manual - Part 1 (* Online training is 12-weeks long)

For I resolved to know nothing while I was with you EXCEPT Jesus Christ and His crucified.
(1 Corinthians 2:2)

No matter how many *promises* God has made, they are 'Yes' in Christ. (2 Corinthians 1:20)

Take every thought captive to the obedience of Christ. (2 Corinthians 10:5)

Call to Me, and I will answer you, and show you great and mighty things, which you do not know.
(Jeremiah 33:3)

And the children Issachar, were men [and women] who understood the times and knew what Israel should do. (1 Chronicles 12:32)

So that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky as you *hold firmly to the Word of life*.
(Philippians 2:15-16)

* This workbook is for personal use only for those honoring the training principles involved in Straight 2 the Heart's discipleship process. Many Christians make copies of copyrighted material to share with others, not realizing that they are violating the "Spirit and letter" of the law, while others choose to ignore and violate copyright laws.

Making copies for others is stealing from Straight 2 the Heart's discipleship ministry, taking away from our ability to offer workshops and training resources. It also causes us to significantly increase our prices, even as we want to make our resources as affordable as possible. * *If you see a typo, please e-mail the page number to: paul@hiddenhalf.org*

Sign-Up List for the 8-Week “Great Commission Discipleship Training”

Follow-through training within 2 weeks of the church-wide training is critical

No immediate follow-through/No counting the cost = No discipleship groups!

Focus is the art of knowing what to ignore. James Clear (author: Atomic Habits)

8-Week Training Part 1

8-Week Training Part 2

Church: _____

Coordinator: _____

* This 8-week training is a **closed group** for those committed to participating in all the group sessions
(*unless there is an emergency with family, at work etc.*)

- Yes, I am interested in the Level 1: Leaving A Legacy “8-Week Discipleship Training Part 2.”
- Yes, I know that I need to read the introductory PDF and/or watch the orientation video.
- Yes, I know that the purpose of this group is to receive prayer and be trained to pray with others – *and I need to receive prayer at least 1 time before the training begins.*
- Yes, I know that I am **not** allowed to just sit and observe others being prayed for.
- Yes, I know that I can ask for a 1:1 prayer time if I am **not** ready to receive prayer in a group.
- Yes, I know that if I am not ready to receive prayer and training in the group, it is **not time** for me to join a group training where everyone else is ready to receive prayer in a group setting.

Name: Required

E-Mail Address / Phone Number

** Optional if the church already has my contact information*

The church already has my contact information. So, I just the box

_____	E-Mail: _____	<input type="checkbox"/>
_____	Phone #: _____	
_____	E-Mail: _____	<input type="checkbox"/>
_____	Phone #: _____	
_____	E-Mail: _____	<input type="checkbox"/>
_____	Phone #: _____	
_____	E-Mail: _____	<input type="checkbox"/>
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_____	E-Mail: _____	<input type="checkbox"/>
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_____	Phone #: _____	



Isaiah 53 stands as the second-most quoted Old Testament chapter by the New Testament authors – second only to Psalm 110.

However, if New Testament allusions are included, Isaiah 53 far outdistances every other Old Testament passage.

(Following Jesus, The Servant King, p. 70)

* All training instructions in this training manual are designed for the context of a small groups in a local church – NOT for praying with someone 1:1



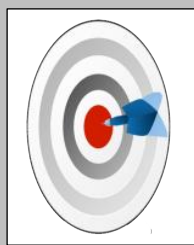
#1 Goal/Focus for Training:

Multiplying “Great Commission” Disciples

Everything we do during this 8-week training session is designed to:

- Maintain a laser-beam focus on the goal of multiplying “Great Commission” disciples who go “*boldly* to God’s throne of grace” (Heb. 4:16)...
 - As we pray Jesus’ story into our own personal stories.
 - Sharing the WHOLE gospel for the WHOLE person so it can go to the WHOLE world with the power of God’s grace and truth.

Everything else is secondary to this goal of multiplying Christ-centered, “Great Commission” disciples who are moving into ministry with a testimony as they are:



Multiplying disciples who are receiving Jesus’ victory over Satan’s greatest deception – having us try to do:

- God’s part instead of our part (Genesis 3:5)
- God’s part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

Coordinators' Preparation List to Prepare for the "Leaving A Legacy" Discipleship Training for the Church-Wide Training and/or 8-Week Video Series Parts 1–2:

- I **am aware** of my strengths and weaknesses: I know I cannot do everything, I believe in the 1 Cor. 12 principle of working together, and I am willing to accept help to grow and multiply disciples/leaders.
- I have **already** asked someone to help me organize the different aspects of training and follow-up so I am working as a team leader in cooperation with the pastor, secretary, other church leaders **and** the church calendar as I plan discipleship training times (*coordinating e-mails and/or phone communication etc.*).
- I have **already fulfilled a required background check** for all volunteers involved in the prayer and discipleship training (*especially those who are working with those 18-years-old and younger*)
 - ⇒ If my church/organization does not have a "Liability Background Check" program, I CANNOT offer this training **until** I have one and each participant has filled it out.
 - ⇒ NOTE: Straight 2 the Heart has "Background Check Forms" if I need them.
- I have **already** begun preparing for the next discipleship-training meeting with:
 - Personal reminders to individuals, coaches, facilitators
 - Church pastors, leaders, secretary, church calendar etc.
 - Meeting Rooms (coordinated with church secretary)
 - List of all participants for e-mail and communication
 - Handouts/exercises (including translations as needed)
 - Audio–visual leaders/assistants as needed
 - Chairs in a circle to facilitate community
 - Coaching and facilitating teams
 - Clip boards, yellow highlighters for facilitators
 - Writing utensils/box of Kleenex in each room
 - Tables to write on/binders for all participants
 - Other: _____
- I have **already** stressed the importance of **being on time and starting on time** to respect others' time as well as the time needed for teaching and application with the "Prayer and Discipleship" worksheets so I am not:
 - Sending the message that the participants' time and this training is not important.
 - Sending the message that I am disorganized and unwilling to let others help me.
- I have **already** printed the handouts for each exercise ahead of time for this week's meeting together with:
 - Extra "CROSS" prayers for each person.
 - Extra Facilitator and Coaching checklists.
 - Copies of the week's 1 video slides.
- I have **already** talked and prepared the coaches ahead of time so they know they will be coaching during the training time for this week, together with:
 - (1) Orange binders for male coaches with extra checklists and prayers for men.
 - (2) Blue binders for women coaches with extra checklists and prayers for women.
- I have **already** talked and prepared the coaches and facilitators ahead of time so they know they will be facilitating prayer during training together with which rooms they will be using.
- I have **already** reserved the main room where everyone will be meeting before the actual training meeting begins this week as I work closely with the church leaders/secretary and church calendar.
- I have **already** reserved the 2–4 rooms for smaller groups of men and women before the actual training meeting begins this week, working closely with church leaders/church secretary/church calendar.
- I have **already** prepared Kleenex and water bottles together with writing utensils, clipboards and binders for each coach, each facilitator, each participant and each room, etc.
- Other: _____

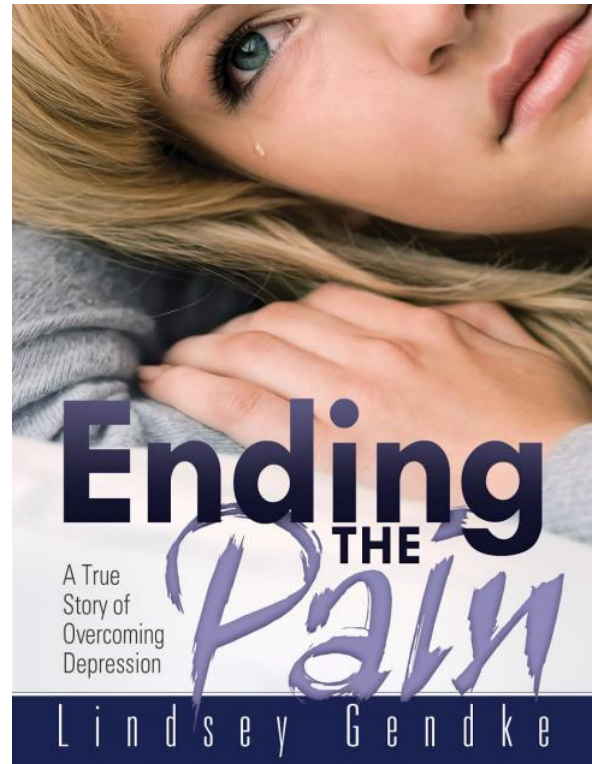
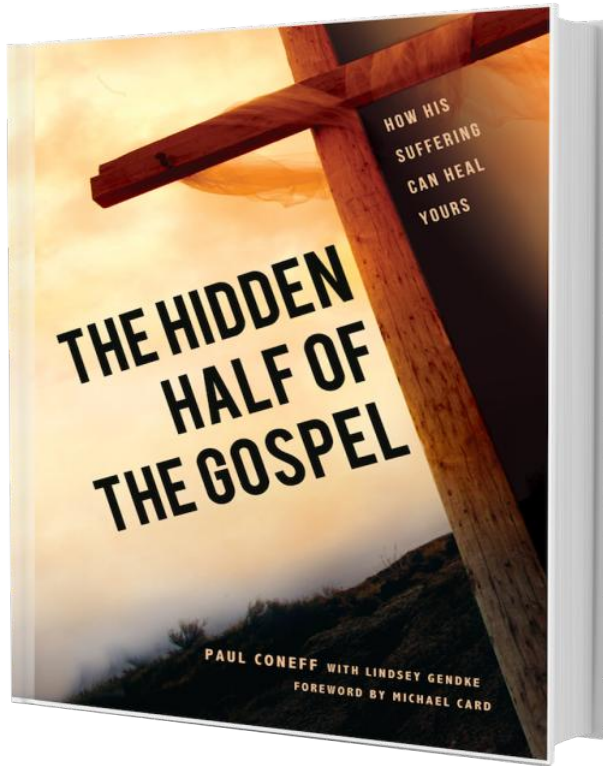


Page # **Content for 8–Week Discipleship Training - Part 1**

6–9	Books (6), Website Resources (7) 7-Fold Training Goals (8) Big Picture (9)
10	3 Key Questions
9–10	Belief/Unbelief Study: How much “faith” do I need? (Part 1– Part 5)
11–17	FAQ’s (11-6) & Sharing Jesus’ story in full sentences (17)
18	Week 1 Goals: “The Hidden Half of the Gospel” <i>Diana’s story</i> – Short Version: Cycle of Not Being Safe & Control Jesus’ Suffering is the “Root” of Our Healing and Freedom Introduction to the “Fruit and Root” of our Negative Thoughts and Behaviors
35	Satan’s Lies & Negative Thoughts are the source of our “False Identity” Homework with Extra Resources & Exercises
40–41	Week 2 Goals: Biblical Meditation <i>versus</i> New Age Meditation / Praying to Jesus/Father <i>Rick’s Story</i> – Short Version: Cycle of Not Being Accepted & Pornography
135	Review “Fruit and Root” with the Cycle of Food (fruit) and Lie (root) Homework with Extra Resources & Exercises
51	Week 3 Goals: Praying with Non-Christians / Consent Form & Life History Form <i>Sandy’s Story</i> – Short Version: Cycle of Being Unlovable & Abused
59	Homework with Extra Resources & Exercises
64	Week 4 Goals: Daily Discipleship Prayers <i>Lindsey’s story</i> – Short Version: Cycle of Abandonment & Suicide Attempts
69	Instructions for Daily Discipleship Prayers Homework with Extra Resources & Exercises
70	Week 5 Goals: Receiving Jesus’ Forgiveness for Everything I Did and Did NOT Know about My Sins (A deeper Application is in 8-Week - Part 2)
71	<i>John’s Story</i> – Short Version: Cycle of Not Being Important & Affairs Homework with Extra Resources & Exercises
72	Hidden Half of Forgiveness
73	Is it Biblical or Cultural to say, “I just need to forgive myself?”
74	Luke 23:34 exercise: “What did they not know about their sins?”
75	Week 6 Goals: Receiving Jesus’ Forgiveness for Everything I Did and Did NOT Know about My Offender’s Sins Against Me (A deeper Application is in 8-Week - Part 2)
79	<i>Amber’s Story</i> – Short version: Cycle of Betrayed & Not Being Good Enough Homework with Extra Resources & Exercises
81	Week 7 Goals: How to Give a Christ-centered Testimony / Reviewing Key Themes <i>Anna’s story</i> – Short version: Cycle of Being Sexually Abused & Being Worthless/Bad
84	Homework with Extra Resources & Exercises
88	Week 8 Goals: Introduce 8-Week - Part 2 Themes / Sharing Christ-centered Testimonies <i>Keith’s story</i> – Short Version: Cycle of Rejection & Cocaine Time for Sharing Testimonies – Using the Testimony Worksheet
90	Homework with Extra Resources & Exercises
91	Sign-Up for 8-Week - Part 2 Training
97	Bonus Section with Page Numbers and Descriptions of Content
132–138	10 Frequently Asked Questions



Key Books to Read



Psalm 109 has been dubbed the “angriest prayer in the Bible,”
and for good reason...

In Psalm 109, an angry King David asks God to kill one of his enemies, make the enemy's wife a widow, and his children vagabonds. He also asks for past and future generations of this man's family to be cursed and cut off from God and His salvation. (Psalm 109:5-16)

But what does this all mean?
Why is this prayer even in the Bible?
Does God want US to pray this way when WE are angry?

In *Brutally Honest*, these are just a few of the questions a group of sincere, truth-seeking, and (some of them) angry Christians investigate, as they study Psalm 109 together—the only Psalm never used in Jewish liturgy because it was so hostile. Although the characters portrayed are fictional, you'll find their questions and issues to be very real as you journey with them through this very real Psalm that demands an explanation.

Join Sondra, a single mother going through a divorce from an unfaithful husband, and Jeff, a police officer with an abusive past and a hostile marriage, as they wrestle through their deepest wounds and darkest desires alone, in group prayers and conversations, and finally, with God. We invite you, along with our characters, to explore this darkest of Psalms and ask yourself: Is it okay to be honest with God about my deepest wounds and darkest desires? What does this angry prayer say about God, and His ability to hear and handle my own anger, fear, depression, anxiety, etc.? Finally, can I, will I, trust God with my deepest wounds and darkest desires?

Now, through the eyes of characters with struggles that many of us can relate to, we discover why this hostile Psalm exists, and why it is actually a “perfect” prayer. It's an invitation to all of us who are angry, hurting, or hate-filled, to be brutally honest with God, so that God can ultimately heal our deepest wounds and, in His perfect timing and in His perfect ways, free us from our darkest desires.

PAUL CONEFF is the founder and director of Straight 2 the Heart, a nonprofit prayer and discipleship ministry that provides training on how to move from brokenness to freedom. A licensed marriage and family therapist, Coneff has twenty years of experience in pastoral ministry and has spent more than 15,000 hours counseling and training in many countries. Visit his website at www.hiddenhalf.org. This is his second book with co-writer Lindsey Gendke.

BRUTALLY HONEST



Discovering a God You Can Trust
With Your Deepest Wounds and Darkest Desires

A contemporary parable based on Psalm 109

CONEFF

PAUL CONEFF AND LINDSEY GENDKE



Website Resources: Straight 2 the Heart Training & the Hidden Half Book

1. Go to: www.straight2theheart.org & www.hiddenhalf.org to...
 - a. Purchase “**The Hidden Half of the Gospel: How His Suffering Can Heal Yours**”
by Paul Coneff and Lindsey Gendke
Foreword by Michael Card
 - b. Download the **Free** “Introductory Section” of the *Hidden Half of the Gospel* book

2. Website Resources:

- a. Testimonies of healing and freedom
- b. **Free Resources**
 - I. Scroll to the bottom of the “Resource” page
 - II. Click on the MP3 “Bringing God into the Negative”
 - III. Click on Introductory Section to the Hidden Half book
- c. Straight 2 the Heart Facebook page (confirm this with George Hamilton)

Go to Facebook and search for “**Straight 2 the Heart**” page

3. YouTube Presentations:

<p>Hidden Half of the Gospel: Parts I & II</p> <p>https://www.youtube.com/watch?v=1u0k4mi6GnI</p> <p>https://www.youtube.com/watch?v=IrRuao5eHg4</p>
<p>Freedom from Anger and Rage:</p> <p>https://www.youtube.com/watch?v=t_JHMsbjVo</p>
<p>Freedom from Shame and Guilt: Parts I & II</p> <p>https://www.youtube.com/watch?v=FETy-0S3X6A</p> <p>https://www.youtube.com/watch?v=sbti-xe3IUQ</p>
<p>Freedom from Addictions:</p> <p>https://www.youtube.com/watch?v=vaFFwaotN4k</p>



Straight 2 the Heart's 7-Fold Training Goals are Intentionally Designed (Christ-centered, Cross-Centered, Word-centered Discipleship)



1. To offer healing and freedom in Christ when we have experienced the pain of being alone, abandoned, betrayed, abused, addicted, divorced, struggling with health problems, lack of assurance of salvation, feeling forsaken/asking “Why God?” etc.; learning to rest our burdens in Him (Hebrews 4:9–16) – in ways that are:



- a. Biblical (connecting Jesus’ story of “suffering being tempted” with our story)
- b. Simple (sharing the power of personal identification with Jesus)
- c. Reproducible (praying Jesus’ story into our story, with training)



2. To reveal how:

- a. The “root” of our sinful behaviors are lies from Satan, the ‘father of lies’
- b. The “Root” of our healing and freedom is “Christ’s suffering” as the “Root of David” and the “Root of Jesse” who rose with “healing in His wings” (Malachi 4:2)



3. To move from information *about* the gospel – to application *of* the gospel – to transformation *by* the gospel, producing the spiritual fruit of:

- a. Jesus healing the broken hearted, *and*
- b. Jesus setting the captives free (Luke 4:18; 1 John 1:9)



4. To have members who are building Christ-centered community in a way that they are joyously, naturally and spontaneously wanting to share:

- a. The **WHOLE** gospel (Isaiah 53; Luke 9:22; 22:25; 24:24–27, 44–46; Acts 3:18, 24; 17:2–3; 26:22–23; Heb. 2:10; 17–18; 4:14–16; 5:7–9)
- b. For the **WHOLE** person (Psa. 86:11–12; Rom. 2:28–29) in the community around them at home, at work and in their neighborhood
- c. So, it can go to the **WHOLE** world (Rev. 14:6; Matt. 28:18–20)
- d. As they live out of the **overflow** of their own freedom in Christ (Gal. 5:1; Col. 2:6–7)



5. To equip them in ways that they can easily, simply and joyously:

- a. Comfort others with the comfort they have received (2 Cor. 1:3–5)
- b. Facilitate prayer for others based on “prayer and ministry of the Word” (Acts 6:4)
- c. Coach people to facilitate prayer for others, multiplying other disciples growing into personal evangelism leading to soul-winning and baptisms (Acts 6:7; 2 Tim. 2:2)



6. To honor Jesus’ model of living out Christ-centered community when He:

- a. Sent the 12 and the 70 out two-by-two, (Luke 10:2; Matt. 9:37–38) *and*
- b. Called us to pray for more “workers for HIS harvest” that He has *already* ripened

7. To prepare for His soon return with His harvest – His “great multitude” (Rev. 7:9–11)

Big Picture for the Training: Prayers Helping Us Move From Presentations with Information *to* Application *to* Transformation

“Begin with the end in mind.” Stephen Covey

How Do the Presentations and Prayers Build On Each Other, So We Are Able To “Begin with the End In Mind” – Know Where We Are Going?

What comes next?	<ul style="list-style-type: none"> * What comes next after the one-page Introductory CROSS Prayer? (Column 1) * What comes next after the Introductory Cross Prayers for myself and for others, with the Daily Discipleship Prayers for myself and for others? (Column 2) * What comes next after the 3 Column Prayers? (Column 3) * What comes next after the Topical Prayers? (Column 4) * What comes next after the Pure Power – Pure Passion Discipleship Process? (Column 5)
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COLUMN 1: →	COLUMN 2: →	COLUMN 3: →	COLUMN 4: →	COLUMN 5:
<p>1-Page Intro Cross Prayer for the Person Receiving Prayer</p> <p>2-Columns Prayer:</p> <p>Column 1: Negative Thoughts</p> <p>Column 2: Jesus’ Story</p>	<p>1-Page Intro CROSS Prayers:</p> <p>a. For Myself</p> <p>b. For Others Who are Not Present:</p> <p>Daily Discipleship Prayers:</p> <p>a. For Myself</p> <p>b. For Others Who are Not Present</p>	<p>3-Column Worksheets with Sample Prayers:</p> <p>Column 1: Losses</p> <p>Column 2: Lies</p> <p>Column 3: Jesus’ Story</p>	<p>Topical Prayers:</p> <p><i>* Some of these prayers include the 3-Column worksheets</i></p> <p>a. Shame/Guilt</p> <p>b. Lord’s Prayer</p> <p>c. Sexual Abuse</p> <p>d. Sexual Addiction</p> <p>e. Food Addiction</p> <p>f. Other Addictions</p> <p>g. Forgiveness for Our Sins</p> <p>h. Forgiveness for Others</p> <p>i. Anger at Others</p> <p>j. Anger at God</p> <p>k. Christ-Centered Warfare: <i>Turning To Christ so We Can Receive HIS Victory Over the Enemies Attacks</i></p> <p>l. Depression Prayer</p> <p>m. Grief & Loss</p> <p>n. Couples Prayers</p>	<p>Leaving a Legacy – Lvl 2: Pure Power – Pure Passion Discipleship Process</p> <p>a) 7 Phases</p> <p>b) 13 Week Minimum Time Frame</p> <p>c) Going Deep in One Area of Person’s Life</p> <p>End Goal: A Committed Disciple Who is Moving into Ministry with A Testimony, Multiplying Disciples...</p> <p><i>...As well as repeating these principles in other areas of his/her life and others’ lives.</i></p>



3 Key Questions to Test Every Teaching

1 Cor. 3:10–15 standard: Tried in the Fire – *What will be left after God’s refining fire?*

1. Who is the power source for change? James 4:7

Example 1: “Resist the devil and he will flee from **you**.”

- “God” is the power source for the devil fleeing from me
- “Self” is the power source for the devil fleeing from me

How does reading this scripture *in context* change the power source and meaning?

- “God” is the power source for the devil fleeing from me
- “Self” is the power source for the devil fleeing from me

Example 2: Three biblical stories of belief/unbelief * *See study on the following pages*

2. What does the change say about God and His character?

“Receive” is mentioned 257x in the New Testament (KJV)

- God is asking me to **receive** what He has already done for me 2,000 years ago:
- Or...** God is asking me to try harder to do what I am already unable to do?

- ⇒ In the past?
- ⇒ IN Christ?

“Apart from ME you can do **nothing**.”
John 5:19; 6:28, 63; 8:28; 14:10; 15:5,
6-8; 17:7-8; Rom. 8:6; 7:18-19

Who provides:

Righteousness?
Rom. 1:16–17; 5:17
Justification?
Rom. 4:5, 24–25; 5:9
Obedience making us righteous?
Rom. 5:19; 2 Cor. 10:5 (KJV)

Who provides:

Sanctification? Heb. 10:10
Perfection? Heb. 10: 14
Faith? Gal. 2:20; Col. 1:24–26
(* KJV and context of this verse
in other versions)

Who provides:

Power to continue growing?
Col. 2:6–7 etc.

3. Is the power source for change making me more:

- Interdependent** with God, His Word, the body of Christ and *receiving* His finished work?
- Or...** **Dependent** on my self-effort – trying harder and harder to do what I am already unable to do? Matt. 19:26



Thinking about Scripture - Parts I–III: Belief/Unbelief Study

Part 1: 3 Stories of Answered Prayer: Connected by their Belief or Unbelief?

Abram and Sarai Are Praying for a Son:

Gen. 17:15–18;
18:10–15

Did believe 100% and their prayer was answered because of *their* faith/*their* belief they were able to have or produce

Did **NOT** believe and their prayer was **not** answered because they did **not** believe so there is:

No Isaac?
No Jacob?
No Jesus?
No salvation?

Did **NOT** believe 100% – but God answered their prayers – revealing and exposing their unbelief

Zacharias Is Praying for a Son:

He is declared righteous (vs. 6)
Luke 1:6–14, 20

Did believe 100% and his prayer was answered because of *his* faith/*his* belief he was able to have or produce

Did **NOT** believe and his prayer was **not** answered because he did **not** believe so there is:

No John the Baptist?
No one to baptize Jesus-to fulfill “all righteousness?”
No salvation or hope?

Did **NOT** believe 100% – but God answered his prayer – revealing and exposing his unbelief

The Church and Rhoda Are Praying for Peter in Prison:

Acts 12:5–16

Did believe 100% and their prayer was answered because of *their* faith/*their* belief they were able to have or produce

Did **NOT** believe and their prayer was **not** answered because they did **not** believe so:

Peter stays in prison?
Peter dies in prison?
No epistles from Peter?
No hope from his story?

Did **NOT** believe 100% – but God answered their prayers – revealing and exposing their unbelief

Part 2: Applying this “Belief/Unbelief” study – 2 things all three examples have in common/revealed:

- They all had varying degrees of unbelief/lack of faith (revealed as Jesus’ answers their prayers)
- They were all _____?
(* see also 2 Kings 4:16, 28–37; Mark 4:35–36; Matt. 14:21–33; John 20:24–29 etc. for similar stories of answered prayers despite unbelief)

Part 3: What is Jesus wanting me to learn from these three examples?

- About *my* faith or *my* lack of faith
- The pressure I place on myself to try and:
 - ⇒ Be more than who I am = Me as my own power source
 - ⇒ Believe more/have more faith than I already have = Me as my own power source

Answered prayer is based on: “Receive” is mentioned 257x in the New Testament (KJV)

- Me having enough faith/me generating enough faith and belief that God will fulfill His promises (i.e. having faith **IN** faith instead of receiving Jesus’ faith He already developed – Gal. 2:20/Rev. 14:12)
- Me having enough faith to take/use/grow my _____?



Thinking about Scripture - Parts IV–V: Belief/Unbelief Study - Continued

Part 4: Applying Matthew 17:19–21

¹⁹ Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

²⁰ So Jesus said to them, “Because of your **unbelief** for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.

²¹ However, this kind does not go out except by **prayer and fasting.**” (Matt. 17:19–21)

Why does Jesus tell His disciples...:

- ⇒ First – that they have unbelief? (which they do vs. 20)
- ⇒ Second – that this kind only comes out by prayer and fasting? (vs. 21)
- ⇒ How is prayer and fasting connected to having enough faith to cast out the demon?

Why doesn't Jesus just tell His disciples to...:

- ⇒ Have more “Faith” instead of talking about prayer and fasting first?
- ⇒ “Believe” more instead of talking about prayer and fasting first?

Mark 9:14–29 / A Demon-Possessed Boy Is Healed (see also Matt. 17:14-21; Luke 9:37–41)

²³ Jesus said to him, “**If you can believe, all things *are* possible to him who believes.**”

²⁴ Immediately the father of the child cried out and said with tears, “**Lord, I believe; help my unbelief!**”

Apply Mark 9:23–24:

How much faith does this father need/is this father required to have for Jesus to heal his son?

Enough faith to: _____ with his _____ and _____

Part 5: Applying Proverbs 18:21 (NKJV)

Death and life are in the power of the tongue...
Prov. 18:21

Are my words about my relationship with God, my faith, my belief, my growth, justification, sanctification, righteousness, obedience, perfection...:
(Romans 1:17; 4:24–25; 5:1, 19; Heb. 10:10, 14; Gal. 2:20; Col. 1:24–26; 2:6–7 etc.)

Words kill, words give life; they're either poison or fruit—you choose. (Message Bible)

Words of death – where I place the burden and pressure on my responsibility to have-produce-generate faith for myself and change myself, pressure myself to have my own sanctification, righteousness, obedience and perfection?

Words of life – where I place the burden on my responsibility to **receive** God's finished work in Christ, on my behalf, 2,000 years ago, in the past, which includes **HIS** faith, **HIS** justification, **HIS** sanctification, **HIS** righteousness, **HIS** obedience, and **HIS** perfection?

Reflection Question

as I pray about:
John 6:63; 15:5

Why are the verses about Jesus' offering me HIS righteousness, obedience, sanctification, perfection etc. so offensive to my natural human pride – my natural desire for control, for credit and/or for approval, etc.?

Receiving from Jesus means I am _____



Thinking about Scripture - Part 6

Thinking about James 4:7 – *Resist the devil and he will flee from you.*

Even though these words are in the Bible, what is wrong with focusing on just **this** part of the verse?
How does reading **all** of James 4:7 would help us understand the larger meaning of these words?

Thinking about Romans 8:28 – *All things work together for good...*

Even though these words are in the Bible, what is wrong with focusing on just **this** part of the verse?
As we read **all** of Romans 8:28, who do these words apply to? Why? _____

Consider 2 Couples: Both lose a 2-year old child to leukemia.

How does reading all of Romans 8:28–29 help us: [A] Understand the larger meaning of Romans 8:28, *and*
[B] Explain the different responses from these two couples?

REJECTION: One couple rejects God forever and ever and ever.

REDEMPTION: The other couple feels their pain and heartbreak and grieves their losses over time. As healing takes place in their broken hearts, they begin a support group for others who have experienced grief and loss in their lives. (2 Cor. 1:3-5)

Thinking about Luke 11:2 – “Our Father, which art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven.”

Key Question to Think About: What did it cost our Heavenly Father to have His will done in heaven, to make heaven safe for us, for eternity?

Automatic Answer Giving Us PART of the Truth:

The automatic answer is “Jesus,” giving up His Son on the cross, which is **partly true**. We want to honor the loss of His Son Jesus **AND** answer a question helping us to see what else we are missing about our Heavenly Father’s sacrifice for us, to make heaven safe for us, for eternity. *So, we cannot use any name or reference to Jesus.*

Key Question: *What else did it cost our Heavenly Father to make heaven safe for us, for eternity?*

Because we want to see more of what it cost our Heavenly Father, we cannot share anything about Jesus, any of His names, or His cross/Calvary in this part of the exercise *at this time...*

* As we answer this question, our appreciation for the Father’s sacrifice will increase.

We can think about Luke 11:2 and discuss what Scriptures would help us to understand **what else** it cost our Heavenly Father, what else He lost. **Scripture Reference/Answer:** _____

Rewrite the first line of the Lord’s prayer with this information to personalize it: “Our Father, Thank You for having Your will done in heaven at the cost of” _____

Contrast Thinking About the Scriptures Above with Another Approach: (Luke 18:13)

“I love you.” R _____ this to a loved one for _____: Positive Negative

“God, be merciful to me, a sinner.” R _____ this to God for _____: Positive Negative

What Word Is the Common Denominator in All of These Scriptures? _____

Joshua 1:8; Psalm 1:2; 119:15, 23, 27, 48, 78, 148; 1 Timothy 4:15 (KJV, NAS, NKJV, ESV)



Attacks Against Jesus: Why Satan's Lies Have So Much Power Over Us?

- **Satan's Lies = Temptations to break our trust relationship with God**

For to be carnally minded *is* death,
but to be **spiritually minded** *is* life.
(Romans 8:6 - NKJV)

Because the **carnal mind is enmity against God** [hostile to God... sees God as the enemy]; for it is not subject to the law of God, [will not submit to God's law of love], nor can it. (Romans 8:7 - NKJV, ESV)

Eve was deceived by a lie. And **AFTER** she believed a lie, she chose food and appearances over God, losing the security of her identity as God's daughter, and her God-given feminine identity. (Genesis 3:1-7; 2 Cor. 11:3)

Adam was deceived by a different lie. **AFTER** he chose Eve over God, he lost the security of his identity as God's son, and his God-given masculine identity. (Gen. 3:6-12, 17; Rom. 5:12-19)

Jesus was baptized in the Jordan River, with the Father saying, "This is MY Son, in whom I am well pleased." This is an affirmation of Jesus' identity.

Jesus immediately goes into the wilderness for a 40 day fast. Then He was attacked by Satan, using the "IF" word in the wilderness (Luke 4:1-13), during His trials and again on the cross. Each of these attacks were attacks against His truest, deepest identity as God's Son:

IF You are the Son of God, turn stone into bread. (Luke 4:1-13)

IF You are the Son of God, throw Yourself off of the temple. (Luke 4:1-13)

IF You are the Son of God, bow down and worship me. (Luke 4:1-13)

IF You are the Son of God, the Messiah, tell us! (Luke 22:63-65)

IF You are the Son of God, tell us who hit You/spit on You. (Matt. 26:67-68)

IF You are the Son of God, come down from the cross and save Yourself. (Matt. 27:38-44)

* Luke 23:35 = Crowds & religious leaders say:	"If You are...save Yourself"
* Luke 23:37 = Soldiers are saying:	"If You are...save Yourself"
* Luke 23:39 = Thief on cross says:	"If You are...save Yourself"

Every attack against Jesus was an attack against His truest, deepest identity.

Every attack against us is an attack against our truest, deepest identity as God's sons and daughters.

And every negative thought or lie from Satan, the "father of lies" becomes a negative root system producing a negative identity in our lives. Then, we see the world through our negative identities, which become negative filters. So, we guard ourselves against being hurt again, rejected again, betrayed again.

As we allow God to *search* the deepest thoughts and motives of our hearts, and *identify* where Christ was tempted to think negative thoughts like we have, God can *reveal* the lies, release the lies, and *replace* those lies with HIS peace, HIS truth, HIS victory, HIS purity, HIS righteousness etc. (Rev. 14:5).

*** Please see the next page for Biblical examples of names being changed in the Old Testament and in the New Testament**



What Is the New Identity God Has Given Us “IN Christ”? What is Satan’s Three–Step Dance of Deception to Steal Our New Identity?

* “Christian” is mentioned 3x in NT / “Disciple” is mentioned 255x = 85x more / “Saints” is mentioned 60x

Step One: Satan sets me up to b _____ l _____, using 1st _____ l _____

Step Two: Satan sets me up to _____

Step Three: Satan sets me up to _____

This is why every attack from Satan, every struggle in our lives is an I _____ issue impacting our relationship with God, ourselves and everyone else in our lives.

Gen. 17:5-9 – What change is taking place and to whom? _____

Gen. 17:15-16 – What change is taking place and to whom? _____

Gen. 32:27-28 – What change is taking place and to whom? _____

Isaiah 62:1-4, 12 – What change is taking place in these verses? What is God’s promise to His people who are having hard times and negative experiences? _____

John 1:42 – What change is taking place and to whom? _____

Acts 13:9 – What change is taking place and to whom? _____

Rev. 2:17 – What change is taking place and to whom? _____

What is the name that the apostle Paul uses to describe us—as God’s people—in the KJV, NKJV, ESV, and NASB versions...even when the church is struggling with sin, politics, false teachers, getting drunk at communion, accepting a man who is sleeping with his father’s wife (step-mother) etc.?

* *Other versions use ‘holy’*

1 Corinthians 1:1-2 To the church of God... sanctified in Christ Jesus, called to be _____

2 Corinthians 2:1-2 To the church of God which is at Corinth, with all the _____

Ephesians 1:1-2 To _____ who are in Ephesus, and faithful in Christ Jesus.

Philippians 1:1-2 To all the _____ in Christ Jesus who are in Philippi.

Colossians 1:1-2 To the _____ and faithful brethren in Christ who are at Colossae.

Romans 6:6 The apostle Paul tells us that our old nature _____ CRUCIFIED in Christ.

Is Romans 6:6 **PAST** tense?

Is Romans 6:6 **PRESENT** tense?

Is Romans 6:6 **FUTURE** tense?



What difference does this “tense” make?

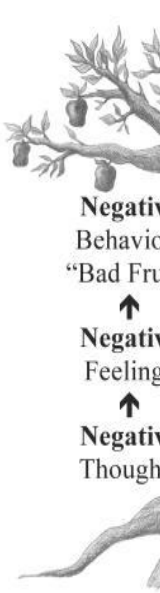
Ephesians 2:11–20 – Paul tells them to _____ who they are.

2 Peter 1:8–10 – Peter tells the Christians that whoever is ineffective and unproductive in the knowledge of the Lord Jesus Christ has _____ that they have been cleansed from their sins.



Understanding the Difference Between Negative Thoughts, Negative Feelings and Negative Behaviors:

This page needs to be on left hand side of examples of brokenness. Christ never raped anyone (a sinful behavior) so He could identify with a rapist. Christ was never depressed (a negative feeling) so He could identify with someone who is depressed. Christ was tempted to believe all the same lies that lead to depression, that lead to rape or any other sin. * *Being tempted is **not** sin. Giving into temptation is sin.*

Mixed-Up List of Negative Thoughts, Feelings and Behaviors:	Write the Negative Thoughts/Lies/Messages (Roots) In This Column	Write the Negative Feelings and Behaviors (Fruits) In this Column:
<p>I'm Depressed I'm Angry I'm Not Good Enough I'm Afraid/Fear I'm Bad I'm Anxious → Rape Victim I'm Not Safe Stealing I'm an alcoholic/Alcoholism I'm Sad I'm Discouraged/Depressed I'm Alone I'm Abandoned → Drug Addiction Sex Addiction Hate and Bitterness Pregnant and Single Abortion Overeating I'm Bitter I Can't Forgive → I Won't Forgive I Can't Be Forgiven I'm Not Loveable I'm not Accepted Self-Righteousness Self-Pity Denial I Have to Protect Myself I'm codependent (I help others and give myself away to feel good about myself/receive love) I'm worthless → I'm Proud/Pride I'm lonely/Loneliness</p>	<p>Jesus was made like me in EVERY way – suffering being TEMPTED in ALL points <u>without</u> sin.</p> <p>So, I can go boldly to the throne of grace. (Heb. 2:17-18; 4:14-16; 2 Cor. 5:21; 1 Pet. 2:22; 1 John 3:5; Isaiah 53:9-10)</p>	<p>You cannot get good fruit from a bad fruit tree. (Matt. 7:17-18)</p> <div style="text-align: center;">  <p>Negative Behaviors "Bad Fruit" ↑ Negative Feelings ↑ Negative Thoughts</p> </div>



Describing Samples of Jesus' Negative Experiences In Full Sentences with Scripture References (*Am I reading a story? Or black letters on a page?*)

- Am I reading it like a story? Or am I reading letters on a page? Am I rushing as I read?*
- I do not read the Scripture verses next to the descriptions of Christ's story*

- Jesus was born to an unwed mother (Luke 2:5) (see www.blb.org for the original language)
- He was also a refugee in Egypt because of a death decree by Herod (Matt. 2:13-15)
- Jesus was tempted to be deceived by Satan, in the wilderness, to trust in His own power to provide for Himself, to prove who He was and to protect Himself from the pain of His rejection, betrayal and crucifixion on the cross (Luke 4:1-13)
- He could have been tempted with thoughts that grow into lust **without** giving in to Satan's lies, as Mary acted with God's love & pure motives – kissing His feet, and anointing Him with oil (Luke 7:42-45)
- Jesus was misunderstood & rejected by family & loved ones who did not understand His mission, leading them to look for a dead body at His tomb (Mark 3:20-21; Matt. 23:3; Luke 24:1-10)
- Other: _____

Jesus was in the Garden:

- Being overwhelmed, abandoned and left alone by those closest to Him when He was not only sweating blood, but also struggling to surrender His will to His Father's will (Matt. 26:38, 36-44)
- Being betrayed by a kiss and sold for the price of a slave, by Judas, and then Peter denied Him three times; the third time with cursing (Luke 22:47-62) Other: _____

Jesus chose to be powerless during His trials as He was being abused... (2 Cor. 13:4)

- By Satan and his demons who are the source of all sin, suffering and shame
- By the Priests, by Pilate and Herod, the soldiers, and the mob
- By groups of people who were stripping His clothes off (Matt. 27:27-28)
- By those who were shaming and humiliating Him in public, during His trials... (Mt. 27:29-31)
- By those who were verbally and mentally abusing Him, spitting on Him, beating Him and blaming Him
- By those not letting Him speak up in a way that He would be heard or have a voice
- By men when He was experiencing racial, religious, and political prejudice from those in power over Him, who should have been protecting Him, but instead they were misrepresenting God to everyone
- By people when they chose Barabbas, a murderer, over Him Other: _____

Jesus was TEMPTED as He was hanging on the cross: (Matt. 27:31-46)

- To gain some relief from His physical, emotional, relational and mental pain as He was carrying all the sin and suffering of the world
- To believe His situation was hopeless and useless (verse 34)
- While crying out to His Father "My God, My God, **WHY** have You forsaken Me?" in His deepest, darkest moment on the cross, having lost water and blood with His nerves on fire, when He could not see, sense or feel His Father's presence, *turning Psalm 22:1 into a prayer back to His Father*
- When He was having difficulty breathing as He was slowly suffocating to death
- Other: _____

Jesus was TEMPTED:

- To not forgive those betraying, abusing Him and oppressing Him
- To take control of the situation, to fight back/to fight for what was right and protect Himself, *and*
- To perform miracles in order to prove who He was – but instead, once again, He turned Psalm 31:5, into a prayer, to His Father, "Into Your hands I commit My Spirit," as He chose to continue trusting His Father at every step of the way – so we could receive His trust, He developed during His trials
- Jesus was also tempted to take all of this abuse *personally* when He was:
 - Not being respected, nor seen, heard, valued, understood or appreciated
 - Not safe and He was unjustly accused, arrested, judged, mistreated, convicted, and murdered, *and*
- As He was dying for our sins, condemnation, guilt, shame, self-hatred, and regret...
- As a Man of grief and sorrows
- Other: _____



Week 1: Jesus' Story + My Story = A New Story

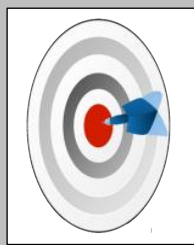
Learning to:

1. Listen to the other person's story without fixing and giving unsolicited advice
2. Share Jesus' story with the person
3. Pray Jesus' story into the person's story



Resource or Page # Topic (see the PDF with the slides for week 1)

Slides	Process <i>versus</i> Outcome
Slides	Summarizing Diana's story: Cycle of Not Being Safe & Needing to Try and Be in Control to Be Safe
18–25	Biblical Foundations: “The Hidden Half of the Gospel” Jesus' Suffering Is the “Root” of Our Healing and Freedom Introduction to the “Fruit and Root” of our Negative Thoughts and Behaviors Satan's Lies & Negative Thoughts are the source of our “False Identity” Power and Importance of Listening Three Key Steps + Two Key Questions
24–26	Explaining the Introductory “CROSS” Prayer Introductory CROSS Prayers to Jesus and the Father See more explanations on pages 27–30
31–32	Facilitator Checklists
33–34	Mentoring Checklists
35	Homework



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

Biblical Foundations Forming the Roots of Our Sin and Our Freedom

Take 15 Minutes to Look Up These Scriptures

“Connecting the Dots” with the Common Themes in the Scriptures:

PILLAR #1:

What Is the Common Theme In These Verses Helping Us To Expand Our Understanding Of the Gospel In Addition To Forgiveness Of Sins?

(Each person looks up one verse and reads it to the group – except Luke 4:18)

Christ’s Gospel Prophesied *Before* He Was Born: Genesis 3:14–15; Isaiah 53; 63; Psalm 22; 69 etc.

Christ Defining His Gospel at the *Beginning* of His Ministry:

Luke 4:18

Christ’s Gospel *Before* His Transfiguration:

Luke 9:22

Christ’s Gospel *Before* His Crucifixion:

Luke 22:15

Mark 8:31

Christ’s Gospel *After* His Resurrection:

Luke 24:24-26; 24:44-46

Apostles Gospel *After* Christ’s Resurrection:

Acts 1:3; 3:17-18

Acts 17:3; 26:22-23

Hebrews 2:9–10; 14-18; 4:14-16; 5:7-9; 13:10-13

PILLAR #2:

What Is the Common Theme In These Verses Helping Us To Expand Our Understanding of the “Fruit” and “Root” Of Sin?

(Each person looks up one verse and reads it to the group – except Genesis 3:1-7)

SIN = Distrust in God / Broken Relationship producing sinful fruit: Romans 8:6–7

SIN Begins in Heaven: Rev. 12:3–4, 7–9

SIN Begins in the Garden:

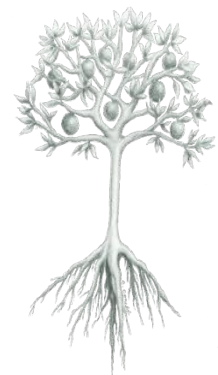
Genesis 3:1-7; 2 Cor. 11:3



Jesus Talking About the “Roots” of SIN: * ‘Roots’ or distrust of God and brokenness

John 8:44

Matthew 12:33-35; 15:18-19; 16:21-23



Apostle Paul Talking About the ‘Roots’ of SIN:

Romans 1:25

2 Thessalonians 2:9-11

Apostle John Talking About the No Sin and the End of Sin:

No SIN: 144,000 Revelation 14:5

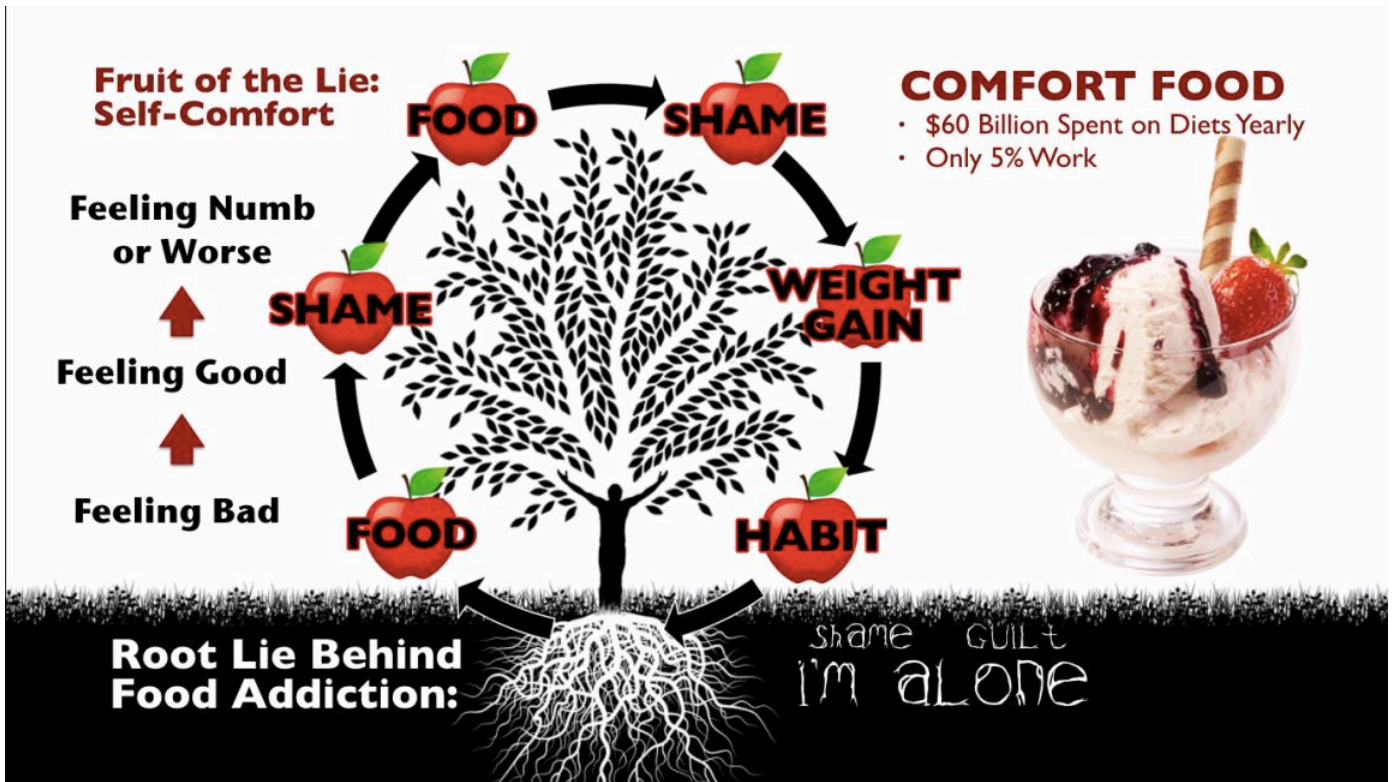
* What key character trait describes God’s people in the last days?

SIN Ends: Revelation 21:8, 27; 22:14-15

* What is the key character trait listed *last* in both chapters?

Why is this one trait listed *last* in both chapters?

From ROOT to Fruit:



What are we saying about ourselves, about God, when we trust in our patterns of self-protection?

So long as we imagine it is we who have to look for God, we must often lose heart. But it is the other way about—He is looking for us. —Simon Tugwell


Can it possibly get any more uncertain than this? We so long for life to be better than it is. We wish the beauty and love and adventure would stay and that someone strong and kind would show us how to make the Arrows go away. We hope that God will be our hero. Of all the people in the universe, he could stop the Arrows [abandonment, betrayal, abuse, addiction, cancer etc.] and arrange for just a little more blessing in our lives. He can spin the earth, change the weather, topple governments, obliterate armies, and resurrect the dead. Is it too much to ask that he intervene in our story? But he often seems aloof, almost indifferent to our plight, so entirely out of our control. Would it be any worse if there were no God? If he didn't exist, at least we wouldn't get our hopes up. We could settle once and for all that we really are alone in the universe and get on with surviving as best we may.

This is, in fact, how many professing Christians end up living: as practical agnostics. Perhaps God will come through, perhaps he won't... I'll hedge my bets and if he does show up, so much the better... Like a lover who's been wronged, we guard our heart against future disappointment. (John Eldredge: *The Sacred Romance*)

The Hidden Half of The Gospel: Praying Christ and Him Crucified

Our Traditional Definition of The Gospel: *Jesus died for our sins, we repent, accepting Him as Lord and Savior, receiving forgiveness and eternal life...* often followed by a cycle of **sin-and-forgiveness**.

What message did the disciples reject for 3 ½ years **before** Christ’s death? What message did Christ *immediately* and *repeatedly* remind them of **after** His resurrection, revealing the ‘Hidden Half’ of the cross? How did it *expand* their experience of the gospel, *transforming* them in the process **after** 10 days of praying in the upper room?

Jesus Died for Our Sin(s)/Broken Relationship	Jesus Died for Our _____
<p>2 Cor. 5:21; Rom. 6:3; 8:3 1 Pet. 3:18 Why not just die for our sinful nature, and all of our sinful actions and addictions?</p>	<p>Matt. 13:34-52; Heb. 2:10; 17; Is. 53:11 Why fulfill all these prophecies and experiences in His plan of salvation?</p>
<p>Examples of Brokenness:</p> <p>Pornography – Compulsive Behavior Adultery – Alcohol – Anger - Sugar Panic – Control – Money - Food Gossip – Caffeine – Self-Pity Cutting – Depression Etc.</p> <div style="text-align: center;">  <p>Negative Behaviors “Bad Fruit” ↑ Negative Feelings ↑ Negative Thoughts</p> </div> <p>Examples of Negative Thoughts Behind the Behavior/Brokenness:</p> <p>I’m Not Good Enough I’m Not Safe / I Can’t Trust I’m Alone / I Am Abandoned I’m Rejected / I Am Worthless I Have to Do More & Try Harder I Can’t Be Forgiven / I’m Hopeless I Can’t Have Needs / I’m Powerless I Have to Perform to Gain Approval I’m Better Than Others / I Know More Poor Me / I Can’t Be Me / No One Sees Me I Need to Be: Center of Attention/In Control</p> <p>Satan = “Father of Lies” = Roots Of Sin</p>	<div style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 5px; width: fit-content; margin-bottom: 10px;"> A: Jesus’ Story </div> <p>Abandoned – Alone – Isolated as He was struggling to surrender His Will</p> <hr/> <p>Betrayed By A Kiss for the Price Of a Slave</p> <p>* ABUSE: Became Powerless - 2 Cor. 13:4</p> <hr/> <p>* Stripped Naked</p> <hr/> <p>* Physically Violated by Groups of Men</p> <hr/> <p>* Verbally – Mentally - Psychologically</p> <hr/> <p>* Shamed - Humiliated</p> <hr/> <p>* By Satan and those in power over Him</p> <hr/> <p>Tempted to numb His pain</p> <hr/> <p>Asking “WHY?”</p> <hr/> <p>Rejected – Forsaken by His Father</p> <hr/> <p>Based on the Words of: Jesus, Isaiah, Matthew, Mark, Luke, John, Paul, Hebrews, the Law of Moses, Psalms and the Prophets</p> <hr/> <p>(Rev. 5:5; 22:16; Col. 2:6-7; Eph. 3:16-19) * Jesus = “Root of David” = Roots of Our Freedom</p>

**B:
My
Story**



Listening to the Person's Story: **NO Fixing!** **NO Counseling!** **NO Advice Giving!**

One of our greatest losses (or wounds) is ‘not being seen and heard and valued.’

Because of that, we need to understand the power and importance of listening to those we are praying with – leading them to Christ the “Wonderful Counselor,” who is our “Wisdom” (Isaiah 9:6: 1 Cor. 1:30), without any need to:

- Fix them
- Counsel them
- Give them our words of wisdom (which is often based on our need to rescue others... See the skit at <https://www.youtube.com/watch?v=DzTj72Bflyk> – sharing the way we, as church members, often “counsel” and “fix” others in ways that wound them and discourage them: ie. misguided benevolence)

Honoring = Listening:

Dietrich Bonhoeffer, in his book, *Life Together*, reinforces the importance of listening:

The *first* service one owes to others in community involves listening to them. Just as our love for God begins with listening to God's Word, the beginning of love for other Christians is learning to listen to them Christians who can no longer listen to one another will soon no longer be listening to God either; they will always be talking even in the presence of God. The death of the spiritual life starts here, and in the end there is nothing left but empty spiritual chatter and clerical condescension which chokes on pious words.

Christiane A. Scheller wrote a blog in *Christianity Today* about her son Gabriel's suicide called, *In the Valley of the Shadow of Suicide*, (4/24/2009). She shares her pain along with a quote from the book, *Trauma and Recovery*, by Judith Herman that can be very helpful to us as we consider the importance and power of listening without judging. And then offering the person the opportunity to connect Jesus' story – how He has already embraced all their suffering and sin, with their story of suffering and sin:

Beyond the issues of shame and doubt, traumatized people struggle to arrive at a fair and reasonable assessment of their conduct, finding a balance between unrealistic guilt and denial of all moral responsibility. In coming to terms with issues of guilt, the survivor needs the help of others who are willing to recognize that a traumatic event has occurred, to suspend their preconceived judgments, and simply to bear witness to her tale. When others can listen without ascribing blame, the survivor can accept her own failure to live up to ideal standards at the moment of extremity. Ultimately, she can come to a realistic judgment of her conduct and a fair attribution of responsibility.

Christine shares how survivors need time and space to come to a realistic self-assessment. And how she trusts that for her, the crucible will forge a better person, and lead to peace. She quotes Dr. Kheriaty, who spoke at her son's funeral. She had called him instead of a pastor because she saw him as a safe person to “invite into our moment of horror, unlike some pastors who later described the suicide as an ‘unwise choice’ and simple spiritual failure.”

She shares Kheriaty's closing words with a meditation on the Prince of Peace:



“On the cross and in his agony, our Lord suffered not just our physical afflictions, but our mental anguish as well. Out of the depths we cry to Him, and he reaches down into our depths to raise us up with Him. God knows the depth of our suffering. He knows our fragile heart. And Christ's own heart, a heart of flesh, a heart both human and divine, is merciful beyond measure. It is in this mercy that we place our hope. It is into these hands stretched out on the cross in a gesture of love that we entrust Gabriel.”

May we listen with love, instead of offering simplistic answers or quick fixes, even scriptural answers that are often invalidating the person. And as we listen, may we invite them to connect their story with Jesus' story at Calvary. (<http://www.christianitytoday.com/ct/2009/april/27.38.html>, Retrieved May 30, 2009)

“Friends are those rare people who ask who you are and then wait to hear the answer.” Ed Cunningham

Straight 2 the Heart = Three KEY Steps + Two KEY Questions

Step One: Listening to the person's story

Step Two: Sharing Jesus' story

Step Three: Praying Jesus' story into the person's story

❖ 1 Assessment Question to IDENTIFY negative thoughts:

- ✓ What is the negative thought (or negative message, negative belief, lie) you received about yourself? What did you learn to believe about yourself when... because of...?

❖ 1 Application Question to IDENTIFY with Christ:

- ✓ Where has Jesus already gone through a negative experience, where He was **TEMPTED** to believe similar kinds of negative thoughts, messages or lies?

* Assuming it is **NOT** a medical problem

What are we saying about the power of the gospel of Jesus Christ when we send the person to the counselor down the road for help... a counselor who may or may not be a Christian? And if the counselor is a Christian, he or she may apply secular theories and techniques without including prayer and Biblical principles, without seeing if his or her theories and techniques are consistent with God's Word?

How does a pastor or church member feel, when we are unable to help the person with broken relationships, addictions, abuse find healing and freedom in Christ etc.? And we are unable to find healing and freedom in Christ for our own struggles, addictions, brokenness or abuse?



Explaining the Introductory “CROSS” Prayer - Worksheets

* *The instructions on Introductory Prayers go from left to right – just like we read a book, as we share how they can move from the negative cycle of sin-and-forgiveness into the positive cycle of freedom-and-ministry.*

Step 1: Listen to the person’s story in the left-hand column

- a. Ask the person “Do you pray to Jesus or the Father?”
- b. If the person has any fears about “contemplative prayer,” “spiritual formation,” new age/eastern religion meditation, the dangers of repetitive prayers and/or fears because they believe we can only pray to the Father in Jesus’ name – they believe we cannot pray directly to Jesus), share how Stephen, Paul, Ananias and Peter all prayed/talked directly to Jesus after the resurrection, after the ascension, and after the upper room (see Acts 7:56-60; Acts 9; Acts 10)

Step 2: Sharing Jesus’ story in the right-hand column

- a. Have the person read one of the scriptures in the right-hand column
- b. Ask the person “What do these verses about Jesus’ suffering mean to you?” (*read all the Scriptures in the right hand column to yourself BEFORE using those scriptures, so you know what they say and you can use the one that seems to fit best for that situation*)
- c. Share Jesus’ story of suffering in the right-hand column as the “**ROOT**” of our healing and freedom so He can move us into a cycle of freedom and ministry
- d. Ask the person to check 2–3 places where Jesus’ went through negative experiences so He could be tempted to believe similar kinds of thoughts
- e. Write out Jesus’ story in the Sample Prayer per the instructions **in the prayers**

Step 3: Pray Jesus’ story with the person

- a. Tell the person. “Please **repeat** the prayer after me.” Share with them that your words have no power – and because it is a different way to pray, you want them to repeat the prayer after you the first few times

Step 4: Pray the blessing prayer

- a. Explain to them that Psalm 46:10 tells us to “be still and know God;” John 10 tells us four times that Jesus’ sheep know His voice; and Revelation 2-3 tell us that all the churches are told at the same time “He who has an ear, let Him hear what the Spirit says”
- b. Ask her to be still, so she is **not** praying with words, **nor** is she praying in her mind. The person is simply taking time to be quiet to see if any blessings, words of encouragement or scripture promises come to them. Some people sense a blessing or scripture promise. Some don’t and either way is okay.

Step 5: Pray the ‘Spiritual Warfare’ prayers for the person while the person ‘listens’ (Ps. 46:10)

- a. Ask God to reveal how Satan will attack him/her this week – then fill in the blanks
- b. Ask God to reveal how God will protect her in a way that she notices – then fill in the blanks

Step 6: Explain the Daily Discipleship Prayer **AFTER** the 2nd Prayer Session

- a. Read the instructions at the top of the page with the person
- b. Share how the person can read some of the sample scriptures daily
- c. Share how the person can ask God what God wants the person to know about those scriptures – as it relates to the negative thoughts/behaviors in the person’s life
- d. Share how the person can rewrite the sample prayer in his or her own words, making it more and more personal for that person, using more and more of his or her own words, thoughts, feelings, behaviors and scriptures

Step 7: Thanks and Community Prayer and debrief with the person what it meant to her/him

* **Option:** Have the person fill out the Summary Prayer at the end of the session if you are able to write out your notes in a way that they are in 1st person language, so it is as if the person you are praying for is the one writing out your notes – and your notes are written in smooth sentences



JESUS: Introductory CROSS Prayer * Person's name: _____

* See Acts 7:56-60, 9:35, 10: 10:14-20, 36; John 10:3-4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2-3)

“Where would I like more freedom in my life?” (write this info. in 3:B **after** writing in the thoughts)

My Best Hopes and/or Struggles: _____

<p>STEP 1: Listening to the Person's Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk You Have:</p>	<p>STEP 2: Sharing Jesus' Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts You Have:</p>
<p>Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18-19; Rom. 1:25</p>	<p>JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1-5; Heb. 2:14-18; 4:14-16 [Luke 2:5]</p>
<p><input type="checkbox"/> I'm alone <input type="checkbox"/> I'm abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I'm different <input type="checkbox"/> No one understands me <input type="checkbox"/> I'm not good enough <input type="checkbox"/> I'm not deserving <input type="checkbox"/> I'm rejected <input type="checkbox"/> I'm not wanted <input type="checkbox"/> I'm bad/dirty <input type="checkbox"/> I can't speak up, have needs, be seen or be safe <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> I need to be in control <input type="checkbox"/> I'm a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I can't trust/get close to anyone <input type="checkbox"/> I'm powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I'm not worthy <input type="checkbox"/> I can't be forgiven or accepted <input type="checkbox"/> I need approval and acceptance from others <input type="checkbox"/> I'm not important <input type="checkbox"/> I'm not loved <input type="checkbox"/> I don't belong Trusting in Self/Pride Lies: <input type="checkbox"/> I need to trust in my own strength and wisdom <input type="checkbox"/> I am good enough <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I need to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> I deny/minimize pain from my past <input type="checkbox"/> My security is in being right, knowing more than others, and/or trusting in my religious activities Other: _____</p>	<p><input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Rejected by loved ones <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father's will <input type="checkbox"/> Left alone and abandoned by those closest to Him <input type="checkbox"/> Betrayed by Judas – by a kiss and sold for price of a slave He chose to be powerless as He was: <input type="checkbox"/> Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate <input type="checkbox"/> Being shamed, humiliated and embarrassed <input type="checkbox"/> Being abused by those in power over Him who should have protected Him and supported Him <input type="checkbox"/> Being TEMPTED to numb His pain when His situation seemed to be hopeless and useless <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Crying out “My God, My God, WHY have You forsaken ME?” <input type="checkbox"/> Being unfairly, unjustly accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt and regret <input type="checkbox"/> A Man of grief and sorrows <input type="checkbox"/> Other: _____</p>



STEP 3: Cross Prayer-Pray Jesus' Story * I read all the instructions in italics in this prayer & on page 39

3:A **Dear Jesus**, Thank You for choosing to keep Your promise to save me as You were suffering through the experience of: (write in Jesus' experiences from right column) _____

3:B So You could be tempted with my negative thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____. I agree with You that my false identity keeps me from living out Your plans for my life. And I thank You for taking all this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7-Do not use many words)

Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for _____ (name) in this area of his/her life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: **Dear Jesus**, How will Satan attack _____ (name) out of Satan's **fear** while he/she is receiving Your freedom and living out Your hopes and plans for his/her life? _____

STEP 6: Protection Prayer: **Dear Jesus**, How will You turn _____ (name) heart to You, to receive Your victory over Satan, when he is attacking him/her with his lies? (2 Pet. 2:9; 2 Cor. 10:5) _____

* Rewrite these sample prayers in your own words, with the "Daily Prayers," making it a personal prayer, not a formula.



FATHER: Introductory CROSS Prayer * Person's name: _____

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

<p>STEP 1: Listening to the Person's Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk You Have:</p>	<p>STEP 2: Sharing Jesus' Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts You Have:</p>
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Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18-19; Rom. 1:25

- I'm alone I'm abandoned Why God? I'm different No one understands me I'm not good enough I'm not deserving I'm rejected I'm not wanted I'm bad/dirty I can't speak up, have needs, be seen or be safe I have to perform/try harder I need to be in control I'm a failure I deserve to be punished I can't trust/get close to anyone I'm powerless, helpless, weak, hopeless, useless I'm not worthy I can't be forgiven or accepted I need approval and acceptance from others I'm not important I'm not loved I don't belong
- Trusting in Self/Pride Lies:** I need to trust in my own strength and wisdom I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others I deny or minimize pain from my past My security is in being right, knowing more than others, and/or trusting in my religious activities
- Other:** _____

JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1-5; Heb. 2:14-18; 4:14-16 [Luke 2:5]

- Unwed mother No bio father Refugee in Egypt Rejected by loved ones Tempted in the desert Struggling to surrender to His will to His Father's will Left alone and abandoned by those closest to Him Betrayed by Judas – by a kiss and sold for price of a slave
- He chose to be powerless as He was:**
- Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate
- Being shamed, humiliated and embarrassed
- Being abused by those in power over Him who should have protected Him and supported Him
- Being **TEMPTED** to numb His pain when His situation seemed to be hopeless and useless
- Difficulty breathing Crying out “My God, My God, **WHY** have You forsaken ME?” Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for my sin, shame, guilt and regret A Man of grief and sorrows
- Other:** _____



STEP 3: Cross Prayer–Pray Jesus' Story * Read all the instructions in italics in this prayer & page 39

3:A Dear Father, Thank You for choosing to keep Your promise to save me when You were giving Jesus strength to suffer as He was going through the experience of: (write in Jesus' experiences from right column)

3:B So He could be tempted with my negative thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____. I agree with You that my false identity keeps me from living out Your plans for my life. And I thank You for taking all this to death on the cross, **IN** Christ, raising Him up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Jesus' name, Amen.**

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7–Do not use many words)

Dear Father, What promises, hopes, plans, truths or encouragement do You have for _____ (name) in this area of his/her life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: **Dear Father**, How will Satan attack _____ (name) out of Satan's **fear** while he/she is receiving Your freedom and living out Your hopes and plans for his/her life? _____

STEP 6: Protection Prayer: **Dear Father**, How will You turn _____ (name) heart to You, to receive Your victory over Satan, when he is attacking him/her with his lies? (2 Pet. 2:9; 2 Cor. 10:5) _____

* Rewrite these sample prayers in your own words, with the “Daily Prayers,” making it a personal prayer, not a formula.



How do We Protect the (1) Person Receiving Prayer and Discipleship Ministry and (2) the Local Church/Denomination/Organization?

By **NOT** counseling – **NOT** ‘fixing’ – **NOT** giving advice – **NOT** doing ‘therapy’ at any moment during the time we are meeting for prayer and discipleship ministry.

Some/many church members are dangerous. They love to counsel others in the church and/or community. They love to try and give advice to others in the church or community, even when – and often when the advice or counsel they are giving is NOT working for them. But they still love to give advice and counsel and try to fix others ☹️. They feel better when they are telling others to have more faith, the “believe more/just trust Jesus” etc. etc. even though they are not helping the person they are sharing with.

➤ Protecting the Person Receiving Prayer:

We ask two simple questions to protect the person volunteering for ministry:

(1) Where would I like more freedom in my life?

(2) What are the 2 or 3 negative thoughts you can identify with in the left-hand column?

These two questions are designed to protect the person receiving prayer from misguided members who want to jump into counseling and fixing/doing therapy/giving advice with or to others and/or giving others a list of behaviors to do (advice and “to do” lists that are often not working in their own lives)

* In another part of the manual we will go through the three main steps in the “Introductory Cross Prayer” that is part of these two key questions

➤ Protecting the Church/Church Denomination/Church System/Organization:

These same two questions are also designed to protect the local church from these same members who want to turn prayer and discipleship times into counseling sessions, into therapy sessions, creating problems for the local church and denomination ☹️

How do We Listen to the Person’s Story in a Way That We Are Intentionally Protecting the Safety of the Person Receiving Prayer and Discipleship?

(Using the “Introductory CROSS Prayer” worksheet)

We Ask 2 Questions and **Only** 2 Questions at the beginning of the prayer time (*So we do not give in to the temptation to try and counsel the person, fix the person, give advice to the person, or do “therapy” with the person*)

Question #1 to Offer Safety and Protection:

* This question is at the top of the “CROSS Prayer” page

“Where would I like more freedom in my life?”

- I write the person’s name on the line at the top of the page – at the beginning of the prayer time.
- I ask the person to share what he or she wants to pray about in 3–5 minutes (I cannot bring 30 minutes’ worth of information to the Lord. It is too much information to pray about – **and** we are trusting in the Lord to be the “Wonderful Counselor.” *Yes, there are a few exceptions and you can ask God to reveal the times when you need to listen for longer periods of time*).
- I summarize what the person shares with me in the line at the top of the “CROSS Prayer” page
 - This question helps the person receiving prayer to focus on what he or she wants to pray about.
 - This also helps the facilitator to avoid the temptation to begin counseling the person, sharing how he or she can identify with the person and what he or she did in a similar situation... We do **NOT** do this in Straight 2 the Heart’s discipleship process – we **NEVER, EVER** counsel others. We pray with them.

❖ Before we move to question #2, we explain the fruit tree in 60 seconds or less:

We explain the fruit tree located on the right side of page in 60 seconds (*more than 60 seconds is too long and it opens the door to mini-sermons or preaching which is counter-productive*).

We share with the person how we often bring our negative behaviors/sins and feelings to the Lord. We confess our sins. We receive forgiveness for our sins. And then we *return* to our sins ☹.

We *repeat* this pattern, which is a cycle of sin–and–forgiveness, leading many Christians to become discouraged and wonder where the power of the gospel actually is.

Then we share how the roots are the negative thoughts we have received from Satan, the ‘father of lies’ – **and** we direct them to the list of negative thoughts in the left-hand column of the “Introductory CROSS prayer” (* see the explanation for question #2 on the next page)



Question #2 to Offer Safety and Protection: (* The instructions for this question are next to “Step 1” on the “CROSS Prayer” page)

“What are your negative thoughts about this area of your life?”

We say to the person:

- A. “Please read the **whole** list of negative thoughts first”
- B. “Then, check off 2 or 3 of the key negative thoughts or messages you have received **after** you have read the whole list”
- C. “There is a line at the bottom titled ‘Other’ so you can add in any other thoughts or rewrite some of those listed in order to make the words your own”

Question: → → → → →

What if the person checks off more than 3 of the negative thoughts?

Answer:

I ask the person to prioritize the top 2–3 negative thoughts.

Question: → → → → →

What if the person *cannot* identify negative thoughts?

Answer:

This would be an unusual experience. And if it happens, ask God “Why can’t he/she identify negative thoughts?”

Or simply move to Step 2, where we will ask the person to see where Jesus can identify with the negative experience in the person’s life.

Asking these two questions helps us to listen to the person’s story (*see Step 1 on the “Introductory CROSS Prayer” worksheet*) in a way that we are honoring his or her story by:

- Not giving advice to the person
- Not sharing our own story – which often leads to a min-sermon or giving advice, which means we are focusing on ourselves and we are **not** focused on listening to the person ☹
- Not telling the person to just have more faith, believe more or do more – which is telling the person to try harder to do what he or she is already unable to do ☹

Other pages will explain the three steps on the “Introductory CROSS Prayer” worksheet, based on the understanding that you have already read these pages, sharing why we ask these two questions.



Follow the Leader: GPS Goals for Each Participant During the Discipleship Process

1. **Receiver's Goal** – To **follow** the Facilitator as my **GPS** so I can walk away from the prayer time:
 - Knowing—in a meaningful way, that Jesus' suffering means He can really understand my story in a personal way, and how God will be protecting me this week in the midst of enemy's attacks
 - With the **CROSS** prayer as well as the Blessings, Attacks and Protection prayers filled out
2. **Facilitator's Goal** – To **follow** the mentor line-by-line, check-box by check-box , praying with different people **3 TIMES IN A ROW**, learning to:
 - Develop trust and confidence in (a) Jesus as the “Healer/Counselor” (b) the mentor (c) the checklist, line-by-line (d) the “Intro Cross” prayer **when** the mentor is not there to help me pray with others
 - Prepare himself or herself to become a proactive mentor who can multiply other disciples offering freedom in Christ

IF I believe that Jesus is the “Wonderful Counselor or Healer” (Isaiah 9:6; Malachi 4:2) I will ask the person to summarize what he/she wants to pray about in 3-5 minutes as: (1) The MOST LOVING thing I can do... because (2) It brings the person into the presence of the **ONLY ONE** who is able to bring healing and freedom to the person's heart and mind.

The first time, the facilitator prays with someone, he or she often feels: (1) Uncomfortable (2) The process is mechanical or clinical (3) Is not able or qualified to pray with others.

Then, the facilitator will (A) Leave with doubts, concerns and questions about the discipleship process and (B) May not return for the training.

IF I believe I need to listen for 20-30 minutes to the person's story, I will listen/empathize for a long time: (1) Competing with Jesus as the Healer (2) Taking that time away from Jesus being the Counselor/Healer (3) Trusting in my ability to listen and empathize with the person (4) Tempting myself to give advice and counsel to the person ☹.

By the second and third discipleship times, the facilitator is often: (1) Understanding the process better (2) Feeling more comfortable and confident with the process.

Then, he or she will leave with a sense of: (A) Hope and encouragement about the process (B) Direction with the different steps in the checklist.

3. **Mentor's Goal** – To **follow** the Discipleship Catalyst (if there is a Catalyst present) as I lead the same facilitator through the checklist, (*line-by-line the 1st time*), **3 TIMES IN A ROW** so the facilitator is feeling comfortable with the discipleship process and trusting the checklist so I am:
 - Proactively** leading the facilitator through the checklist *line-by-line the first discipleship time* (not being passive and quiet while the facilitator gets lost in the process)
 - Proactively** leading the facilitator through the checklist a **2nd and 3rd TIME**, letting the facilitator know that he or she has missed something on the checklist, and letting the facilitator find what was missed, **WITHOUT** telling the facilitator where something was missed on the checklist, so that the **facilitator is learning to trust the checklist when the mentor is not around**
4. **Discipleship Leader's Goal** – (*if a Discipleship leader/mentor is present*) To **make sure** the mentor is:
 - Proactively using the 2-page **GPS** Mentoring Checklist with the facilitator also using the 2-page checklist
 - Proactively leading the facilitator through the 2-page Facilitator checklist *line-by-line the first discipleship time* * *Instead of being 'nice' in a way that lets the facilitator get lost in the process*
5. **Observers' Goal** – To **check** the check boxes at the same time the facilitator does (1) To become familiar with the process, and (2) To fill out the Introductory **CROSS** prayer/praying Jesus' story into his/her own story



Can We Pray to the Father and Jesus – Or Just the Father?

Are there any examples of Christians praying to Jesus – and/or Jesus speaking directly to His disciples after the resurrection, after the ascension and after the Holy Spirit fell on the disciples in the upper room?

Listed below are 14 examples/references in the New Testament:

Stephen, the apostle Paul, Ananias, Peter and the seven churches of Revelation all pray directly to Jesus and/or have Jesus speak directly to them after the resurrection, after the ascension, and after the outpouring of the Holy Spirit.

See:

- **Example 1: Acts 7:54-60 Stephen the Martyr is praying directly to Jesus, standing next to His Father**

⁵⁴ When they heard these things they were cut to the heart, and they gnashed at him with *their* teeth. ⁵⁵ But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, ⁵⁶ and said, “Look! I see the heavens opened and the Son of Man standing at the right hand of God!”

⁵⁷ Then they cried out with a loud voice, stopped their ears, and ran at him with one accord; ⁵⁸ and they cast *him* out of the city and stoned *him*. And the witnesses laid down their clothes at the feet of a young man named Saul. ⁵⁹ And they stoned Stephen as he was calling on *God* and saying, “**Lord Jesus, receive my spirit.**” ⁶⁰ Then he knelt down and cried out with a loud voice, “Lord, do not charge them with this sin.” And when he had said this, he fell asleep.

- **Examples 2 & 3: Acts 9:3-5, 10 Jesus is talking directly to Paul and Ananias**

³ As he journeyed, he came near Damascus, and suddenly a light shone around him from heaven. ⁴ Then he fell to the ground, and heard a voice saying to him, “Saul, Saul, why are you persecuting Me?” ⁵ And he said, “Who are You, Lord?” Then the Lord said, “**I am Jesus**, whom you are persecuting. *It is hard for you to kick against the goads.*”

¹⁰ Now there was a certain disciple at Damascus named Ananias; and to him the Lord said in a vision, “Ananias.”

- **Example 4: Acts 10:14-20, 36 Jesus is talking directly to Peter (see verse 46)**

¹⁴ But Peter said, “Not so, **Lord!** For I have never eaten anything common or unclean.”

¹⁵ And a voice *spoke* to him again the second time, “What God has cleansed you must not call common.” ¹⁶ This was done three times. And the object was taken up into heaven again. ¹⁷ Now while Peter wondered within himself what this vision which he had seen meant, behold, the men who had been sent from Cornelius had made inquiry for Simon’s house, and stood before the gate. ¹⁸ And they called and asked whether Simon, whose surname was Peter, was lodging there.

¹⁹ While Peter thought about the vision, the Spirit said to him, “Behold, three men are seeking you. ²⁰ Arise therefore, go down and go with them, doubting nothing; for I have sent them.”

³⁶ The word which *God* sent to the children of Israel, preaching peace through Jesus Christ—He is Lord of all.

- **Examples 5-11: Read how **Jesus spoke to all seven of His churches** in Revelation 2-3, sharing the same message seven times, that “He who has an ear, hear what the Spirit says to the churches.”**
- **Example 12: Jesus told us that His sheep hear His voice and know Him 5x in John 10:10:3–4, 14, 16, 27**
- **Example 13: Jesus: “Ever lives to make intercession” (Jesus intercedes for us with His Father – Hebrews 7:25)**
- **Example 14: Jesus: “No man comes to the Father except by Me” (John 14:6)**

Option 1: We cannot pray to Jesus – It is unbiblical and disrespectful, it is not cultural for me, and it is sinful

Option 2: We can pray to Jesus – It is Biblical and respectful even when it is not cultural for me, and I will give everyone I pray with the choice to pray to the Father or the Jesus



Outline for the Facilitator & Mentor's Process

Who receives this worksheet?

- **Each Facilitator** receives this worksheet the first time he or she is being trained
- **Each Mentor** receives this worksheet the first time he or she is training others

Facilitator: Facilitation session #1 Facilitation session #2 Facilitation session #3

- I facilitate prayer 2–3 times in a row and the box **each time** to keep track with **no exceptions**.
- When I am receiving prayer, **I do not** stop and **try to** mentor/train the facilitator praying for me.
- I will *never facilitate just once*, and then someone else facilitates because this will result in me:

- Not receiving multiple experiences **in a row**—that I need to have as I learn to train others
- Not being comfortable after the 1st prayer time (2nd & 3rd time **in a row** = **more comfort**)
- Not having confidence in my ability to use the facilitator's checklist when I pray with others

Mentor: Mentoring session #1 Mentoring session #2 Mentoring session #3

- I read the Mentor Preparation checklist on the following 2 pages.
- I mentor a facilitator 2–3 times in a row and the box **each time** to keep track with **no exceptions**.
- I will *never mentor just once*, and then someone else mentors because this will result in me:

- Not receiving multiple experiences **in a row**, that I need to have as I learn to train others
- Not being comfortable after the 1st time I mentor (2nd & 3rd time **in a row** = **more comfort**)
- Not having confidence in my ability to use the mentor's checklist when I am training others

Order of Communication:

Prayer Coach/Discipleship Leader



Mentor



Facilitator



Receiver

Communication Process: I understand that if there is a prayer coach, he or she will communicate quietly:

- *With* the mentor
- Not with the facilitator or the person receiving prayer.

Then the mentor will communicate quietly:

- *With* the facilitator
- Not with the person receiving prayer

I will also read the “Mentors/Facilitators Learning Curves” on page 43 in the Part 1 Manual to avoid being:

- Too passive
- Too controlling
- Too hard on the person learning



Facilitator Preparation: Pages 1–11 Instructions

Lay the INTRO Cross prayer on my left

Page 25 is Jesus – Page 26 the Father

Step 1. Listening to the Person's story on page 25 or page 26	Step 2: Sharing Jesus' story on page 25 or page 26
Person checks 2-3 negative thoughts in his/her story	Person checks 2-3 negative experiences in Jesus' story

* 14 New Testament examples of direct communication between Jesus and His children are on page 31 in this training manual

Instructions for 3:A part of the CROSS prayer with Jesus' story

Instructions for 3:B part of the CROSS prayer with your story/the person's story

Lay pages 1-11 on my right, next to the Intro CROSS prayer (page 25 or 26)

- Pages 1-11 for the Facilitator Checklist are **not** in the Part 1 Training Manual – their page numbers are from a separate file

Read the instructions on this Facilitator GPS page, word-for-word

The section at the top of the page is between the Mentor and Facilitator, lines a-d

So, the Mentor and Facilitator are speaking to each other in lines a-d

The Facilitator is **NOT** talking to the person receiving prayer in a-d

The Facilitator begins speaking to the person receiving prayer in "e"

Lines ~~h-i~~ are crossed out because we bring in these forms later on in the training

Read Step 1: a-e and follow the instructions as I go through Step 1, **line-by-line**, a-e, sharing about the *Receiver's story*

Read Step 2: a-d and follow the instructions as I go through Step 2, **line-by-line**, a-d, *sharing about Jesus' story*

Read Step 3: a-e and following the instructions as I go through Step 3, **line-by-line**, a-e

Please note: *Step 3 has "a:1" and "a:2" because we are giving instructions to the person receiving prayer and we want to be consistent with the 3:a and 3:b parts in the Intro CROSS prayer*

Continue following instructions with the Intro CROSS prayer side-by-side with the Facilitator checklist, pages 1-11

- The "Mentor's Explanation Worksheet" is on the next page
- Pages 12–19 for the Mentor Checklist are **not** in the Part 1 Training Manual. Those page numbers are from a separate file



Mentor's Explanation Worksheet – Side-by-Side Comparison: Part 1

- I will lay worksheets listed in the 3 tables below **Side-by-Side**
- I will follow the instructions one-line-at-a-time

Table 1	Table 2	Table 3
CROSS Prayer Side-by-side with the Facilitator Checklist Pages 25–26	Facilitator Checklist Side-by-side with the Mentor Checklist Pages 1–11 <i>* Not in the Part 1 Training Manual</i>	Mentor Checklist Side-by-side with the Facilitator Checklist Pages 12–19 <i>* Not in the Part 1 Training Manual</i>



Week 1 Homework: Extra Resources & Exercises

Resource or Page # **Description of Resource and/or Instructions**
 (see the PDF with the “Session 3” slides)

Hidden Half book Diana’s story and introduction to Straight 2 the Heart’s Biblical themes/stories
 The Hidden Half of the Gospel: Chapters 1–4 (pp. xiii–57)

Youtube Youtube Presentations:
 Hidden Half of the Gospel: Parts I & II
<https://www.youtube.com/watch?v=1u0k4mi6GnI>
<https://www.youtube.com/watch?v=IrRuao5eHg4>

27–30 Protecting the Church/Organization & GPS Goals for Each Participant

36 **Read and Follow Instructions:**
 Highs and Lows Exercise

37–39 Instructions for Using the Personal Prayer

I pray the “Personal Cross Prayer” so:

- a. I am applying the CROSS prayer in my own life
- b. The process becomes part of me – not just something I do one night a week at the training

Instructions for the “Personal Prayer”

Disciples who apply the “Daily Discipleship Prayers” daily:

- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
 And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayers” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Highs and Lows Influencing My Picture of God:

Spiritual – Relational – Emotional – Educational – Financial – Generational

1. I summarize 3 positive in my life and 3 negative events in my life in the columns below
2. I write in my age and draw a simple image of that event – an image that is meaningful for me

Positive Events: Marriage Salvation Baptism Adoption Promotion Graduation Children School Sports Work Other...	I draw 3 pictures/images illustrating 3 POSITIVE events in my life		
	Image #1: My Age _____ My summary of a positive event: _____ _____ I draw my picture in this space:	Image #2: My Age _____ My summary of a positive event: _____ _____ I draw my picture in this space:	Image #3: My Age _____ My summary of a positive event: _____ _____ I draw my picture in this space:
<i>How old was I at the time of my positive and negative experience?</i>			
Negative Events: Alone Death Abused Adopted Divorced Betrayed Addicted Rejected Grief/Loss Other...	I draw 3 pictures/images illustrating 3 NEGATIVE events in my life		
	Image #1: Age _____ My summary of a negative event: _____ _____ I draw my picture in this space:	Image #2: Age _____ My summary of a negative event: _____ _____ I draw my picture in this space:	Image #3: Age _____ My summary of a negative event: _____ _____ I draw my picture in this space:

I summarize the positive influence on my picture of God: _____

I summarize the negative influence on my picture of God: _____

Jesus:
 Alone
 Abused
 Tempted
 Betrayed
 Rejected
 Why God?

Dear God/Jesus, Thank You for knowing about my negative experiences: *(summarize experiences)* _____

and choosing to identify with them: *(summarize Jesus' experiences)* _____ taking my
 negative thoughts: *(summarize thoughts)* _____

_____ to death on the cross,
 to heal me and set me free in order for me to receive my truest deepest identity as Your son/daughter. **Amen**

What difference does it make to know Jesus' story identifies with my story and I can pray Jesus' story into my story? _____



JESUS: Personal CROSS Prayer * See instructions for daily prayers on page

* See Acts 7:56-60, 9:35, 10; 10:14-20, 36; John 10:3-4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2-3)

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

<p>STEP 1: Listening to the Person’s Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk You Have:</p>	<p>STEP 2: Sharing Jesus’ Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts You Have:</p>
<p>Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18-19; Rom. 1:25</p>	<p>JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1-5; Heb. 2:14-18; 4:14-16 [Luke 2:5]</p>
<p><input type="checkbox"/> I’m alone <input type="checkbox"/> I’m abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I’m different <input type="checkbox"/> No one understands me <input type="checkbox"/> I’m not good enough <input type="checkbox"/> I’m not deserving <input type="checkbox"/> I’m rejected <input type="checkbox"/> I’m not wanted <input type="checkbox"/> I’m bad/dirty <input type="checkbox"/> I can’t speak up, have needs, be seen or be safe <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> I need to be in control <input type="checkbox"/> I’m a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I can’t trust/get close to anyone <input type="checkbox"/> I’m powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I’m not worthy <input type="checkbox"/> I can’t be forgiven or accepted <input type="checkbox"/> I need approval and acceptance from others <input type="checkbox"/> I’m not important <input type="checkbox"/> I’m not loved <input type="checkbox"/> I don’t belong Trusting in Self/Pride Lies: <input type="checkbox"/> I need to trust in my own strength and wisdom <input type="checkbox"/> I am good enough <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I need to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> I deny/minimize pain from my past <input type="checkbox"/> My security is in being right, knowing more than others, and/or trusting in my religious activities Other: _____</p>	<p><input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Rejected by loved ones <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father’s will <input type="checkbox"/> Left alone and abandoned by those closest to Him <input type="checkbox"/> Betrayed by Judas – by a kiss and sold for price of a slave He chose to be powerless as He was: <input type="checkbox"/> Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate <input type="checkbox"/> Being shamed, humiliated and embarrassed <input type="checkbox"/> Being abused by those in power over Him who should have protected Him and supported Him <input type="checkbox"/> Being TEMPTED to numb His pain when His situation seemed to be hopeless and useless <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Crying out “My God, My God, WHY have You forsaken ME?” <input type="checkbox"/> Being unfairly, unjustly accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt and regret <input type="checkbox"/> A Man of grief and sorrows <input type="checkbox"/> Other: _____</p>



STEP 3: Cross Prayer–Pray Jesus’ Story * I read all the instructions in italics in this prayer & on page 39

3:A *Dear Jesus, Thank You for choosing to keep Your promise to save me as You were suffering through the experience of:* _____
(write in Jesus’ experiences from right column)

3:B So You could be tempted with my negative thoughts that I: (write in thoughts from left column) _____

I know my thoughts prevent me from receiving/having: (write in best hopes from top line) _____

And I know my thoughts have grown into: (write in struggles from top line) _____

_____. I agree with You that my false identity keeps me from living out Your plans for my life. And I thank You for taking all this to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7–Do not use many words)

Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for _____ (name) in this area of his/her life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: **Dear Jesus,** How will Satan attack me out of Satan’s **fear** that I am receiving Your freedom and living out Your hopes and plans for my life? _____

STEP 6: Protection Prayer: **Dear Jesus,** How will You turn my heart to You, to receive Your victory over Satan, when he is attacking me with his lies? (2 Pet. 2:9; 2 Cor. 10:5) _____

* Rewrite these sample prayers in your own words, with the “Daily Prayers,” making it a personal prayer, not a formula.



FATHER: Personal “Cross Prayer”

“Where would I like more freedom in my life?” (write this info. in 3:B after writing in the thoughts)

My Best Hopes and/or Struggles: _____

STEP 1: Listening to the Person’s Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk I Have:	STEP 2: Sharing Jesus’ Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts I Have:
Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18–19; Rom. 1:25	JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1–5; Heb. 2:14–18; 4:14–16 [Luke 2:5]
<input type="checkbox"/> I’m alone <input type="checkbox"/> I’m abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I’m different <input type="checkbox"/> No one understands me <input type="checkbox"/> I’m not good enough <input type="checkbox"/> I’m not deserving <input type="checkbox"/> I’m rejected <input type="checkbox"/> I’m not wanted <input type="checkbox"/> I’m bad/dirty <input type="checkbox"/> I can’t speak up, have needs, be seen or be safe <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> I need to be in control <input type="checkbox"/> I’m a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I can’t trust/get close to anyone <input type="checkbox"/> I’m powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I’m not worthy <input type="checkbox"/> I can’t be forgiven or accepted <input type="checkbox"/> I need approval and acceptance from others <input type="checkbox"/> I’m not important <input type="checkbox"/> I’m not loved <input type="checkbox"/> I don’t belong Trusting in Self/Pride Lies: <input type="checkbox"/> I need to trust in my own strength and wisdom <input type="checkbox"/> I am good enough <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I have to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> I deny or minimize pain from my past <input type="checkbox"/> My security is in being right, knowing more than others, and/or trusting in my religious activities <input type="checkbox"/> Other: _____	<input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Rejected by loved ones <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father’s will <input type="checkbox"/> Left alone and abandoned by those closest to Him <input type="checkbox"/> Betrayed by Judas – by a kiss and sold for price of a slave He chose to be powerless as He was: <input type="checkbox"/> Stripped of His clothes, physically, verbally, and mentally abused by Satan, Priests, Herod, Pilate <input type="checkbox"/> Being shamed, humiliated and embarrassed <input type="checkbox"/> Being abused by those in power over Him who should have protected Him and supported Him <input type="checkbox"/> Being TEMPTED to numb His pain when His situation seemed to be hopeless and useless <input type="checkbox"/> Difficulty breathing <input type="checkbox"/> Crying out “My God, My God, WHY have You forsaken ME?” <input type="checkbox"/> Being unfairly, unjustly accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt and regret <input type="checkbox"/> A Man of grief and sorrows <input type="checkbox"/> Other: _____



STEP 3: CROSS PRAYER–PRAY JESUS’ STORY * I read all the instructions *in italics* in this prayer & page 39

3:A Dear Father, Thank You for choosing to keep Your promise to save me when You were giving Jesus strength to suffer as He was going through the experience of: (write in Jesus’ experiences from right column) _____

3:B So He could be tempted with my negative thoughts that I (write in thoughts from left column): _____

I know my negative thoughts prevent me from receiving/having (write in best hopes from top line) _____

And I know my negative thoughts have grown into (write in struggles from top line) _____

I agree that my false identity keeps me from living out Your plans for my life. I also thank You for taking all my negative thoughts and experiences to death on the cross, **IN Christ**, raising Him up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter – as I also receive Your peace and love.

In Jesus’ name, Amen.

STEP 4: Blessing 1 Kings 19:12 & Psalm 46:10: Use short prayers! (Matt. 6:7–Do not use many words)

Dear Father, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11) _____

STEP 5: Discernment Prayer: Dear Father, How will Satan attack me out of Satan’s **fear** that I am receiving Your freedom and living out Your hopes and plans for my life? _____

STEP 6: Protection Prayer: Dear Father, How will You turn to my heart to You, to receive Your victory over Satan, when he is attacking me with his lies? (2 Pet. 2:9; 2 Cor. 10:5) _____

* I rewrite these sample prayers in my own words, with the “Daily Prayers,” making it a personal prayer, not a formula.



Step-by- Step Instructions to Pray the Cross Prayer for Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Holy Spirit to impress me with/lead me to my best hopes and the:

- Negative thoughts/'roots' in my life behind my negative behaviors and feelings
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: I ask God what area of my life/struggle in my life He wants me to pray about.
Then I write it down on the blank line near the very top of the page.**

Pray at Step 1: * See instructions on page with the prayer

First, I ask God to reveal my negative thoughts. Then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts on the line at the bottom of the list.

Pray at Step 2: * See instructions on page with the prayer

First, read one of the 3 Scriptures listed. Then, **I ask** God to reveal Jesus' negative experiences where He "suffered being tempted" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

Pray at Step 3:A & 3:B: * See instructions on page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly, (words like 'being' – "and" etc.).

3:B – I write my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

Then I pray the Cross Prayer to myself, quietly.

Pray at Step 4 – Blessing Prayer: * See instructions on page with the prayer

I ask God to reveal a blessing He has for me... After waiting for one minute in silence, without talking to God in my head, or out loud, I write down any blessing, Scriptures or promises that come to my mind.

Pray at Step 5 – To Discern Satan's Attacks:

I ask God to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then, after waiting one minute in silence, I write down any attacks that come to my mind.

Pray at Step 6 for God's Protection:

I ask God how God wants to protect me in the midst of Satan's attacks.

Then, after waiting one minute in silence, I write down any of the ways that helps me to see how God wants to offer me His protection – in a way that I am noticing His protection and turning to Him, in the midst of the attack.

Option – I Can Also:

A: Transfer the "Cross Prayer options," "Blessing Prayer," "Attack Prayer," and "Protection Prayer" onto the "Summary Prayer

B: Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer



Week 2: Biblical Meditation

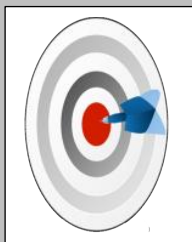
Learning to:

1. Listen to the other person's story without fixing and/or giving unsolicited advice
2. Share Jesus' story with the person
3. Pray Jesus' story into the person's story



Resource or Page # Topics (see the PDF with the Session 2's slides)

Slides	Summarizing Rick's story Cycle of being unwanted, rejected, and pornography
Slides	Review "Fruit and Root" with the Food Cycle (<i>see page 135 as well</i>)
41	Review: Praying to Jesus and Father Review Biblical Meditation Focused on God as the Power Source versus New Age Meditation Focused on Self as the Power Source
42	Homework



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

Biblical Meditation versus New Age/Eastern Religion Meditation:

Biblical Meditation = Praying–Reading–Interacting–Applying God’s Word in A Way That Increases Blood Flow in the Brain:

- Scripture repeatedly uses the word “meditation” (Joshua 1:8; Psalm 1:2; 119:15, 23, 27, 48, 78, 148; 1 Timothy 4:15 etc.).
- Some people assume that because meditation is in all the religions, all meditation is okay, but science reveals how meditation can activate our frontal lobe where we think and reason and evaluate... and how it can sedate our frontal lobe’s ability to think, reason, and evaluate.
- Biblical meditation is focused on knowing God (relational): knowing His will, His thoughts and having Him know us as we learn to surrender to and receive His will in our lives.
- Eastern religion meditation is more focused on chanting repetitive words or phrases, or focusing on an object etc. to empty the mind as opposed to “knowing God.”
- See the summary contrasting Biblical and Eastern religion meditation with quotes from Dr. Nedley’s books on pages 25–26 in the training manual and the summary below...

New Age/Easter Religion = Chanting one word or phrase in a prayer over and over again, focusing on one object or word in a way that decreases blood flow in the brain

2 Options:

I choose Biblical meditation, because it increases my ability to know God/His will, to think about Scripture, to apply Scripture, to pray etc. with an intelligent faith

I know this is the opposite of me emptying my mind... as I seek and surrender to God’s will and *God is the power source in my life*

I choose to reject **all** Scriptures with the word “meditate” in them because of my fears and concerns with the wrong kind of meditation

- Which is the opposite of me surrendering to God’s Word
- Which means I am choosing to change God’s Word
- Which means I risk removing my name from the book of life (Rev. 22:19) as I choose lie-based fears as the power source in my life

Biblical Meditation versus New Age/Eastern Religion Meditation:

Being still and **KNOWING** God (Ps. 46:10)

- * This is a God-centered, relational focus
- ↑ Increases blood flow to my front lobe in contrast to...

Emptying my mind through **chanting** repetitive phrases or prayers, focusing on one object or word etc.

This is a man-centered, self-powered focus

↓ Suppresses/lowers the blood flow to my frontal lobe

Dr. Nedley contrasts the characteristics of Christian meditation with Eastern Meditation and Hypnotism in his book, “**Depression the Way Out**”:

Christian Meditation and Prayer:

- Provides a respite from stressful thoughts and feelings.
- Reasoning powers of the brain *must be active* during the meditative process.
- The **beta brain wave** in the frontal lobe predominates, which fosters *active reasoning*.
- Our highest intellectual powers, including spiritual reasoning, reside in the frontal lobe. (p. 164, *emphasis is mine*)

Eastern Meditation and Hypnotism:

- It is in sharp contrast to Christian meditation.
- An **alpha brain rhythm is present instead of beta rhythm** (passive state).
- This signifies a trance-like state in which information bypasses the frontal lobe.
- Like hypnotism, thoughts are repressed and reasoning is absent.*
- The meditator is open to mind control.* (p. 165, bolding, *emphasis is mine*)

Praying to Jesus and/or the Father – Review: “14 Examples in the New Testament”

* See page 2, the “Content” page, in the Part 1 Leader’s Guide for the page sharing all 14 examples

9 Examples Are:

After Jesus’ resurrection
After Jesus’ ascension
After Pentecost

Acts 7:56–60, 9:35, 10; 10:14–20, 36
John 10:3–4, 14, 16, 27; 14:6 (during Jesus’ ministry)
Hebrews 7:2 & all 7 churches in Revelation 2–3



Week 2 Homework: Extra Resources and Exercises

Resource or Page #	Description of Resource and/or Instructions (see slides from Session 2 as well)
Hidden Half book:	Rick’s story The Hidden Half of the Gospel: Chapters 20-22 (pp. 210-243)
41	Read and Follow Instructions: Understanding the Difference Between Negative Thoughts, Negative Feelings and Negative Behaviors Feelings and Behaviors are the negative “Fruit” in our lives Negative Thoughts/Beliefs are the “Root” behind our feelings and behaviors
37–39	Pray the “Personal Cross Prayer” so...: <ol style="list-style-type: none"> a. I am applying the CROSS prayer in my own life b. The process becomes part of me – not just something I do one night a week at the training <p style="margin-left: 20px;">Instructions for the “Personal Cross Prayer”</p>
43	Coaches/Facilitators, Temptations and Learning Curves, Need for Prayers
44–48	Read and Follow Instructions: Hebrews 4:15 Left Column/Right Column Exercise
49–50	Read and Follow Instructions: Put Off Negative Thought – Put on Jesus Exercise to Apply Colossians 3:8–10
135	Fruit and Root - Discernment Exercise (How to know the difference between them)

Disciples who apply the “Daily Discipleship Prayers” daily:

- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayers” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.

“If you are a codependent, you please other people because you believe that no one would choose to be with you unless you are serving them. You constantly feel you must earn their love, and you neglect your own needs because you do not feel that you are worthy enough to deserve to have your own needs met.” (*From Bondage to Bonding: Escaping Codependency, Embracing Biblical Love* by Nancy Groom, 1995, p. 95)



Coaches/Facilitators – Temptations, Learning Curves and Need for Prayer:

Being Passive – Being Proactive – Being Controlling

- 1. Straight 2 the Heart's Focus:** Those who have received lot of counseling and/or experience praying may find it harder to learn at first – to default to the other ways of praying or counseling. While there are others ways to pray and disciple others, **we are focused on:**
 - a. Identifying negative thoughts in the person's life (which are creating the negative feelings and behaviors)
 - b. Identifying negative experiences in Jesus' life so He could be tempted in a similar way, with similar thoughts
 - c. Praying Jesus' story into the person's story, again and again, with the person developing an interactive process of worship with God, His Word, and His Word speaking into his or her life
- 2. Real Love versus Codependency Masquerading as Christianity:** Is it loving to allow someone to miss the turn-off on the freeway, and end up going in the wrong direction for 20-30 minutes? *Especially when the other people are following the drivers' lead?* Or is it more loving to let the person know when the turn-off/off-ramp is coming up ahead of time, so the driver doesn't get off track, so the driver doesn't go in the wrong direction, so the driver doesn't end up wandering in the wilderness? Which approach is going to help the person more, *along with everyone following the lead driver?* (see codependency quote on page 42)

Coaching Temptation #1: Being Passive – Being seen as “nice” and “loving” in a way that creates confusion, instead of being assertive and proactive when you are coaching: *(Please consider the need to receive prayer about this)*

- ❖ I allow the facilitator to start the process without reading the extra information to the left of the checklist, training the facilitator to ignore important information.
- ❖ I start out coaching the facilitator line-by-line for 2-3 lines/check boxes.
- ❖ I quickly taking a back seat, becoming passive, and stop my focus on coaching the facilitator line-by-line, so I am training the facilitator to **not** trust the checklist, as I ignore the reality that the facilitator is going to be nervous at first, which means he or she will not be seeing the checklist clearly the first time through.
- ❖ I allow the facilitator to fly by the seat of his or her pants, wandering in the wilderness – becoming lost in the process, increasing the facilitator's insecurity, instead of telling the facilitator to check each line, line-by-line *(when I ignore the checklist, or I hope the facilitator follows the checklist on his or her own – even though the checklist is there for the coach to help the facilitator lead the person into the presence of God, and it is based on thousands of hours of teaching and training others).*
- ❖ I allow the facilitator to miss places in the checklist when I do not make sure that the facilitator is reading the words in bold word-for-word and checking off each check box one-by-one, line-by-line.
- ❖ I allow the facilitator to write out the prayer without adding in the transition words that will make the prayer flow smoothly *(words like: and, with, then, while, for etc.)* – especially in section 3:B with best hopes or struggles.
- ❖ I allow the facilitator to lead the other person through the prayer without reading the prayer first so the facilitator gets lost during the prayer, which means that the person being led through the prayer is also becoming lost, with *the blind is leading the blind.*
- ❖ I allow the facilitator to ignore the bolded words in the checklist describing the “Blessing Prayer,” “Attack” and “Protection” prayers – with a need to listen to the “Still small voice” of the Holy Spirit.

Coaching Temptation #2: Being Passive – Ignoring or failing to read the information to in the Coaching checklist, and fail to have the facilitator read the information in the Facilitator's checklist *(and/or to receive prayer about this)*

- ❖ I allow the facilitator to ignore the information in the checklist about the “Thanks Prayer,” and “Community Prayer” – ignoring the importance of asking the person if he or she is comfortable having hands laid on him or her, and the need to have short, 2-sentence prayers instead of ‘around the world’ prayers.
- ❖ I allow the facilitator and the person receiving prayer to see a model of praying that is inconsistent and somewhat chaotic, which moves the person receiving prayer out of his or her heart, out of a place of meditating on Jesus' story into his or her head, trying to follow a facilitator who is confused, with the “blind leading the blind.” ☹

Coaching Temptation #3: Being Intrusive – Needing to be control, in charge, important, etc.

- ❖ I allow my need to be important, to be heard, to keep me from hearing others. I avoid asking those I am coaching how they are experiencing me so I can learn from them, while they are learning from me.
 - ❖ I allow my need for being in charge to make me a controlling, smothering, micro-managing, standing over the person or sitting too close to the person.
- All coaches and facilitators need to receive prayer about these temptations, so we are honoring our need to grow in our own lives, and to offer the best training possible to those we are discipling



Hebrews 4:15 Exercise: Case Studies (Non-medical Problems)

(In us/around us in our homes, our churches, our workplaces, our communities)

A. Groups of 3–4 people choose 3 examples from numbers 1–10, 11–20 or 21–30.

B. Transfer 1 example to the top line on each of the following 3 pages

1. A man with a 20-year addiction to pornography.
2. A woman with an addiction to food/sugar.
3. A man struggling with anger and rage.
4. A woman finding out her husband is having an affair/affairs and he does **NOT** want to change, and/or he says he wants to change but he refuses to seek counseling, accountability or support.
5. Parents who just lost their two-year-old son or daughter to leukemia.
6. Parents or family members who have just lost someone to a brutal, senseless, murder at the hands of a man trusting in a false sense of power (like the 20 sets parents who lost their 1st graders in the Sandy Hook shooting (or Columbine; Aurora, CO during the Batman movie; San Bernardino; Florida nightclub etc.).
7. A man struggling with alcohol and drug addictions.
8. A couple where the husband is having an affair and he **DOES** want to change.
9. A couple where:
 - a. The man is passive and complaining about his wife being controlling.
 - b. The woman is controlling and complaining about her husband being passive.
10. A couple where the:
 - a. Wife complains about her husband being a work-a-holic and never spending any time with her.
 - b. Husband complains about his wife investing all her time in their children and never being interested in sex.
11. My mom gave me up for adoption and I have no idea who my dad is, but I have a lot of anger and rage about life, along with a huge fear of being rejected, unwanted and abandoned.
12. I am a woman who was sexually abused for five years by my uncle (father, step-father, brother, pastor, priest, babysitter etc.) and I can't get rid of my pain & shame.
13. I am a man or woman who grew up without his father or mother.
14. I am a man or woman who grew up with an abusive father or mother.
15. I am a woman who grew up with a neglectful father (he was physically present, but never invested any time or energy into my life). * *Neglect can be every bit as painful as abuse – but harder to identify (no bruises)*
16. I am a man or woman who grew up with a needy, angry manipulative father or mother.
17. I stay busy all the time to avoid being silent/still with God (Ps. 46:10), to avoid facing my pain.
18. I am a mom filled with worry and fear and anxiety about my adult children not walking with the Lord, even though God's Word tells me not to worry, and praying often leads to more worrying.
19. I'm 55 years old with an angry, judgmental picture of God.
20. I'm facing surgery for breast cancer – and I feel overwhelmed with:
 - a. The fear of dying during or after surgery, and/or.
 - b. The fear of not being attractive to my husband, not really being a woman.
21. I'm a 15-year-old girl struggling anorexia and/or bulimia.
22. I'm a 14-year-old girl and I've been cutting myself (with razor blades, knives) for 18 months.
23. I'm a **teenage** boy who is sexually involved with other teens.
24. I am a pastor with a controlling, manipulating elder and a church board that is very passive, that is unwilling to speak to the elder in love, even though he is undermining the churches ability to prayerfully seek God's will for the church (or I am a pastor and I am the one controlling/manipulating the church).
25. I'm a 17-year-old girl and I have multiple male, demonic voices coming out of me.
26. We've just lost our son or daughter to suicide (or other close relative/friend).
27. I can't forgive myself even though I keep telling myself that I need to just forgive myself.
28. I'm feeling/thinking that life is hopeless; life is not worth living, that I am a burden to those around me. I have been storing up a lot of pills and I've written letters to my family.
29. I have mental health problems (depression, bi-polar, schizo, etc.) with mood swings, but I have chosen to not take my medication, ignoring and rejecting my doctor's counsel to take medication and **to not** attend a support group for those with similar kinds of mental health problems.
30. I had an abortion 25 years ago. I've confessed it many times over the years, but I can't get rid of my guilt, shame, self-hatred, self-rejection, self-loathing, seeing myself/my sin as being unforgiveable etc.



Heb. 4:15 Left Column/Right Column Exercise: 1ST EXAMPLE

I summarize 1st Example from page 44: _____

- Use this worksheet, trusting Romans 8:26-27 (*When we are concerned about guessing wrong*)

The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groaning's too deep for words.

And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 8:26-27)



Assessment

What are your negative thoughts?

STEP 1: Listen To Person's Story

1 Thess. 2:8 – Psalm 139:23–24/Heb. 4:12

2-3 *Samples* Of Negative Thoughts,

Beliefs, Lies, Messages, Roots/Self-Talk:

Application

Where can Jesus identify with you?

STEP 2: Share Jesus' Story

Luke 24:1–7; Acts 3:18, 24; 17:2–3

2-3 Negative Experiences **TEMPTING**

Jesus With the Negative Thoughts **Person #2** Has:

Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness

John 8:44; Matt. 15:18-19; Romans 1:25

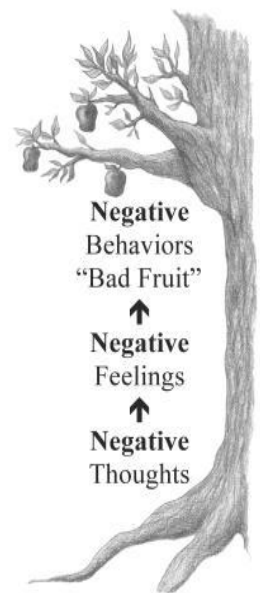
- I'm alone I'm abandoned Why God?
- I'm different No one understands me
- I'm not good enough I'm not deserving
- I'm rejected I'm not wanted I'm bad/dirty
- I can't speak up, have needs, be seen or be safe
- I have to perform/try harder Be in control
- I'm a failure I can't trust/get close to anyone
- I'm powerless, helpless, weak, hopeless, useless
- I'm not worthy I can't be forgiven or accepted
- I'm not important Not loved I don't belong
- Trusting in my own strength/wisdom/self-talk
- I am good enough I have no needs in my life
- I have to be the center of attention all the time
- See how spiritual I am See how superior I am
- I am better than others My past is in the past
- My security is in knowing more than others, being right and/or trusting in religious activities
- Other _____

* Being tempted to sin does not - sin

Jesus' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry

Isaiah 53:1-5; Hebrews 2:14-18; 4:14-16; Lk. 2:5

- Jesus' Birth:** (Luke 2:1-7; Matt. 2:12-23)
 - Unwed mother No bio father Refugee
 - Jesus Tempted** in the wilderness (Lk. 4:1-13)
 - Jesus** being kissed by Mary (Lk. 7:44–47)
 - Jesus Rejected** by loved ones (Matt. 23:37)
- Jesus in Gethsemane:** (Matt. 26:36-56)
 - Struggling to surrender His will to His Father
 - Alone and abandoned by those closest to Him
 - Betrayed by a kiss, sold for price of a slave
(2 Corinthians 13:4; Matt. 27:27-50)
- He chose to be powerless as He was being:**
 - Stripped of His clothes**, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
 - Shamed, humiliated and embarrassed
 - Abused by those in power over Him who should have been protecting Him and supporting Him
- Jesus Dying on the Cross:** (Matt. 27:32-56)
 - TEMPTED** to numb His pain when His situation seemed to be hopeless and useless Difficulty breathing Crying out "My God, My God, **WHY** have You forsaken ME?" Being unfairly, unjustly accused, arrested, convicted and murdered
 - Suffering and dying for our sin, shame, guilt, regret A Man of grief & sorrows Other: _



Heb. 4:15 Left Column/Right Column Exercise: 2ND EXAMPLE

I summarize 2nd Example from page 44: _____

- Use this worksheet, trusting Romans 8:26-27

The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groaning's too deep for words.

And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 8:26-27)



Assessment

What are your negative thoughts?

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2-3 Samples Of Negative Thoughts,

Beliefs, Lies, Messages, Roots/Self-Talk:

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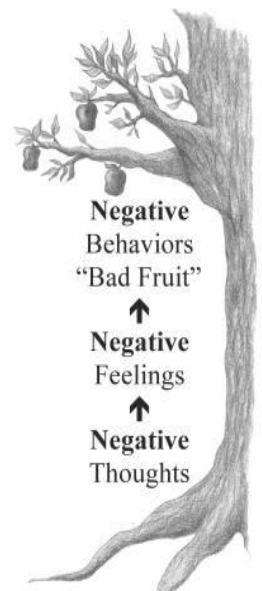
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- See how spiritual I am See how superior I am
- I am better than others My past is in the past
- My security is in knowing more than others, being right and/or trusting in religious activities
- Other _____

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Heb. 4:15 Left Column/Right Column Exercise: 3RD EXAMPLE

I Summarize 3rd Example from page 44: _____

- Use this worksheet, trusting Romans 8:26-27

The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groaning's too deep for words.

And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 8:26-27)



Assessment

What are your negative thoughts?

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2-3 Samples Of Negative Thoughts,

Beliefs, Lies, Messages, Roots/Self-Talk:

Application

Where can Jesus identify with you?

STEP 2: Share Jesus' Story

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2-3 Negative Experiences **TEMPTING**

Jesus With the Negative Thoughts **Person #2** Has:

Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness

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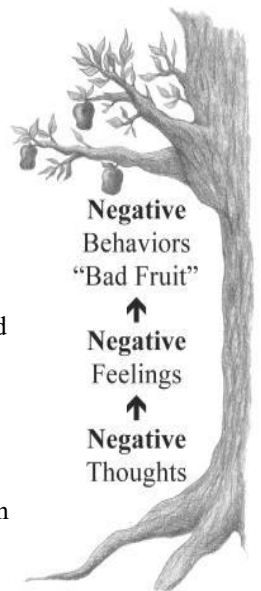
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- I'm not good enough I'm not deserving
- I'm rejected I'm not wanted I'm bad/dirty
- I can't speak up, have needs, be seen or be safe
- I have to perform/try harder Be in control
- I'm a failure I can't trust/get close to anyone
- I'm powerless, helpless, weak, hopeless, useless
- I'm not worthy I can't be forgiven or accepted
- I'm not important Not loved I don't belong
- Trusting in my own strength/wisdom/self-talk
- I am good enough I have no needs in my life
- I have to be the center of attention all the time
- See how spiritual I am See how superior I am
- I am better than others My past is in the past
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Debriefing “Left Column – Right Column” Exercises

Table Talk: Small Group Discussion Time

What is it like to...:

- Identify a negative thought in someone’s life?
- Identify with Jesus, seeing how He went through negative experiences so He could be tempted to believe the same kind of negative thoughts the person has received in his or her life?
- Identify with the way Jesus has gone through the negative experiences you have gone through?

Assessment

What are your negative thoughts?

STEP 1: Listen to Person’s Story

1 Thess. 2:8 – Psalm 139:23–24/Heb. 4:12
 2-3 *samples* Of Negative Thoughts,
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Application

Where can Jesus identify with you?

STEP 2: Share Jesus’ Story

Luke 24:1–7; Acts 3:18, 24; 17:2–3

2-3 negative experiences **TEMPTING**

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“Put Off Negative Thoughts – Put On Jesus” Exercise: Part II

How would you finish the prayer in the right-hand column so your language clearly reveals that *the power source is the finished work of Christ...*and He is replacing the negative thought with His characteristic that is the opposite of the left-hand column?

* **RECEIVE** is used 257x in the New Testament (KJV)

* Put off the old and put on the new. (Colossians 3:8–10)

<p>Here is a <i>sample</i> list of negative thoughts:</p>	<p>How does writing in the word “receiving” clarify the truth that Christ is the power source for changing our hearts, and minds, and lives?</p> <p>Dear God, Thank You that I am: <u>RECEIVING YOUR...</u></p>
--	---

	I am	RECEIVING	Your	Acceptance
1. I'm rejected	I am _____		Y _____	_____
2. I'm not good enough	I am _____		Y _____	_____
3. I'm not deserving	I am _____		Y _____	_____
4. I'm alone	I am _____		Y _____	_____
5. I'm abandoned	I am _____		Y _____	_____
6. Why God?	I am _____		Y _____	_____
7. I'm different	I am _____		Y _____	_____
8. No one understands me	I am _____		Y _____	_____
9. I'm not wanted	I am _____		Y _____	_____
10. I'm impure/bad/dirty	I am _____		Y _____	_____
11. I can't speak up, have needs, be seen or be safe	I am _____		Y _____	_____
12. I have to perform and try harder	I am _____		Y _____	_____
13. I need to be in control	I am _____		Y _____	_____
14. I'm a failure	I am _____		Y _____	_____
15. I can't trust anyone or get close to anyone	I am _____		Y _____	_____
16. I'm powerless, helpless, weak, hopeless, useless	I am _____		Y _____	_____
17. I'm not worthy	I am _____		Y _____	_____
18. I can't be forgiven or accepted	I am _____		Y _____	_____
19. I'm not important	I am _____		Y _____	_____
20. I'm not loved	I am _____		Y _____	_____
21. I don't belong	I am _____		Y _____	_____
22. I trust in my own strength and wisdom	I am _____		Y _____	_____
23. I struggle to surrender	I am _____		Y _____	_____
PRIDE LIES:				
24. I am good enough/proud	I am _____		Y _____	_____
25. I have no needs	I am _____		Y _____	_____
26. I have to be the center of attention all the time	I am _____		Y _____	_____
27. See how spiritual I am	I am _____		Y _____	_____
28. See how superior I am	I am _____		Y _____	_____
29. I am better than others	I am _____		Y _____	_____
30. My past is in the past	I am _____		Y _____	_____
31. My security is in knowing more than others, being right and/or trusting in religious activities	I am _____		Y _____	_____
32. Other: _____	I am _____		Y _____	_____



Week 3: Consent Form and Life History Form

Learning to:

1. Understand the Consent Form and Life History Form
2. When to use the Consent Form and Life History Form
3. When NOT to use the Consent Form and Life History Form
4. Learn how to pray with NON-BELIEVERS



Resource Topic (see the PDF with the slides from Session 3) or Page

Slides Summarizing Sandy's story
Cycle of abuse and domestic violence

- ⇒ How we can pray with non-Christians
- ⇒ How we can honor their lack of belief
- ⇒ How we can honor our belief in Jesus
- ⇒ How we can honor the way Jesus ministered to non-believers

57 Consent Form

58 Life History Form

59 Homework

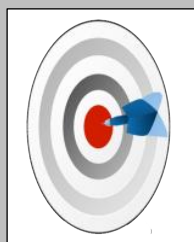
Offering to Pray with Non-Believers – Based on Jesus' Method of Ministry:

Because Jesus Healed the:

1. Lame man **before** he knew who Jesus was (John 5)
2. Blind man **before** he knew who Jesus was (John 9)
3. Dead girl **before** she knew who Jesus was (Matt. 9)

We Can Offer to Pray:

1. With someone who does not know Jesus yet
2. If the person is willing to receive prayer, knowing that you believe in Jesus
3. Knowing that he or she has the freedom to stop receiving prayer at any time



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt. 19:26)

Explaining the “Consent Form”

** Please have the Consent Form next to you, as you read this because we explain the Consent Form section-by-section, with each section’s subtitle written in bold on the Consent Form, making it easy to follow.*

Consent Form:

1st Heading - “My Consent”: This section is about the person receiving prayer and discipleship ministry taking time to read this Consent Form acknowledge his or her understanding about the importance of giving consent for the facilitator and/or others involved in the prayer and discipleship time to:

- a. Be present and hear what is being shared.
- b. Keep everything confidential (one of the key ways to destroy safety is to break confidentiality...and most members will share that their church is not a safe place to share personal struggles. If a discipleship team member breaks confidentiality, he or she needs to be removed immediately from the team).
- c. The only exceptions are listed in the Consent Form.

The facilitator (including the coach and anyone else involved in the prayer and discipleship time) has a responsibility to be clear with the person receiving prayer that everything will remain confidential unless there is a risk of harm to self or others, as it is described in the Consent Form.

2nd Heading - “Facilitator’s Responsibility”:

** “Facilitator” would include anyone on the prayer and discipleship team*

This section tells the person receiving prayer that the Facilitator will be explaining that ‘this is a Christ-centered process of prayer’:

- a. Where we ask the Holy Spirit, God or Jesus to reveal the negative thoughts in his or her life.
- b. Where we share Jesus’ story of suffering in His life (with a focus on His negative experiences from Gethsemane to Calvary).

3rd Heading - “My Responsibility”: ** the responsibility of the person receiving prayer and discipleship ministry*

This section requires the person to take responsibility for his or her choice to receive prayer, with special words to honor the person if he or she is not a Christian (“*I am a Christian*” – or “*I’m not a Christian*”). And the person understands that he or she is NOT receiving counseling during this time, nor is counseling being offered.

The person takes responsibility to share any questions and/or discomfort, with the freedom to stop the prayer and discipleship process at any time.

The Three Check Boxes for Personal Responsibility:

Boxes 1 – 5:

- * Require the person receiving prayer to take responsibility for his or her own physical, spiritual, mental and emotional well-being; to not change or stop any medication without the consent of his or her doctor (including the two of you working on a plan to have support from close family or friends); to have notes taken and be on time.*

What if the person is not willing to take personal responsibility?

The next page answers this critically important question for the ‘facilitator’ and the person receiving prayer.



If the person receiving ministry is **not** willing to be responsible for his or her physical and spiritual well-being and/or the person changes the amount of medication or stops the medication without working closely with the doctor who prescribed the medication **and** something goes wrong:

“Who will that person hold responsible for his or her irresponsibility?”

His/her own choices? (*when his/her pattern is being irresponsible*) or...

You and the church/church system, church denomination/organization?

If we pray with people who fail to take responsibility for their own lives and choices and well-being, then *they will most likely blame us when something goes wrong.*

We have a choice between *Option A* and *Option B*:

Option A:

Disciple people who **ARE** willing to take responsibility for their own lives and their own well-being...

Using the options we have included in the Consent Form, to find out *if* the person is willing to be responsible - *if* they are...

Taking 5–7 minutes to read and sign the Consent Form (*that also protects their confidentiality*).

Checking off the four boxes at the bottom of the Consent Form.

Being willing to pay a \$20 deposit if they miss appointments/not coming on time – so they are honoring your time.

Are you willing to pray with someone who...:

Is UNWILLING to take 5–7 minutes to read and sign the consent form?

Is UNWILLING to check off three or four simple checkboxes?

Is UNWILLING to pay a \$20 deposit *when* he or she misses appointments and/or fail to come on time/failing to give notice? And, who is not respecting or honoring your time?

Option B:

Disciple people (or try to) who **ARE NOT** willing to take responsibility for their own lives and who will most likely blame you and blame the church/organization.

Option “B” means I am choosing to risk all kinds of problems for myself and for church/church denomination, including lawsuits when the irresponsible person chooses to change or stop the medication he/she is taking because he or she is feeling better. ☹

As individuals, we do **NOT** have the right to put the irresponsible person at risk.

NOR do we have the right to put the church, organization or denomination at risk by working with irresponsible people.

If you or a church member or team member is willing to disciple someone who is irresponsible... then you cannot use Straight 2 the Heart’s discipleship worksheets or material or ministry name IN ANY WAY, SHAPE OR FORM.

You and/or the church members need to find other resources to work with irresponsible people on your own time. In that way, you and/or the church members are the ones being blamed and sued, instead of jeopardizing the churches reputation and resources.

If this is a temptation or struggle in your life, you can also choose to receive prayer and discipleship ministry to find out why you are trying to rescue, save or redeem people unwilling to take responsibility for their part in the discipleship process.



You can ask God why you are willing to risk the well-being of the person being disciplined, the church, the church system or the sponsoring organization when you are unwilling to ask the that person to be responsible and cooperate with the ministry being offered. (*see the quote below)

If you are a codependent, you please other people because you believe that no one would choose to be with you unless you are serving them. You constantly feel you must earn their love, and you neglect your own needs because you do not feel that you are worthy enough to deserve to have your own needs met.

(From Bondage to Bonding: Escaping Codependency, Embracing Biblical Love by Nancy Groom, page 95)

If you are **NOT** willing to receive prayer and discipleship in this area of your life, then again, you are not allowed to use the name “Straight 2 the Heart, Inc.” – or any of the resources or worksheets

In any way – for any reason – at any time!

Because...

You are **violating** Biblical principles and acting in ways that are unsafe for yourself – and...

- ❖ The person receiving discipleship ministry
- ❖ The church, church system/denomination or host organization you are representing.

Luke 5:14 Exercise: (see page 57 in the 3rd near the bottom of the page)

In Luke 5:14 – Christ heals a leper and then sends him to the religious leaders (the ‘professionals of His day), to have them declare that he is clean and he can rejoin their community.

Is Christ doing this because He is doubting whether or not He has truly healed the leper?

Does Christ need a 2nd opinion from leaders who are opposed to Him and jealous of His growing popularity, the power of His authenticity and living with integrity?

If Christ is not doubting the healing He has **already** provided, then why is He referring the man to the professionals of His day?

What is the reason Christ gives us, **in** His own words, **in** Luke 5:14?

“As a t_____ to them.” (the priests, the leaders, the professionals)

What kind of situation could you be in, where you would be:

1. Tempted to trust in prayer, diet and exercise, as if they are a ‘magic wand’ that cures everything, when medical professionals would be needed – that ends in a disaster that discredits God?

Group Discussion Instructions: Take 5 minutes in small groups to describe 2–3 situations where we could be tempted to “play god...” – instead of trusting medical professionals:

Situation 1: _____ Situation 2: _____ Situation 3: _____

2. A testimony **to** the medical professionals as you require people you are praying with, to work closely with their medical doctor and the medication they are on?

Note: What about someone who is depressed, hopeless or suicidal? **1.** Immediately get medical help! **2.** Read pages 137–138 for more resources to help someone with suicidal thoughts or feelings.

The most dangerous time in a depressed person’s life **can be** when he or she asks the counselor if he/she can stop checking in with a family member or support person because he/she is feeling better.

He/she could be feeling better, **but if/when** the hopeless/suicidal thoughts come back, they won’t have support and they could commit suicide. We need to honor the long-term need for support and growth, including and requiring **NOT** playing “god” with or for the person – **AND** getting medical help!!!!



Explaining the “Life History Form”

Common Questions about the Life History Form:

1. How will I know when to use this form?
2. This form does **NOT** have to be used until the 2nd or 3rd prayer time. Is that true?

A God–Dependent Answer:

1. **Ask** the Holy Spirit to lead to you, as the facilitator, when it is best to use it.
2. Yes! In this way, God is leading you at every step in the process and you are becoming more and more dependent on God.

The ‘Life History Form’ **goes home** with the person receiving prayer.

The ‘Life History Form’ (and its information) is **NOT** kept on church property.

The facilitator does **NOT** keep a copy of this ‘Life History Form.’

The goal is to cover a lot of information on one page, and no more than one page, in order to:

- Begin the discipleship process and help the person prayerfully see what area of the person’s life God is wanting to focus on.
- See the ‘big picture’ of the person’s life and see if there are connections and patterns between the way he/she experienced relationships growing up *and* the patterns in his/her relationships in the present.

A Common Question: Past or Present?

People always ask if the information on this page is about experiences that are *past* or *present*.

The Answer is IN the Title:

In the title of the page and in the first sentence, at the top of the page, the words “**PAST or PRESENT” are bolded and underlined, which means that they telling us that the form includes any time the person has identified with these negative experiences, thoughts, feelings etc.**

A Common Question:

What if the person checks off more than 2–3 boxes on the “Life History Form” and doesn’t know what to start praying about? Or, doesn’t know where to start at all?

A God–Dependent Answer:

Pray to God: “Dear **God**, What do **YOU** want us to focus on? – where do **YOU** want us to begin this prayer and discipleship time?” (*After filling out the Life History Form*)

God makes the decision after time is taken to “Be still and know God” (Psalm 46:10; 139:23–24; Heb. 4:12).

Neither the person nor the facilitator decides what is being prayed about.



Short Overview of the “Confidentiality Form” and “Life History Form” to Create Safety, Confidentiality and Mutual Responsibility:

(See the extended version with more details in the previous pages)

CONFIDENTIALITY FORM:

Creating clear boundaries about responsibilities, expectations and confidentiality helps create a safe place for more effective ministry to take place as we work together with the “Pure Power – Pure Passion’s” prayer and discipleship ministry.

This page allows us to define *our* responsibility in the prayer and discipleship ministry, as well as the responsibility of the person who is receiving ministry. The responsibilities are as follows:

1. Facilitator:
 - a. To describe and explain the prayer process to the person receiving prayer (this is a prayer ministry session – **NOT** a counseling session).
 - b. To keep everything confidential (**keeping the CONFIDENTIALITY Form in the church office under lock and key**).

2. Person Receiving Prayer:
 - a. To allow the person(s) to pray for him/her.
 - b. To be responsible for his/her physical, mental and spiritual health.
 - c. To allow the facilitator to take notes in order for him/her to honor the person’s words and share these notes with this person receiving prayer after the prayer time is over.

LIFE HISTORY FORM: (The Life History Form GOES HOME with the person)

The “Life History Form” allows us to receive information from the individual we are working with in a short amount of time, giving us a ‘helicopter’ view of his/her life experiences. We cannot pray about everything in the person’s life during one prayer session. For instance, many people begin talking about how their father hurt them by having an affair on their mother and leaving the family, beating them, or molesting them; but that’s all in the past. Having this information can help the individual we are praying with so they can understand the patterns in his/her life story.

The Life History form also allows us to ask the Lord to reveal to the individual...:

1. If there is anything in the past that is still having a negative influence or power over him/her.
2. If there are any lies from ‘the father of lies’ which is linked to his/her negative past experiences and is still impacting the individual’s current life.

When do I use the Consent Form & Life History Form? – When do I NOT use it?

For any prayer and discipleship ministry (this means spending 30-60 minutes of prayer time by using Straight 2 the Heart’s approach with the person) taking place **ON** church property. Then, it is best to use these forms to protect the person and the church; and for any prayer ministry where you are praying with the person on a consistent basis. If you are just praying with the person for 1-2 minutes, you don’t need the form.

If you are visiting someone away from the church, in the hospital, on vacation, at work, etc., and the person shares a struggle, addiction or pain in his/her life, there is no need for the Consent Form. However, if you are going to be praying with the person on a regular basis, entering into a discipleship process, it is best to have them sign the Consent Form.



Straight 2 the Heart, Inc. Prayer & Discipleship Ministry Confidentiality Form:

(This form stays at the church under lock and key)

My Consent: * If 1 facilitator is present—fill in #1. If more are present fill in # 1–2 with their names or name the group. I hereby give consent for: (write the name of each discipleship team member who is present with the person receiving prayer)
1. _____ and 2. _____ 3. _____
 men's women's small group to attend my discipleship ministry sessions. Their roles are to be facilitators, encouragers, and/or support persons who will maintain confidentiality in regards to everything that I share. In no way do I hold them responsible for any legal or ethical obligations, except as mandated by law (sexual abuse, elder abuse, harm to self or others).

Facilitator's Responsibility:

His/her role has been fully explained to me and I have agreed that these discipleship ministry sessions would be helpful to me. I also understand that the prayer ministry is a meditative prayer process, asking the "still small voice of the Holy Spirit" to search my heart and try my negative thoughts to see what is hurtful within me and lead in the everlasting way (Psalm 139: 23, 24). The purpose is to stay true to God's Word (Acts 6:4), allowing Christ to fulfill His mission statement to heal my broken heart and setting me free (Isaiah 61:1; Luke 4:18) as He places His grace and truth "in my innermost parts." (Psalm 51:6)

The facilitator will describe Jesus' experiences from Gethsemane to His death at Calvary and His resurrection BEFORE beginning the prayer process. This is to ensure that I understand the foundation of Straight 2 the Heart's Christ-centered and Cross-centered discipleship ministry.

My Responsibility as I Receive Prayer and Discipleship Ministry:

I acknowledge that this method of prayer and discipleship together has been explained to me, all my questions have been answered, and I give informed consent for this method of healing, discipleship and prayer to be used.

I understand that I am free to leave at any time, to change my mind about the methods used, to ask questions or to terminate meeting to pray together. I acknowledge that no pressure has been exerted to gain my consent or cooperation. **I am not asking for counseling, nor is counseling being offered,** during this time of being prayed for. If I desire counseling, I will seek other resources than this time set aside for the prayer ministry I am participating in. I understand that at no time will I be restrained, constrained or emotionally pressured. I will not be touched, unless I am asked/or I request any ethical or social greeting.

I am a Christian – or I am not a Christian (the lame man, blind man, and dead girl did not know who Jesus was until *after* He healed them: John 5, 9, Matt. 9), and I have requested prayer as the method of healing. This will only include prayer (talking to Jesus/God) and other spiritual discussion/talk on my behalf, including Scripture, combining "prayer and ministry of the Word" (Acts 6:4). I acknowledge my belief in my higher power to be the Lord Jesus Christ and/or I am willing to pray to Him. Therefore, I have requested and am in full agreement with the prayer methods that have been fully explained to me. Should I feel uncomfortable or have any questions, I understand that I am encouraged to discuss this at any time.

- If I am receiving prayer ministry over the phone, I am responsible for calling the person.***
- I am fully responsible for my physical, mental, emotional and spiritual well-being at all times.
- For those on medication: I am also committed to **not** reducing, stopping or changing any medication in any way ***without*** my physician's or counselors' direct consent and involvement. (Luke 5:14)
- I understand that notes will be taken to help honor my words and given to me after the prayer time. If the person is taking notes on the computer, the notes will be kept private and e-mailed to me.
- If I am late and/or miss appointments without giving a 24-hour notice (other than in cases of emergency) I understand that I will need to leave a non-refundable deposit of \$20 with the person ***each time*** I fail to give a 24-hour notice, before I receive more prayer and discipleship. This money will be donated to a ministry.

(Signature of Person Receiving Prayer and Discipleship Ministry)

(Date)

(Signature of Witness)

(Date)

(Parents Signature for Minor)

(Date)

(Age, Home Address and Best Phone Number to Contact You)

(E-Mail Address)

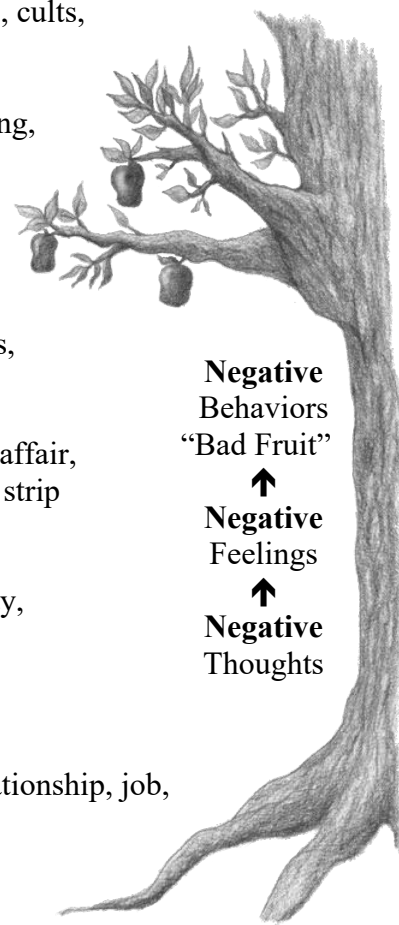


Life History – Background Information Form: (PAST or PRESENT)

** This form goes home with the person receiving prayer*

Have you had any of the following NEGATIVE experiences in your life, **PAST or PRESENT**, while you were growing up and/or they are in your life now? (Please check the box if you have)

- Oppression (demonic nightmares, witchcraft, Wicca, Ouija Board, new age, demonic video games, hearing/seeing/talking with demons, seeing things, secret societies, rituals, cults, psychics, sorcery, dark spirits, intrigued by dark side/spiritualism etc.)
- Relationship Patterns (self-pity, self-condemning, self-righteous, avoiding, blaming, being blamed, denying, submissive, controlling, withdrawing, rescuing/fixing, rebelling, sabotaging, betraying, lazy, irresponsible, over responsible, gossiping, abusing, being abused, independent, arrogant etc.)
- Addictions (pornography, food, work, video games, romance novels, caffeine television, internet, sports, legal/illegal drugs, cutting/self-harm, shopping/clothes, excessive washing/cleaning, gambling, chocolate, Facebook/social media etc.)
- Sexual activity outside of marriage/God’s will (fondling, ‘petting,’ pornography, affair, internet with sexual content, masturbation, stimulating sexual organs, prostitutes, strip clubs, Sports Illustrated Swim Suit issue, voyeurism etc.)
- Negative Feelings (fear, guilt, shame, anxiety, panic/panic attacks, worry, self-pity, anger, depression, frustration)
- Abortion (my own, my mother’s, my wife’s, or my girlfriend’s, etc.)
- Grief/Loss (parent, caregiver, child, miscarriage, adoption, marriage, suicide, relationship, job, physical health/injury, finances, loss of faith/trust, etc.)
- Divorce (my own, or my parents’/caregivers’, blended family, etc.)
- Negative Thinking (It’s my fault, I’m bad/dirty/unclean, I can’t speak up/have needs, I’m worthless/undeserving, I’m hopeless, I’m rejected, I’m alone, etc.)
- Abuse (physical, emotional, mental, verbal, religious, fear of being killed, threatened, etc.)
- Sex Abuse (feeling ashamed, used, violated, pressured or coerced to have unwanted sex/date rape, sexually uncomfortable, molestation, fondling, rape, marital rape, forced or harsh sex, sex while asleep or drugged, sex that was confusing or frightening, etc.)
- Abandonment / Rejection / Betrayal / Isolated / Forsaken / Lonely / Death / Trauma / Finances
- Relationship Problems/Tension with Spouse, Parents, Children, Others, etc.
- Medication I am currently taking: _____
- Other Information Regarding My Spiritual, Relational or Physical Health: _____



Negative
Behaviors
“Bad Fruit”
↑
Negative
Feelings
↑
Negative
Thoughts

Week 3 Homework: Extra Resources and Exercises

Resource or Page #	Description of Resource and/or Instructions <i>(see the PDF with the Session 3 slides)</i>
Hidden Half book:	Sandy’s story of freedom from domestic abuse and violence The Hidden Half of the Gospel: Chapters 14–16 (pp. 150–176)
37–39	Pray the “Personal Cross Prayer” so: a. I am applying the CROSS prayer in my own life b. The process becomes part of me – not just something I do one night a week at the training Instructions for the “Personal Prayer”
52–54	Read: Explaining the Consent Form
55	Read: Understanding the Life History Form
56	Read: Short Overview of the “Consent” Form and “Life History” Form
60–63	Read and Follow Instructions: “God-Talk” versus “Self-Talk” Part 1–Part 2–Part 3

Disciples who apply the “Daily Discipleship Prayer” daily:

- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



“God-Talk” versus “Self-Talk” - Part I: Options to Overcome Negative Thoughts

Which one of these options, or combinations of options, do we tend to favor, to turn to, and to depend on when we are challenged/tempted with negative thoughts, feelings, behaviors, temptations, addictions and compulsions? (* Especially the temptation to give up our 1:1 time with God and our time with our prayer partner as soon as things become stressful, successful, busy, frustrating etc.? Even when it goes against Christ’s Words to “seek FIRST HIS kingdom,” Matt. 6:33; and clean the inside of the cup first, Matt. 23:26)

Self-Help/Suppression Theology, Arm-Wrestling the Devil Theology

Push down our negative thoughts leading us to have negative feelings that lead to negative Behaviors – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions.” (Eph. 6:10-14, 18)

Self-Help/Self-Talk Theology Combined with Self-Effort/Give It the Old College Try Theology

Trying to talk ourselves out of our negative thoughts producing our negative feelings and behaviors, instead of talking to God – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions.” (Eph. 6:10-14, 18)

Self-Help/Self-Talk Theology Combined with “Replacement Theology/Band-Aid Theology”

Trying to talk ourselves into believing that God loves us, forgives us, and accepts us when we have negative thoughts, feelings, behaviors, addictions and compulsions (*pep talk, positive affirmation, cheerleading approach*) – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions.” (Eph. 6:10-14, 18)

Self-Help/Shame-Based/Guilt Based – Beat Ourselves Up/Worm-Based Theology

Remind ourselves about how bad we are, how terrible we are, because of the way our sins have hurt others, using guilt and shame as motivation to avoid that sin in our lives – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions;” (Eph. 6:10-14, 18)



□ **Self-Help/Performing – Obeying/Give It the Old College Try Theology**

Trying harder to obey God, to do more good things for Him, to gain His acceptance and approval, based on our performance to overcome our negative thoughts leading to negative feelings that lead to negative behaviors in our lives – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions.” (Eph. 6:10-14, 18)

□ **Self-Help/Self-Forgiveness – Trying to Talk Ourselves into Forgiveness Theology**

Trying to forgive ourselves, telling ourselves that we just need to forgive ourselves, which means we are trying to do something that Christ has already done 2,000 years ago, which also means we are trying to compete with His finished work, instead of trusting in His Word telling us that He is the sacrifice for our sins – even though it goes against God’s Word telling us that:

1. We can do NOTHING in our own strength, apart from Christ, because our flesh counts for NOTHING. (John 15:5; 6:63)
2. We cannot put “good fruit” from a good fruit tree on our “bad fruit tree.” (Matt. 7:17-18)
3. We have to “take EVERY THOUGHT captive to the obedience of Christ.” (2 Cor. 10:5)
4. We are told four times, in four verses, that our battle is to prayerfully “stand firm...under the armor of God... pray in the Spirit on all occasions.” (Eph. 6:10-14, 18)

□ **Savior-centered, Christ-centered, Cross-centered, Word-centered, God-centered trusting in Jesus Christ and His finished work, His obedience, and His righteousness theology**

Talk to God about our negative thoughts, feelings, behaviors, addictions, and compulsions *openly, honestly, immediately, and continually*, asking Him to reveal, release and replace the lies from Satan, the ‘father of lies,’ as we also ask Him to reveal where Christ was faced with the same kind of negative thoughts and temptations we have (2 Cor. 10:5; Heb. 2:17-18; 4:14-16), keeping our minds on Him so He can offer us His perfect peace (Isaiah 26:3), so we can receive HIS peace, HIS victory, HIS forgiveness, HIS acceptance, HIS purity, HIS faith, HIS obedience, HIS freedom, HIS wisdom and HIS righteousness?

And to the degree that our self-help approaches are *somewhat* successful:

- | | |
|---|---|
| <p>❖ Do they tend to increase our trust and dependence on Christ (Isaiah 26:3), moving us into a deeper sense of grace, peace, joy and humility because we are focusing more and more on HIS love, HIS performance, HIS perfection, HIS purity, HIS forgiveness? Or...</p> | <p>❖ Do they tend to increase our trust and dependence on ourselves, moving us into a deeper sense of guilt, shame, emptiness, despair, compulsions, addictions, with a deeper sense of judgment, hopelessness and separation from Christ because we are focusing more and more on our own performance?</p> |
|---|---|



“God–Talk” versus “Self–Talk” - Part II:

Five Options for the Way Jesus Dealt with His Temptations with Negative Thoughts in the Garden of Gethsemane and Hanging On the Cross









ONLY one option is a correct - only one is based on real faith, real trust, real love, real hope, real righteousness by faith IF Freedom = Deeper and Deeper Daily Dependence on Christ.

Focusing on Our Performance = ↑↑ or ↓↓ Faith, Hope, Peace, Love, Assurance of salvation?

Focusing on HIS Performance = ↑↑ or ↓↓ Faith, Hope, Peace, Love, Assurance of salvation?

How did Jesus deal with His temptations to NOT believe negative thoughts?

1. Did Jesus push down His temptations to believe negative thoughts in the garden and on the cross?
2. Did Jesus try to talk Himself out of His temptations to believe negative thoughts in the garden and on the cross?
3. Did Jesus try to talk Himself into believing that God loved Him, claiming promises that God wanted the best for Him, had not forsaken Him on the cross and has accepted Him?
4. Did Jesus try harder to obey God, trusting His own behavior and His own performance, in His own strength, so He could try to convince Himself that God loved Him and that God accepted Him, that He needed to forgive Himself for being tempted with the thought that His Father had forsaken Him?
5. Did Jesus talk to God about His negative thoughts *immediately, openly, honestly, and continually*, in the garden, and again when He was hanging on the cross? (2 Cor. 10:5)

Focusing on Our Performance and Trying Harder = 	Focusing on HIS Performance and RECEIVING HIS Victory = 
 Loss of Faith, Hope, Peace, Love	 Increase of Faith, Hope, Peace, Love
 Loss of Assurance of Salvation	 Increase of Assurance of salvation
 Loss of Daily Performance	 Increase in Daily Performance



“God–Talk” versus “Self–Talk” - Part III: Reflection Questions

1. **IF** Jesus talked with God *immediately, openly, honestly and consistently*, about His temptations to believe negative thoughts instead of letting them grow into ‘roots’ producing negative feelings, behaviors, addictions and compulsions...
2. **IF** Jesus did **NOT** try to PUSH DOWN His temptations to believe negative thoughts that would lead to negative feelings and negative behaviors...
3. **IF** Jesus did **NOT** try to talk Himself OUT OF His temptations to believe negative thoughts that would lead to negative feelings and negative behaviors...
4. **IF** Jesus did **NOT** try to talk Himself INTO believing God’s promises, believing that God loved Him, accepted Him, valued Him, etc...

Then why do we choose to depend upon self-help approaches when we trust in:

- a. Our own ability to talk ourselves **out of** our negative thoughts, feelings and behaviors?
- b. Our own ability to talk ourselves **into** believing/claiming the promises in God’s Word?
- c. Our own ability to use shame and guilt to try and keep ourselves from sinning again?
- d. Our own ability to try harder to obey God, to forgive ourselves?
- e. Instead of immediately, openly, and honestly sharing with God, taking “EVERY THOUGHT captive to the obedience of Christ?” (2 Cor. 10:5)

And to the degree that our self-help approaches are somewhat successful:

- ❖ Do they tend to increase our trust and dependence on ourselves, focusing on our performance?
- ❖ Do they tend increase our trust and dependence on Christ, focusing on HIS performance?
- ❖ What does it say about our picture of God, our theology, when we are focusing on our performance, our self-effort, our sincerity, and trying to believe more and have more faith?



Week 4: Daily Discipleship Prayers

Learning to:

1. Read and pray the prayers daily
2. Read the Scriptures daily
3. Think about the meaning of the Scriptures daily
4. Re-write my “CROSS” prayer daily, on a separate piece of paper
5. Pray the prayer daily, for that section, one day at a time



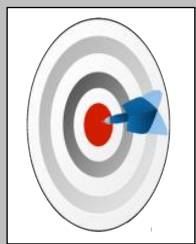
Resource or Page # Topics (see the PDF with the Session 4 slides)

Slides Summarizing Lindsey’s Story of Abandonment and Suicide Attempts

65–68 Daily Discipleship Prayers

Instructions for Explaining the Daily Discipleship Prayer to the person I am praying with and/or using when I pray through the “Personal Cross Prayer”

69 Homework



Multiplying disciples who are receiving Jesus’ victory over Satan’s greatest deception – having us try to do:

- God’s part instead of our part (Genesis 3:5)
- God’s part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

DAILY DISCIPLESHIP PRAYERS to JESUS: I turn Scriptures into prayer back to God – I use this worksheet to continue praying for MYSELF, connecting my story with Jesus’ story through His suffering, death, and resurrection. I include any other scriptures that are personal and meaningful to me, applying Acts 6:4, as I engage in “prayer and ministry of the Word” so I am NOT praying vain, repetitive prayers for myself: (Matthew 6:5–11)

1. Pray to God BEFORE I read the Scriptures
2. Write down my thoughts in the blank lines as I read the Scriptures
3. Use these thoughts to re-write the sample prayers in my own words on a daily basis – on a separate page/brand-new page

Day 1:3:A Dear Lord Jesus, Where else were **You** tempted with my negative thoughts? (*I begin with the key struggle from the prayer time as I read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3*)

Day 2: 3:B Dear Jesus, What else do **You** want to reveal to me about my wounds or negative thoughts (from page 37 or 38), and the ways I have abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, not seen or heard, etc.? (*Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19*)

Day 3: 3:B “Addiction is **not** the problem. Addiction is the [superficial] attempt to solve a problem.” Gabe Mate **Dear Jesus,** What else do **You** want to reveal to me about my negative thoughts, **addictions, false comforts,** and the ways I’ve learned to trusting in my own strength, my own will power to protect myself, provide for myself and/or prove who I am – instead of trusting **You** and **Your** desires for me? (*Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; Luke 23:34; Heb. 3:7, 15; 4:7; 2 Pet. 1:5-11; Matt. 12:43-45*)

Day 4: 4 –Blessing Prayer: Dear Jesus, are there any other blessings or words of encouragement **YOU** have for me—so I can receive the fullness of **YOUR** freedom in this area of my life and the desires **You** have for me? (*Scripture promises from God’s Word, scripture songs, Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45*)

Characteristics of Christ we can receive: Love Patience Faith Joy Hope Faithfulness Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort Holiness Affirmation Gentleness Kindness Goodness Long suffering Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Trusting God instead of trusting in external circumstances and/or internal thoughts, lies, feelings, and addictions/false comforts etc.

Day 5: 5-Discernment Prayer: Dear Lord Jesus, How will Satan tempt me to cooperate with his lies instead of with **YOU**, so he can “steal and destroy” the way **YOU** are offering me **YOUR** healing, **YOUR** freedom, **YOUR** will for **YOUR** desires in my heart, mind and soul? (*John 10:10; Eph. 6:10-17; Heb. 3:7-12; 10:5-7*)

Day 6: 6-Protection Prayer: Dear Lord Jesus, How will **You** protect me from these attacks in a way that I notice, as I stand under **Your** armor – so I am receiving **Your** victory **You** have **already** gained over Satan? (*Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5*)

Day 7: Dear Jesus, What else do **YOU** want me to know about this area of my life that will help me to trust in **YOU** with all my heart so I can receive **YOUR** will and **YOUR** desires for my heart, mind and soul? (*Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7*)



DAILY DISCIPLESHIP PRAYERS to GOD (or the Father/Holy Spirit): I turn Scriptures into prayer back to God – I use this worksheet to continue praying for **MYSELF**, connecting my story with Christ’s story through His suffering, death, and resurrection. I include any other Scriptures that are personal and meaningful to me, applying Acts 6:4, as I engage in “prayer and ministry of the Word” *so I am NOT praying vain, repetitive prayers for myself: (Matthew 6:5–11)*

1. Pray to God BEFORE I read the Scriptures
2. Write down my thoughts in the blank lines as I read the Scriptures
3. Use these thoughts to re-write the sample prayers in my own words on a daily basis – on a separate page/brand-new page

Day 1: 3:A Dear God, Where was **JESUS** tempted to believe the same kinds of lies I have? (*Begin with the key struggle from the prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3*) _____

Day 2: 3:B Dear God, What else do **You** want to reveal to me about my wounds or negative thoughts and the ways I have been abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, violated, not been seen or heard, etc.? (*Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19*) _____

Day 3: 3:B “Addiction is **not** the problem. Addiction is the [superficial] attempt to solve a problem.” Gabe Mate
Dear God, What else do **You** want to reveal to me about the my negative thoughts, **addictions, false comforts** and the ways I’ve learned to trust in my own strength, my own will power to protect myself, provide for myself and/or prove who I am instead of trusting You and Your desires for me? (*Luke 4:1-13; 10:27; 23:34; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; Luke 23:34; Heb. 3:7, 15; 4:7 2 Pet. 1:5-11; Matt. 12:43-45*) _____

Day 4: 4-Blessing Prayer: Dear God, What other blessings or words of encouragement do **You** have for me so I can receive the fullness of YOUR freedom in this area of my life and the desires You have for me? (Scripture promises from God’s Word, scripture songs, *Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45*)

Characteristics of Christ we can receive: Love Patience Faith Joy Hope Faithfulness
Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort
Holiness Affirmation Gentleness Kindness Goodness Long suffering Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Trusting God instead of trusting in external circumstances and/or internal thoughts, lies, feeling, and addictions/false comforts etc.

Day 5: 5-Discernment Prayer: Dear God, How will Satan will tempt me to cooperate with his lies instead of **You**, so he can “steal and destroy” the way **You** are offering me **Your** healing, **Your** freedom, **Your** will for **Your** desires in my heart, mind and soul? (*Jn. 10:10; Heb. 3:7-12; 10:5-7; Eph. 6:10-17*)

Day 6: 6-Protection Prayer: Dear God, How will You protect me from Satan’s attacks in a way that I notice, as I stand under **Your** armor – so I am receiving Your victory You have **already** gained over Satan? (*Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5*)

Day 7: Dear God, What else do **You** want me to know about this area of my life that will help me to trust in You with all my heart so I can receive **Your** will and Your desires for my heart, mind and soul? (*Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7*) _____



Cross Prayer: → 37–38	Daily Discipleship Prayer: → 67–68	Daily Instructions: → 97	False Comforts & Summary Prayers: 94–95; 98-99
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*** Daily Discipleship Prayer To Pray For Myself Using the “CROSS” Prayer**
*** This can also be used with the “Summary Prayer” (pp. 98–99) after it is introduced**

Jesus’ Story:
Line 3:A
 Day 1

Jesus’ Story: Line 3:A (Scriptures on Jesus’ story connecting with my story in 3B)

1. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
2. **I begin a brand-new prayer on a brand-new page, a separate page**
3. I rewrite A: Jesus’ Story (*A in Summary Prayer*) by including and integrating these notes into the Jesus’ Story: Line A prayer on the **brand-new page for my new prayer**
4. **I DO NOT include** Line B, Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 2

My Story: Line 3:B-1 – Day 2 (Scriptures on my thoughts & wounds)

1. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
2. I rewrite B:1 My Story (*B in the Summary prayer*), expanding on the **new page/new prayer**, by adding in the notes from today’s Scriptures to **my Day 1 prayer for myself**
3. **I DO NOT include** Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 3

My Story: Line 3:B-2 – Day 3 (Scriptures on my self-will, my addictions, for Line B-Day 3)

1. I write down notes about the Scriptures I have read—*applying them to my story of struggles, addictions, and false comforts I have turned to – and I am trusting in*
2. I rewrite B:2 My Story (*B in the Summary prayer*), expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 2 prayer for myself**
3. **I DO NOT include** Blessing, Discernment or Protection Prayer today

Blessings
Step 4
 Day 4

Blessings: Step 4 – Day 4 (Scriptures on how God wants to bless me)

1. I write down notes about the Scriptures I read—*applying them to my story – Examples: Receive God’s acceptance in place of rejection – Receive God’s goodness in place of not being good enough/being bad– Receive His faithfulness in place of being betrayed*
2. I rewrite Step 4–Blessings (*C in the Summary prayer*), expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 3 prayer for myself**
3. **I DO NOT include** Discernment or Protection Prayer today

Satan’s Attacks
Step 5
 Day 5

Satan’s Attacks: Step 5 – Day 5 (Scriptures on how Satan will attack me)

1. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
2. I rewrite Step 5–Attacks prayer, (*D in the Summary prayer*) expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 4 prayer for myself**
3. **I DO NOT include** Protection Prayer today

God’s Protection
Step 6
 Day 6

God’s Protections: Step 6 – Day 6 (Scriptures on how God will protect me)

1. I write down notes about Scriptures I read—*applying them to my story in 3B*
2. I rewrite Step 6–Protection prayer, (*C in Summary prayer*) expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 5 prayer**
3. **I DO NOT include** Day 7 prayer today

Day 7

What Else Do You Want Me To Know Jesus? – Day 7

1. I write down notes about the Scripture I have read on anything else God reveals to me
2. I rewrite notes from today and add them the **Days 1–6 prayer as I continue praying for myself – turning Scriptures into prayers back to God**



Cross Prayer: → 37–38	Daily Discipleship Prayer: → 67–68	Daily Instructions: → 97	False Comforts & Summary Prayers: 94–95; 98-99
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*** Daily Discipleship Prayer To Pray For Myself Using the “CROSS” Prayer**
*** This can also be used with the “Summary Prayer” (pp. 98–99) after it is introduced**

Jesus’ Story:
Line 3:A
 Day 1

Jesus’ Story: Line 3:A (Scriptures on Jesus’ story connecting with my story in 3B)

5. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
6. **I begin a brand-new prayer on a brand-new page, a separate page**
7. I rewrite A: Jesus’ Story (*A in Summary Prayer*) by including and integrating these notes into the Jesus’ Story: Line A prayer on the **brand-new page for my new prayer**
8. **I DO NOT include** Line B, Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 2

My Story: Line 3:B-1 – Day 2 (Scriptures on my thoughts & wounds)

4. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
5. I rewrite B:1 My Story (*B in the Summary prayer*), expanding on the **new page/new prayer**, by adding in the notes from today’s Scriptures to **my Day 1 prayer for myself**
6. **I DO NOT include** Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 3

My Story: Line 3:B-2 – Day 3 (Scriptures on my self-will, my addictions, for Line B-Day 3)

4. I write down notes about the Scriptures I have read—*applying them to my story of struggles, addictions, and false comforts I have turned to – and I am trusting in*
5. I rewrite B:2 My Story (*B in the Summary prayer*), expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 2 prayer for myself**
6. **I DO NOT include** Blessing, Discernment or Protection Prayer today

Blessings
Step 4
 Day 4

Blessings: Step 4 – Day 4 (Scriptures on how God wants to bless me)

4. I write down notes about the Scriptures I read—*applying them to my story – Examples: Receive God’s acceptance in place of rejection – Receive God’s goodness in place of not being good enough/being bad– Receive His faithfulness in place of being betrayed*
5. I rewrite Step 4–Blessings (*C in the Summary prayer*), expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 3 prayer for myself**
6. **I DO NOT include** Discernment or Protection Prayer today

Satan’s Attacks
Step 5
 Day 5

Satan’s Attacks: Step 5 – Day 5 (Scriptures on how Satan will attack me)

4. I write down notes about the Scriptures I have read—*applying them to my story in 3B*
5. I rewrite Step 5–Attacks prayer, (*D in the Summary prayer*) expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 4 prayer for myself**
6. **I DO NOT include** Protection Prayer today

God’s Protection
Step 6
 Day 6

God’s Protections: Step 6 – Day 6 (Scriptures on how God will protect me)

4. I write down notes about Scriptures I read—*applying them to my story in 3B*
5. I rewrite Step 6–Protection prayer, (*C in Summary prayer*) expanding on the **new prayer**, by adding in the notes from today’s Scriptures to **my Day 5 prayer**
6. **I DO NOT include** Day 7 prayer today

Day 7

What Else Do You Want Me To Know Jesus? – Day 7

3. I write down notes about the Scripture I have read on anything else God reveals to me
4. I rewrite notes from today and add them the **Days 1–6 prayer as I continue praying for myself – turning Scriptures into prayers back to God**



Week 4 Homework: Extra Resources and Exercises

Resource or Page # **Description of Resource and/or Instructions**
(see the PDF with the Session 4 slides)

Hidden Half book: Lindsey’s story
 The Hidden Half of the Gospel: Chapters 5–7 (pp. 58-91)

37–39 Pray the “Personal CROSS Prayer” so...:

- a. I am applying the CROSS prayer in my own life.
- b. The process becomes part of me – not just something I do one night a week at the training.

65–69 **Applying the Daily Discipleship Prayers:**

1. I place my “Personal CROSS Prayer” next to the Daily Discipleship Prayer

Personal CROSS Prayer (pp. 37–39)	Place these prayers next to each other	Daily Discipleship Prayer (pp. 65–69)
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2. I read the instructions for the Daily Discipleship Prayer...:

- a. At the top of the page (#’s 1-2-3), and
- b. On the “Daily Discipleship Prayer Instructions” on pages _____.
- c. On a daily basis as I rewrite each section of the prayer one day at a time.
- d. Using the same Daily Discipleship Prayer Instruction page each day.

70 Is it Biblical or Cultural To Say “I Just Need To Forgive Myself”

134 Did Jesus Make It Easy or Hard to Follow Him?
 Worksheet with Discussion Questions

Disciples who apply the “Daily Discipleship Prayer” daily:

- ⇒ Receive more healing and freedom
- ⇒ Become much, much, much more comfortable facilitating the discipleship process
- ⇒ Become more, much, much more comfortable mentoring others in the discipleship process

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ⇒ Do not receive more healing and freedom
- ⇒ Do not become much, much, much more comfortable facilitating the discipleship process
- ⇒ Do not become more, much, much more comfortable mentoring others in the discipleship process
- ⇒ And each time we meet for training, it is almost like the person is starting all over again with the discipleship process.



Week 5: Receiving Forgiveness for My Own Sins

Learning to:

1. Appreciate everything Jesus took to the cross for me/as me
2. Understand what Jesus meant when He said, “Father, Forgive me for I did NOT what I was doing.” (Luke 23:34)
3. Receive the fullness of forgiveness that Jesus has already provided for me 2,000 years ago, in the past



Resource or Page # **Topics** (see the PDF with the slides from Session 5 as well)

Key Verse: “Father, forgive them (addressing our sin) for they know NOT what they do.”
Luke 23:34 (Addressing all of the consequences and losses we did **not** know about, losses that would grow out of our sins and choices)

Information on how to receive Jesus’ spirit of forgiveness for...:

- ⇒ Everything I did know about my sins, lies, wounds, choices and patterns of self-protection/addictions.
- ⇒ Everything I did NOT know about my sins, lies, wounds, choices and patterns of self-protection/addictions.

Slides

Summarizing John’s story:

Cycle of Not Being Important & Having an Affair Leading to Guilt and Shame
Summarizing John’s story of receiving Jesus’ spirit of forgiveness from overwhelming shame and guilt, for:

- ⇒ Everything he did know about his choices, hurting his wife and family.
- ⇒ Everything he did NOT know about her choices, hurting his wife and family.

Deeper Application of this information is in 8-Week Part 2

72

The Hidden Half of Receiving Forgiveness for the “Root” and “Fruit” of My Own Sins

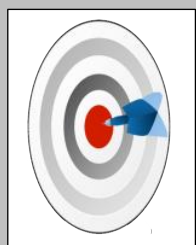
Four Parts of Forgiveness

What we do instead of trying to figure out how much of our guilt is:

- ⇒ True guilt
- ⇒ False guilt

73

Homework



Multiplying disciples who are receiving Jesus’ victory over Satan’s greatest deception – having us try to do:

- God’s part instead of our part (Genesis 3:5)
- God’s part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)



Week 5 Homework: Extra Resources and Exercises

Resource or Page # **Description of Resource and/or Instructions**
(see the PDF with the slides from Session 5 as well)

Hidden Half book:	John’s story The Hidden Half of the Gospel: Chapters 11-13 (pp. 118–149)
37–39	Pray the “Personal Cross Prayer” with the Daily Discipleship Prayers – so...: a. I am applying the CROSS prayer in my own life. b. The process becomes part of me – not just something I do one night a week at the training. (Colossians 2:6–7 talks about the ‘overflow’ principle)
73	Is it Biblical – Or cultural to say, “I just need to forgive myself?” exercise
74	They Do Not Know What They Do exercise
Youtube	Sherry’s story: Receiving Freedom from Deep Shame and Guilt: <i>A powerful message of grace that replaces the negative view of the judgment with a powerful and positive view of God and His judgment</i> Freedom from Shame and Guilt: Parts I & II https://www.youtube.com/watch?v=FETy-0S3X6A https://www.youtube.com/watch?v=sbti-xe3IUQ

Disciples who apply the “Daily Discipleship Prayer” daily:

- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
 And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Hidden Half of Receiving Forgiveness for the Root and the Fruit of MY SINS Includes at Least Four Parts – Based on Jesus’ Profound Words in Luke 23:34

“Karl Menninger, famed psychiatrist, once said that if he could convince the patients in psychiatric hospitals that hospitals their sins were forgiven, 75% of them could walk out the next day!”^{vi}

Part #1: Honoring the reality that I have sinned, which is why Jesus’ words include the need to receive forgiveness – so that I know He what is forgiving me for, instead of minimizing, denying or excusing my sin, guilt, and shame.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us. 1 John 1:8-10

As it is written: “There is **none righteous, no, not one**; There is none who understands; There is none who seeks after God. They have all turned aside; They have together become unprofitable; There is none who does good, no, not one. Rom. 3:9-12

All have sinned and [all] fall short of the glory of God. Romans 3:23

Part #2: Honoring the reality that Jesus says there is something I do not know about my sins. “Father, forgive me because **I DID NOT KNOW** what I was doing.” Luke 23:34

Part #3: Honoring the reality that God has already forgiven me when I was dead in my sins, before I was ready to receive forgiveness for my sins. God provided the forgiveness I needed so I could turn to Him to receive HIS Spirit of forgiveness for those who have sinned against me. And **Christ was made to “BE” my sin** – as if He was the One who was committing my sins, to identify with my sins, as He as hanging on the cross, not just paying the price for my sins. (2 Cor. 5:21; Heb. 2:17-18; 4:15; Isaiah 53:5-6, 8-12)

Peter tells the Christians that whoever is ineffective and unproductive in the knowledge of the Lord Jesus Christ has **forgotten** that they have been cleansed from their sins. (2 Peter 1:8–10)

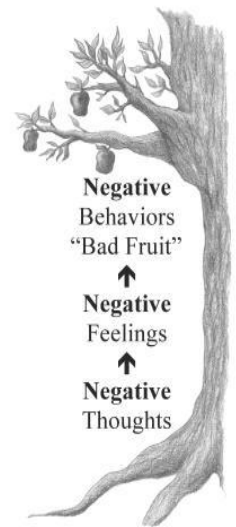
For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him. (2 Cor. 5:21)

Even when we were dead because of our sins...He forgave us in Christ. (Ephesians 2:5; Colossians 2:13-14; 1 John 2:2)

Part #4: Honoring the reality that we are called to forgive as Jesus forgave (Colossians 3:13). Because Jesus said He did nothing in His own strength (John 15:19; 6:28), *and* we can do nothing apart from Him (John 15:5; 6:63; Romans 7:18-19), we need His power, His grace His Spirit of surrender to receive His forgiveness for our sinful behaviors AND the negative thoughts/lies we have received about ourselves AFTER we have sinned, because Satan, the ‘father of lies’ wants our identity to be based on the sins we have done, NOT what Christ has already done FOR us (Matt. 15:18-19; 2 Cor. 5:16-17; 12:9; Phil. 4:13; Col. 3:3, 13).

Please note:

- *We do not try to figure out how much of the guilt and shame is true and how much of it is false.*
- *We do take **all** of the guilt and shame to the cross, true and false, honoring 2 Corinthians 10:5, telling us to “take EVERY THOUGHT captive to the obedience of Christ.”*



Is it *Biblical* or *Cultural* to Say “I Just Need to Forgive Myself?”
*** See ‘His-story & My Story’ Lessons #’s 4–5 for more details and Level 1–Part 2: Week 9**

‘Forgive/Forgiveness/Forgiving/Forgiven’ is mentioned 95 times in the Bible. (KJV)

How many examples do we have of someone in the Bible ‘forgiving’ himself/herself?

Example 1: Moses was a murderer and his people sinned against the Lord:

Did Moses say: “I forgive myself for murdering a man?”

Or did Moses talk about God as a forgiving God?

Did Moses tell God’s people to say: “We forgive ourselves for our sins?”

Exodus 32:31–32; 34:6–8
 Numbers 14:19
 Psalm 99:7–8

If so, how do we know? If not, why not?

Example 2: David was a murderer and God’s people were sinners:

Did David say: “I forgive myself for murdering Uriah to cover up my sexual sin?”

Or did David talk about God as a forgiving God who cleanses him—blots out his sins and transgressions?

Did David tell God’s people to say: “Just forgive yourselves for sinning?”

Psalm 25:18; 32:1–2; 51:1–17
 Psalm 99:7–8; 103:1–3 etc.

If so, how do we know? If not, why not?

Example 3: Paul was a persecutor of the early church preaching forgiveness to the Jews and Gentiles:

Did Paul say: “I forgive myself for persecuting the church?”

Or did Paul talk about God as a forgiving God, and a need to receive God’s forgiveness?

Did Paul teach others to say: “Just forgive yourself?”

Acts 5:31; 13:38; 26:17–18;
 Eph. 1:7; Col. 1:13–14; 2:13

If so, how do we know? If not, why not?

If we can’t find any examples from Genesis to Revelation of anyone who ‘forgave themselves’ – why do so many Christians tell themselves, “I just need to forgive myself?” Or tell others, “You just need to forgive yourself?”

What does “forgiving myself/forgiving yourself” mean? And if it is not what we mean, why don’t we say what we mean?

Choosing A Self-Centered Solution: “I just forgive myself”	Choosing A Christ-Centered Solution:
I just need to let go of/release my <u>g</u> _____ & <u>s</u> _____	Choose to <u>s</u> _____ to Jesus’ finished work
I just need to believe what I am already <u>u</u> _____ <u>t</u> _____ <u>b</u> _____	Choose to <u>r</u> _____ Jesus’ Spirit of surrender
I just need to try hard to do what I am already <u>u</u> _____ <u>t</u> _____ <u>d</u> _____	with <u>H</u> _____ <u>S</u> _____ <u>o</u> _____ <u>f</u> _____

We have often confessed the f_____ of our sin, but not the r_____ / _____ of our sin.

Why do we confess our sin to God, and even stop committing that sin – yet still carry guilt, shame, condemnation and regret for 5, 10, 20, 30, and 40 years later? We have f_____ that we have been _____ (*past tense*). (2 Peter 1:1–10, especially verse 9; Gal. 3:1–5)

The devil places _____ in our hearts before **and** after we sin. (John 8:44)

Satan has subtly deceived us into being defined by our sins. We have n_____ t_____ and _____ about ourselves that are triggered when we remember our sins. Then we are tempted with thoughts to give up, to lose hope of being forgiven or accepted, and/or to just give in to sin.

What is “godly sorrow/godly repentance” without regret? (2 Corinthians 7:9–11)

Godly Sorrow/Repentance that leads to knowing I am: f_____ in my _____ and _____ (Heb. 8:10; 10:16)



“Father, Forgive them for They do NOT Know what They do” – Luke 23:34 Exercise

How much of my sin has Jesus already forgiven me for, on the cross, 2,000 years ago?
 * See ‘His-story & My Story’ Lesson #'s 4-5 for more details and Level 1–Part 2: Week 9

Group 1 – Adam and Eve: (Gen. 3:6–34; 4:1–8; 6:13–9:1 etc.)

Did Adam and Eve know or **NOT KNOW** about all of the long-term consequences, losses and multi-generational influence that would grow out of their sinful choice to take the forbidden fruit?

Christ’s death covered: Some of their sins, consequences & influence – *and mine?*

All their sins, consequences & influence *and mine?*

	Did all of this still happen? Yes <input type="checkbox"/> No <input type="checkbox"/>	They Did Know?	They Did NOT Know?
1.	Naked – exposed – afraid	<input type="checkbox"/>	<input type="checkbox"/>
2.	An animal would die to clothe them	<input type="checkbox"/>	<input type="checkbox"/>
3.	They would no longer live in Eden	<input type="checkbox"/>	<input type="checkbox"/>
4.	They would experience shame and blame each other, God and the snake	<input type="checkbox"/>	<input type="checkbox"/>
5.	Cain, their first-born son would kill Abel, their second son	<input type="checkbox"/>	<input type="checkbox"/>
6.	Noah’s flood would destroy the world	<input type="checkbox"/>	<input type="checkbox"/>
7.	World Wars I-II etc.	<input type="checkbox"/>	<input type="checkbox"/>

Group 2 – Abraham, Sarah and Jacob: (Gen. 26:6–11; 27; 34:1–26 etc.)

Did Abraham, Sarah and Jacob know or **NOT KNOW** about all of the long-term consequences, losses and multi-generational influence that would grow out of their sinful choice – to use Hagar sexually – instead of trusting God?

Christ’s death covered: Some of their sins, consequences & influence – *and mine?*

All their sins, consequences & influence *and mine?*

	Did all of this still happen? Yes <input type="checkbox"/> No <input type="checkbox"/>	They Did Know?	They Did NOT Know?
1.	Abraham using Hagar, the Egyptian servant	<input type="checkbox"/>	<input type="checkbox"/>
2.	A 4,000 year war between Arabs & Israeli	<input type="checkbox"/>	<input type="checkbox"/>
3.	Isaac lying to the king – like his father	<input type="checkbox"/>	<input type="checkbox"/>
4.	Jacob lying to his father Isaac	<input type="checkbox"/>	<input type="checkbox"/>
5.	Laban lying to Jacob about Rachel	<input type="checkbox"/>	<input type="checkbox"/>
6.	Jacob’s sons lying to him about Joseph	<input type="checkbox"/>	<input type="checkbox"/>
7.	Jacob’s sons lying to a whole town and murdering them	<input type="checkbox"/>	<input type="checkbox"/>

Group 3 – David, Amnon, Absalom, Solomon: (2 Sam. 13:1–29; Lev. 20:2; 1 Kings 11:7; Jer. 32:35 etc.)

Did David know or **NOT KNOW** about all of the long-term consequences, losses and multi-generational influence that would grow out of their choices with sexual sin?

Christ’s death covered: Some of their sins, consequences & influence – *and mine?*

All their sins, consequences & influence *and mine?*

	Did all of this still happen? Yes <input type="checkbox"/> No <input type="checkbox"/>	They Did Know?	They Did NOT Know?
1.	Murdering Uriah	<input type="checkbox"/>	<input type="checkbox"/>
2.	An innocent baby dying	<input type="checkbox"/>	<input type="checkbox"/>
3.	Amnon raping his half-sister Tamar	<input type="checkbox"/>	<input type="checkbox"/>
4.	Absalom sleeping with David’s concubines	<input type="checkbox"/>	<input type="checkbox"/>
5.	Solomon’s 1,000 wives/concubines	<input type="checkbox"/>	<input type="checkbox"/>
6.	Many innocent babies dying in fires of Moloch	<input type="checkbox"/>	<input type="checkbox"/>
7.	Kingdom dividing – never reconciling	<input type="checkbox"/>	<input type="checkbox"/>



Week 6: Receiving Jesus' Forgiveness for Someone Who has Sinned Against Me

Learning to:

1. Appreciated everything Jesus took to the cross for my offender
2. Understand what Jesus meant when He said, "Father, Forgive my offender for he/she did know NOT what he/she was doing." (Luke 23:34)
3. Receive the fullness of forgiveness Jesus has already provided for my offender 2,000 years ago, in the past – *without minimizing the sins against me*



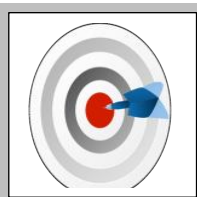
Resource or Page # Topics (see the PDF with the slides from Session 6 as well)

Slides Amber's story of betrayal

Key Verse: Luke 23:34 "Father, forgive them (addressing sins against us) for they know NOT what they do." (addressing all of the consequences and losses the person who hurt me, sinned against me, harmed me, betrayed me etc. did not know about, that would grow out of our sins and choices)

Information on how to receive Jesus' spirit of forgiveness for...:

- 76 ⇒ Everything the other person/offender did know about my losses, my pain, the way I was hurt and sinned against
- ⇒ Everything the other person/offender did NOT know about my losses, my pain, the way I was hurt and sinned against
- ⇒ Forgiving from my heart (Matt. 18:25) instead of letting Satan gain a foothold in my heart (Eph. 4:26–32)
- 77 Quotes on the power of forgiveness
- 78 Betrayal Prayer (sample that needs to be rewritten to make it personal)
- 79 Week 6 Homework Instructions
- 80 Asking versus Telling worksheet: How To Build Bridges Instead of Building Resistance
- 81 Homework



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

Hidden Half of Receiving Jesus' Spirit of Forgiveness for Someone Else Includes at Least Five Parts, Based on Jesus' Profound Words in Luke 23:34

1. Honoring the reality that I have been hurt, which is why Jesus words include the need to forgive – so that I know what I am forgiving (instead of minimizing, denying, or excusing my pain/losses etc. because of the way I was hurt, harmed, or sinned against)
2. Honoring the reality that I need Jesus to heal my wounded heart **first** (Ps. 109:21-22), so I can truly “forgive from my heart” (Matt. 18:35), and pray for those who have hurt me (Matt. 5:43-45), because I can do “nothing” apart from Christ (John 15:5; 6:63)
3. Honoring the reality that God has *already forgiven me when I was dead in my sins*, before I was ready to receive forgiveness for my sins. God provided the forgiveness I needed before I was ready to seek forgiveness, so I can turn to Him to receive **HIS spirit of forgiveness** for those who have sinned against me (Col. 3:13; Eph. 2:5; 1 John 2:2)
4. Honoring the reality that there is something the person does known and does NOT KNOW about the losses and consequences in my life and in his or her *own life* because of the sins against me (Luke 23:34)
5. Honoring the reality that my negative thoughts about the person are keeping me from receiving the FULLNESS of forgiveness and supernatural love for my offender/abuser (even as we never tell you to try harder to forgive...but instead to receive Jesus' healing first and then His spirit of forgiveness for the person)

Please note:

*We do **not** try to figure out how much of the guilt, shame, or blame is true, and/or how much of it is false.*

*We take **all** of the guilt, shame and blame to the cross, honoring 2 Corinthians 10:5.*

Forgiveness is a PROCESS

Dr. Levy Writing About the PROCESS of Forgiveness:

Forgiveness is not pretending evil never happened, and it is not calling evil good. Forgiveness is setting yourself free **not giving others the power to hurt you again every time you think about them [or yourself, or God].**” (bold words and brackets are mine)

Dr. Levy, Gray Matter, p. 221

Even for those who choose forgiveness, it is a process, not a once-and-for-all transaction. “Forgive and forget” does not usually work. It is a pursuit, a habit that takes time and effort, and the results are always worth it. *Dr. Levy, Gray Matter, p. 142*



“Forgive to Live” Quotes:

What You Tell Yourself Can Kill You chapter:

“In another study, Charlotte Witvliet simply asked people to imagine someone from the past who had caused them harm. As they did so, their bodies reacted with increased blood pressure, a higher heart rate, sweaty palms, and muscle tension in their forehead. Dr. Witvliet then asked participants to imagine what it would be like to forgive the individual they had imagined. She did not teach anyone how to forgive; she merely asked them to think of the *possibility* of forgiving. When they did this, all the physiological measures mentioned about reversed. Forgiveness directly affected physiology.

The clinical study I did investigating the relationship between forgiveness and blood pressure (see appendix) taught me that people who learn to practice forgiveness:

- Believe they can do something about their condition.
- Move the locus of control from what someone did to what they need to do.
- Begin the process of letting go, changing their grievance stories, and moving on with their life.
- Were able to significantly lower their blood pressure.”

As Dr. Tibbit continues sharing the results of forgiveness, please notice the fruit being revealed in the participants lives. There is a change in their health, a different focus in their lives moving forward instead of backward.

“During interviews at the end of each forgiveness training program, I invited participants to describe what they found most helpful in our weeks together. Each time I expected them to say something like ‘I feel good about being able to reduce my anger’ or ‘I was delighted to lower my blood pressure,’ answers that would reflect the two major emphases of the program. But you know what I heard most often? It may surprise you.

‘I had a spiritual awakening in my life,’ the participants said. ‘I feel that my life now has direction and purpose. I feel like I’m getting on track with where my life should have always been.’

Even though I had focused on the mental and physical benefits of practicing forgiveness and had discovered that forgiveness does indeed positively impact both, the majority of the people I worked with were most thankful for the *spiritual* benefits that forgiveness gave them.

In short what I had demonstrated in real life and supported by hard statistics was the *forgiveness has the power to bring healing to the whole person: body, mind, and spirit.*” (Forgive to Live, pp. 68-69)

Maybe this is why we are counseled to leave our gift at the altar and make amends, as much as possible, with others, before seeking blessings from the Lord. And as we step out in faith, practicing the principles of forgiveness, we receive all these blessings first.

Without them, we build roadblocks between the Lord and ourselves. And then we are tempted to blame Him [God] for not hearing our prayers. (We talk about disappointment/anger at God etc. in week 14)



Betrayal Prayer: (*This is a sample that needs to be rewritten in your own words)

Dear God, Thank You for knowing everything about my story – knowing ahead of time how I was betrayed by _____ (I say person’s name) when he/she (I share/summarize how I was betrayed)

And choosing to have Jesus fulfill prophecy when Judas betrayed him by a kiss, for the price of a slave...someone Jesus loved, who was close to Him, during His time of need in Gethsemane. Thank You for also having Jesus’ fulfill prophecy when He was alone and abandoned by those closest to Him in the Garden of Gethsemane, and having Peter deny Him three times during His trials, the 3rd time with cursing, and being physically, verbally, mentally abused and violated by those who should have been protecting and supporting Him – all so He could identify with me.

Thank You for planning ahead to have Jesus walk in my shoes, suffering in His soul, the deepest part of His being, so He could be ‘made like me in every way...and tempted like me in all ways (Heb. 2:14-18; 4:14-16), so He could suffer being tempted with my negative thoughts and feelings in the midst of my pain because of the way I have been betrayed – validating and honoring my trauma and losses: * I mark my negative thoughts listed below ↓

- I’m alone I’m abandoned Why God? I’m different No one understands me I’m not good enough
- I’m not deserving I deserve to be punished It is my fault–I’m have to take the blame I’m rejected I need to protect my heart by keeping my heart closed so I am not vulnerable to being hurt again I look for ways I could be betrayed again – being on-guard against being betrayed again
- I’m not wanted I’m bad/dirty I can’t speak up, have needs, be seen or be safe I have to perform/try harder I have to be in control I’m a failure I can’t trust anyone or get close to anyone I’m powerless, helpless, weak, hopeless, useless I’m not worthy I can’t be forgiven or accepted I’m not important I’m not worth being pursued I’m not loved
- I don’t belong I have to trust in my own strength, wisdom or anger to protect myself I can’t trust my own wisdom/self-doubt I should have seen it coming/I shouldn’t have been so trusting I am good enough I cannot let anyone see that I have needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past/I can deny my pain in my life My security is in knowing more than others, being right and/or trusting in religious activities

Other: _____

With all my negative feelings of Fear Shame Anger Bitterness Anxiety Resentment Sadness Other Feelings: _____ **and all of my:** Spiritual (loss of trust in God/others, peace, joy, ministry, hope etc.) Relational (family, friends, church etc.) Mental/Emotional Financial (income, support, work etc.) Generational Other: _____ **losses.**

Thank You for taking all of my pain and struggles into Christ’s suffering and death as I agree that You raised Jesus from the dead. You honored Him by seating Him at Your right hand, giving Him all power and authority to rebuke Satan, his demons, all their lies (Zech. 3:1–2; Jude 9), every layer of their lies, generational patterns, spirits, vows and curses (Gal. 3:13–14) so He can heal my wounded heart, set me free and walk me out of the prison of my negative thoughts (Luke 4:18). I confess that I am receiving my truest, deepest identity as Your son (or) daughter, with Your love, Your acceptance, and Your faithfulness to me. I also agree that I am no longer seeing myself through the things that have been done to me, but through everything You have done for me through as I continue to receive Your grace daily (Col. 2:6-7), seeking to know Your will for my life. And keeping my heart open to Your healing love – and love from others who are safe. **In Christ’s name, Amen.**

Dear God, What blessings, promises, songs, hopes or desires do you have for me? _____

Dear God, How will Satan attack me out of Satan’s fear that I am receiving the fullness of Your love, acceptance, freedom and faithfulness to me? _____

Dear God, How will You protect me from Satan’s attacks, triggers and temptations in a way that I am noticing Your spiritual protection for me? _____



Week 6 Homework: Extra Resources and Exercises

Resource or Page #	Description of Resource and/or Instructions <i>(see the PDF with the slides from Session 6 as well)</i>
Hidden Half book:	Amber’s story The Hidden Half of the Gospel: Chapters 8–10 (pp. 92–117)
37–39	Pray the “Personal Cross Prayer” so...: a. I am applying the CROSS prayer in my own life b. The process becomes part of me – not just something I do one night a week at the training
77	Quotes on the power of forgiveness
78	Betrayal Prayer (<i>this is sample prayer that needs to be rewritten to make it personal</i>)
80	Asking versus Telling – Building Bridges versus Building Resistance

Disciples who apply the “Daily Discipleship Prayer” daily:

- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Asking *versus* Telling:

Building bridges *versus* Building Resistance

Building Bridges: “I” messages with my words, actions, and attitudes

Listening to the person’s story:

After listening **I ask** permission to share

“I have a resource that has helped me through some difficult experiences. Can I share it with you?”

Honoring the person’s “NO” and not pushing to share if he/she says “NO”

I do NOT:

I do **NOT** tell people “I have something to share with you.”

I do **NOT** tell people “You need to receive/get prayer.”

I do **NOT** tell people “You need this resource I have.”

I do **NOT** send them the message that they are doing something wrong and need to start doing something differently because that immediately builds resistance ☹️.

Building Resistance: “You” messages with my words, actions, and attitudes

Telling the person:

“You need to receive/get prayer.”

“You need this resource/everyone needs this resource.”

“You’ve been praying the wrong way. You need to pray this way.”

I DO:

I **DO** ask God to reveal my deepest thoughts and motives and desires to change the other person (Heb. 4:12) instead of trusting His timing.

I **DO** ask God to ripen the person to see his or her need for healing and freedom.

I **DO** ask God to reveal any desire to trust in my own strength to change the other person - leading me to have a false sense of control that will create resistance in the other person.

Week 7: How to Share Christ-Centered Testimonies

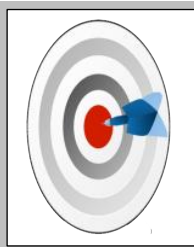
Learning to:

1. Discover the parts of a Christ-centered testimony
2. Prepare ahead of time how to share a Christ-centered testimony (in contrast to a testimony focused more on glorifying sin, more on glorifying self and/or self-pity)
3. Be intentional about giving an invitation after every testimony



Resource or Page # Topics (see the PDF with the slides from Session 7 as well)

Slides	Anna's story of betrayal
Slides	Reviewing Key Themes Overview of the Level 1 Process That Can Lead To Level 2 Leaving A Legacy
82	Practicing the Principle of Thankfulness
83	How to Give a Christ-centered Testimony
84	Homework
82	Practicing the Principle of Thankfulness
83	How to Give A Christ-centered Testimony
84	Homework



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

Practicing the Principle of Thankfulness as I Begin to Write Out My Testimony

Sharing How Jesus' Story Connects with My Story:

I will intentionally, thoughtfully, and willfully protect the privacy of family members and others in my story by **not** including their names or details without permission – knowing that churches often broadcast and record their services.

They defeated Satan by the blood of the Lamb and the word of their testimony. (Revelation 12:10–11)

See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all. Rejoice always, pray without ceasing, **IN** everything [*not 'for' everything*] give thanks; for this is the will of God **IN** Christ Jesus for you. (1 Thess. 5:18-21 NKJV)

And we know that **all things work together for good for those who love God**, to those who are the called according to *His* purpose. For whom He foreknew, He also predestined *to be conformed to the image of His Son*, that He might be the firstborn among many brethren. (Romans 8:28-29 NKJV)

Dear God, How have You brought healing, freedom and peace into my pain, suffering, losses and patterns of self-protection – growing me into the image of Your Son, Jesus Christ, and moving me into ministry, with a testimony?

- Caregivers:** (Dad/Mom – Siblings – Step Parent – Grandparents – Foster Parents – etc.)
- Partners:** (Husband/Wife – Boyfriend/Girlfriend – Ex-Husband/Wife – Ex-Boyfriend/Girlfriend)
- Children:** (Sons – Daughters – Step Sons – Step Daughters – Nieces - Nephews etc.)
- Leaders/Church Members:** (Pastors – Coaches – Teachers – Elders – Mentors– etc.)
- Co-Workers:** (Employers – Employees – Managers – Supervisors – Co-workers etc.)
- Other:** (Myself – Aunts – Uncles – Cousins – Friends – Neighbors – Counselors etc.)

1. I write down the names of key people in my life, beginning with the person who has hurt me
2. I write down how God is growing me into the image of His Son as the ‘good’ that He is bringing into my life, how He is using my story of healing for His glory (from the Phase 3–5 exercises)
3. I write down why I am thankful for this person/these people in my life
4. I share with God, in prayer, why I am thankful for these people
5. I ask Him if there are any negative thoughts in my heart, keeping me from sharing with them why I am thankful for them – and I receive prayer until I have freedom to share with them (*if they are open to me sharing*)
6. I **prayerfully consider** sharing with these people why I am thankful for them

First Name or Initial of the Person(s) Who Hurt Me:	How Christ is bringing good out of my experience: Why I am thankful for this experience – how I have grown during this experience in trusting God etc.:	I protect the privacy of family and others in my story...
1. _____	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
2. _____	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

The next page gives us a flexible structure helping us to teach/train us how to set healthy boundaries when we have testimonies during the worship service, prayer meetings etc., honoring God as a God of order, not disorder and chaos (1 Cor. 14:33), including the times when people are sharing:

1. Long-winded testimonies taking up everyone’s time, without a clear focus on Jesus and what He has done for them
 2. Repeating the same testimony time and time again, often from an experience that happened years ago
 3. More details about sin and the Savior, making sin attractive, and/or giving inappropriate details about their sin/struggles.
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Creating a Christ–Centered/Cross–Centered Testimony (4 Key Parts)

The goal for our testimonies = **Glorifying our Savior – and Building up the Body of Christ**

[1] NOT glorifying sin

“See how much I have sinned”

[2] NOT glorifying self

“See how special I am to God”

[3] NOT glorifying self-pity

“See how much I have suffered”

*I do not share the names or details of family members/others involved in my story **without permission** – so I can protect their privacy.
* Churches broadcast/record their services.*

Part 1: My Story – Revelation 12:10–11

I write down 2 or 3 of my negative thoughts:

I am rejected
I can't be forgiven
I can't trust others
I'm not good enough
I have to trust in my own strength etc.

1. _____
2. _____
3. _____

Optional: I write a short description summarizing what I am comfortable sharing about my negative experience, addiction, or loss.

I have had these negative thoughts/struggles in my life: *(list thoughts)*

And they have created a negative impact in my life: *(list the negative impact)*

Part 2: Jesus' Story – I write down 2 or 3 of the negative experiences Christ went through in His suffering, so I can share with others that He knows what I have gone through – yet without sin (Heb. 4:15):

Samples of Christ's negative experiences He went through:

Alone – Abandoned
Betrayed – Abused
Tempted – Rejected
Crying out “WHY?”
etc.

1. _____
2. _____
3. _____

Differences in My Life – I write down differences I am noticing in my life and relationships because I am receiving freedom in Christ.

Seeing what Christ went through: *(I list where I identify with Christ)*

Has helped me to: *(describe how I am experiencing healing and freedom; and the difference it is making in my life, my relationships and purpose in life)*

Part 3: Moving into Ministry with a Testimony

I describe some of the opportunities I have had to share with others.

** I do NOT share any names publicly without permission*

And it has helped me to share Christ and HIS-story with others:

Opportunity 1: _____

Opportunity 2: _____

Opportunity 3: _____

Part 4A-B: Invitation

4:A – Invitation to Others

After sharing my testimony, I *(or the person in charge)* share a short, simple invitation to those who are listening – asking if any of them wants to receive prayer and discipleship ministry.

4:B – Prayer of Blessing

The person in charge will ask 2 other people to pray a prayer of blessing for me & for those I am sharing with.



Week 7 Homework: Extra Resources and Exercises

Resource or Page #	Description of Resource and/or Instructions <i>(see the PDF with the slides from Session 7 as well)</i>
Hidden Half book:	Anna's story The Hidden Half of the Gospel: Chapters 817–19 (pp. 177–209)
37–39	Pray the “Personal Cross Prayer” so: <ol style="list-style-type: none">I am applying the CROSS prayer in my own lifeThe process becomes part of me – not just something I do one night a week at the training
82–83	Read and Follow Instructions for Principles of Thankfulness and Sharing A Christ-Centered Testimony...Learning to: <ul style="list-style-type: none">⇒ Write my own personal story in my own words⇒ Use the worksheets on pages ____ and ____ as a template/structure to help me
85–87	Read and Follow Instructions for the number of times we are told to: <ul style="list-style-type: none">⇒ Confess sin⇒ Confess Jesus

Disciples who apply the “Daily Discipleship Prayer” daily:

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- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Confessing Sins *versus* Confessing Jesus

* There are 30 references to the word “Confess” in the New Testament (NASB)

* What do you notice about the difference between the number of “negative” and “positive” confessions?

Confessing Our Sins: Number of Negative Confessions _____	Confessing Jesus: Number of Positive Confessions _____ (or in the case of John that Baptist... that he, John, is not the Christ, or that the law is good)
Matthew 3:6 Baptized by him [John] in the Jordan River, as they confessed their sins.	Matthew 10:32 Therefore everyone who confesses Me before men, I will also confess him before My Father who is in heaven.
Mark 1:5 And all the country of Judea was going out to him, and all the people of Jerusalem; and they were being baptized by him in the Jordan River, confessing their sins.	Matthew 16:13, 16 [Peter’s <i>Confession of Christ</i>] Now when Jesus came into the district of Caesarea Philippi, He was asking His disciples, “Who do people say that the Son of Man is?” ¹⁶ Simon Peter answered, “ You are the Christ, the Son of the living God. ”
Acts 19:18 Many also of those who had believed kept coming, confessing and disclosing their practices.	Mark 8:27, 29 [Peter’s <i>Confession of Christ</i>] Jesus went out, along with His disciples, to the villages of Caesarea Philippi; and on the way He questioned His disciples, saying to them, “Who do people say that I am?” ²⁹ And He <i>continued</i> by questioning them, “But who do you say that I am?” Peter *answered and *said to Him, “ You are the Christ. ”
James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.	Luke 12:8 “And I say to you, everyone who confesses Me before men, the Son of Man will confess him also before the angels of God;
1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.	John 1:20 And he confessed and did not deny, but confessed , “I am not the Christ.”
	John 6:66–69 - Peter’s Confession of Christ ⁶⁶ As a result of this many of His disciples withdrew and were not walking with Him any-more. ⁶⁷ So Jesus said to the twelve, “You do not want to go away also, do you?” ⁶⁸ Simon Peter answered Him, “Lord, to whom shall we go? You have words of eternal life. ⁶⁹ We have believed and have come to know that You are the Holy One of God. ”



Confessing Our Sins: Number of Negative Confessions _____	Confessing Jesus: Number of Positive Confessions _____ (or in the case of John that Baptist... that he, John, is not the Christ, or that the law is good)
	John 9:22 His parents said this because they were afraid of the Jews; for the Jews had already agreed that if anyone confessed Him to be Christ, he was to be put out of the synagogue.
	John 12:42 Nevertheless many even of the rulers believed in Him, but because of the Pharisees they were not confessing Him , for fear that they would be put out of the synagogue;
	Romans 7:16 But if I do the very thing I do not want <i>to do</i> , I agree with the Law, confessing that the Law is good.
	Romans 10:9 that if you confess with your mouth Jesus <i>as</i> Lord, and believe in your heart that God raised Him from the dead, you will be saved;
	Romans 10:10 for with the heart a person believes, resulting in righteousness, and with the mouth he confesses , resulting in salvation.
	2 Corinthians 9:13 Because of the proof given by this ministry, they will glorify God for <i>your</i> obedience to your confession of the gospel of Christ and for the liberality of your contribution to them and to all,
	Philippians 2:11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.
	1 Timothy 3:16 By common confession , great is the mystery of godliness: He who was revealed in the flesh, Was vindicated in the Spirit, Seen by angels, Proclaimed among the nations, Believed on in the world, Taken up in glory.
	1 Timothy 6:12 Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses.



Confessing Our Sins: Number of Negative Confessions _____	Confessing Jesus: Number of Positive Confessions _____
	1 Timothy 6:13 I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who testified the good confession before Pontius Pilate,
	Hebrews 3:1 [<i>Jesus Our High Priest</i>] Therefore, holy brethren, partakers of a heavenly calling, consider Jesus, the Apostle and High Priest of our confession ;
	Hebrews 4:14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession .
	Hebrews 10:23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful;
	Hebrews 11:13 All these died in faith, without receiving the promises, but having seen them and having welcomed them from a distance, and having confessed that they were strangers and exiles on the earth.
	1 John 2:23 Whoever denies the Son does not have the Father; the one who confesses the Son has the Father also.
	1 John 4:2 By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God;
	1 John 4:3 and every spirit that does not confess Jesus is not from God; this is the <i>spirit</i> of the antichrist, of which you have heard that it is coming, and now it is already in the world.
	1 John 4:15 Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.
	Revelation 3:5 He who overcomes will thus be clothed in white garments; and I will not erase his name from the book of life, and I will confess his name before My Father and before His angels.



Week 8: Testimony Time

Learning to:

1. Discover the parts of a Christ-centered testimony
2. Prepare ahead of time how to share a Christ-centered testimony (in contrast to a testimony focused more on glorifying sin, more on glorifying self and/or self-pity)
3. Be intentional about giving an invitation after every testimony



Resource or Page # Topics (see the PDF with the slides from Session 8 as well)

Slides	Keith's story of rejection and addiction to cocaine
Slides	Reviewing of the Level 1 Process Review How to Give a Christ-centered Testimony (see pages 80–81)
87	Topics for 8–Week - Part 2 Discipleship Training
133	Time for Sharing Testimonies – Using the Testimony Worksheet on page 81 Commitment Form for 8-Week Part 2: Follow-Through Training

Disciples who apply the “Daily Discipleship Prayer” daily:

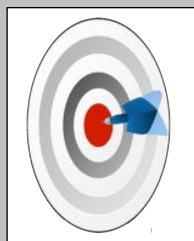
- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has **already** done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

8-Week Part 2: Follow-Through (Overview of the Topics)

Week #	Topic
Week 9	Receiving Jesus' spirit of forgiveness for everything I did and did NOT know about my sins, wounds, lies and losses (John's story: Part 2) 3-Column Worksheets including our losses
Week 10	Receiving Jesus' spirit of forgiveness for everything my offender did and did NOT know about hurting me/sinching against me (Amber's story: Part 2) 3-Column Worksheets including our losses
Week 11	Freedom from sexual abuse as Jesus breaks all negative/trauma bonding and bonding to His peace and purity as well as to Himself (Anna's story: Part 2)
Week 12	Freedom from sexual addiction as Jesus breaks all negative bonding to the false fantasy of pornography and bonding to the victory and purity of Christ (Rick's story: Part 2)
Week 13	Christ-centered spiritual warfare studying 5 New Testament examples and consequences of talking directly to demons
Week 14	Anger at God: What Job teaches us about being honest with God when we have questions about suffering, grief, loss, trauma and injustice Discerning the difference between: a. Mental gymnastics where I try to "forgive God" for what I "think" He did – as a way of resolving my doubts and/or anger with God/about God, <i>or</i> ... b. Having enough faith to be honest with God like Job, Jeremiah, Jonah, Jesus etc.
Week 15	Marriage/Couple Worksheets: Praying through the history of my marriage
Week 16	Introducing "Leaving A Legacy: Level 2" process where we go: a. One inch deep, and b. One mile wide in one area of the person's life c. So, the person can become: ⇒ A "great commission" disciple ⇒ Moving into ministry with a testimony ⇒ "Bearing much fruit that remains" (John 15:2, 8)



Week 8 Homework: Extra Resources and Exercises

Resource or Page #	Description of Resource and/or Instructions <i>(see the PDF with the slides from Session 8 as well)</i>
Hidden Half book:	Keith's story The Hidden Half of the Gospel: Chapters 23–25 (pp. 242–273)
37–39	Pray the “Personal Cross Prayer” so: <ul style="list-style-type: none">c. I am applying the CROSS prayer in my own lifed. The process becomes part of me – not just something I do one night a week at the training
82–83	Read and Follow Instructions for Principles of Thankfulness and Sharing a Christ-Centered Testimony...Writing Out: <ul style="list-style-type: none">⇒ My own personal story in my own words⇒ Using the worksheets on pages ____ and ____ as a structure to help me
91	Sign-Up List for “8-Week Discipleship Training - Part 2”
92–96	Sample Outline for Sessions 1–3 with the 3-Column Sample Prayer
97	Bonus Section with page numbers for this section



Sample Outline for Sessions 1–3

* Print Consent Form & Life History Forms on single pages, **not** double-sided

Sample Session 1:

(see page #'s on next page)

Consent Form and 1-Page worksheet for a man or a woman including the person's:

Best Hopes –

Lies/Negative Thoughts –

Jesus' Negative Experiences

God's Blessings

Discerning Satan's Attacks and Triggers

God's Protection from Satan's Attacks

Sample Sessions 2–3–or–4:

(see page #'s on next page)

Life History Form

Pray about using the 3-Column exercise and prayer to include the person's:

Losses – Lies /Negative Thoughts – Negative Patterns – Jesus' Negative Experiences

Prayerfully consider introducing the “Daily Discipleship Prayer” so the person can begin rewriting the prayer daily...

Or use the 3-Column exercise again in the 3rd session if the “Daily Discipleship Prayer” was used in the 2nd session

Option: And/or spend one session helping the person use the “Daily Discipleship Prayer” exercises for day 1 and day 2 – to rewrite the prayer if he/she is struggling to use the “Daily” prayers

- **IF** I have taken the Level 2 training **and** the person is faithful and interested, I can ask him or her if there is an interest in going deeper into freedom in one area of his/her life.

If so, I can invite him or her to go through Straight 2 the Heart's 7-phase “Pure Power – Pure Passion” discipleship process.



Sample Session 1:

Consent Form * *Print single-sided*

1-Page “CROSS” Prayer:

- ⇒ For a Man or a Woman
- ⇒ To Jesus or the Father

* Ask for Level 1: Leaving A Legacy Group Confidentiality Forms and Group Etiquette If You Are Leading A Small Group Training

Resource:	Page Number
Consent Form:	55
INTRO CROSS Prayers:	
Explaining the “CROSS” Prayer	24
The Facilitator fills out the prayer for the person	25–26
Facilitator Checklist	31–32
Mentoring Checklist	33–34



Sample Sessions 2 and 3:

** Print pages 92–93 single sided, not double-sided*

Resource:	Page Number
Life History Form: <i>* Optional for 2nd or 3rd discipleship sessions</i>	58 37–39
Personal Prayers: <i>It is an option to have the person fill out this prayer instead of you, the facilitator filling out this prayer during the 2nd or 3rd discipleship sessions</i>	
Daily Discipleship Prayer and Instructions <i>This is an option for 2nd – 3rd – 4th discipleship sessions</i>	65–68
3–Column Exercise with Sample Prayer to Include Identifying our Losses <i>This is an option for 3rd or 4th discipleship sessions</i>	94–95
Betrayal Prayer: <i>This is an option for 2nd – 3rd – 4th discipleship sessions</i>	77

** If I have taken the Level 2 training, I can also invite the person to go through Straight 2 the Heart's 7-phase discipleship process "Pure Power – Pure Passion" after the 2nd or 3rd session if he or she is showing a pattern of faithfulness and being teachable.*



3–Column Worksheet Connecting My Story with Christ’s Story:

Step 1: I **any** or **all** boxes in column #1 – I 2-3 boxes in column #2 – I 2-3 boxes in column #3

Step 2: I transfer information to the page 95, so I am **talking TO God**, like Jesus **did**, instead trying to talk ‘myself’ out of negative thoughts or into positive ones (Matt. 27:45-46; Col. 2:6-7; Eph. 6:18)

Column #1: I <input checked="" type="checkbox"/> ANY or ALL Boxes <i>* I underline words describing losses</i> I identify what I know about my losses I have experienced because of the way I have been hurt by others, I hurt myself, others or God:	Column #2: I <input checked="" type="checkbox"/> 2-3 Boxes I identify the negative messages I have received about myself BEFORE and AFTER I was hurt by others, I hurt myself, others or God:	Column #3: I <input checked="" type="checkbox"/> 2-3 Boxes <i>* I underline key words in Jesus’ story</i> I identify negative experiences Christ went through— tempting Him to believe the negative messages I have received: (Isaiah 53:1–5)
<p>I <input checked="" type="checkbox"/> all Categories of losses in bold letters in <u>this</u> column – to identify the price I have paid...</p> <p>Then I underline all key words in each category describing my loss</p> <p><input type="checkbox"/> Physical (loss of sleep, weight gain/loss, health problems, flashbacks, sex = pain/shame/guilt, headaches, nightmares)</p> <p><input type="checkbox"/> Spiritual (loss of trust in God loss of peace, hope, ministry, love, joy, unable to receive forgiveness, pride–unwilling or unable to admit I’ve sinned against someone etc.)</p> <p><input type="checkbox"/> Financial (retirement, debt, bankruptcy, over spending, worrying too much about \$\$/future etc.)</p> <p><input type="checkbox"/> Relational (losses with spouse, children, friends, workers, not being able to trust, telling about being abused and not being believed etc.)</p> <p><input type="checkbox"/> Emotional (depression, anger, fear, pain, anxiety, sadness, bitterness, hopeless, lonely, panic attacks, shame, guilt, regret etc.)</p> <p><input type="checkbox"/> Sexual (no/low sex drive, unworthy, being used, using others, dirty, unclean, having to keep secrets, denying or avoiding the problem, lust etc.)</p> <p><input type="checkbox"/> Vocational (loss of job, career, reputation, politics etc.)</p> <p><input type="checkbox"/> Educational (loss of degree’s, major, school of choice, grades, scholarships, teachers, etc.)</p> <p><input type="checkbox"/> Geographical (moving etc.)</p> <p><input type="checkbox"/> Generational (negative patterns in my family)</p> <p><input type="checkbox"/> Other: _____</p>	<p>Blame–Shame–Guilt:</p> <p><input type="checkbox"/> I’m not good enough <input type="checkbox"/> I’m bad</p> <p><input type="checkbox"/> It’s my fault <input type="checkbox"/> I have to suffer for my sins <input type="checkbox"/> I can’t be forgiven or Accepted <input type="checkbox"/> I’m not loveable <input type="checkbox"/> I’m Defective <input type="checkbox"/> I’m worthless / Dirty / Unclean <input type="checkbox"/> Other: _____</p> <p>Lack of Desire or Hope:</p> <p><input type="checkbox"/> I can’t be healed</p> <p><input type="checkbox"/> I’m alone/abandoned</p> <p><input type="checkbox"/> I’m hopeless/It’s hopeless</p> <p><input type="checkbox"/> I’m afraid my pain, shame, faults etc. will overwhelm me</p> <p><input type="checkbox"/> I don’t want to try anymore</p> <p><input type="checkbox"/> I’m done/It’s over/I give up</p> <p><input type="checkbox"/> I can’t get past my bitterness and distrust with men/women</p> <p><input type="checkbox"/> I fantasize about living in a better place to avoid the present</p> <p><input type="checkbox"/> I won’t forgive/can’t forgive</p> <p><input type="checkbox"/> Why God? / I can’t trust God</p> <p><input type="checkbox"/> I’m powerless, helpless, weak</p> <p><input type="checkbox"/> Other: _____</p> <p>Lack of Trust, Not Being Safe-Valued-Seen-Heard-Wanted:</p> <p><input type="checkbox"/> I have to be in control</p> <p><input type="checkbox"/> No one understands me</p> <p><input type="checkbox"/> I’m not important / I’m a burden / I’m a throw-away</p> <p><input type="checkbox"/> I’m not valued or cared for</p> <p><input type="checkbox"/> I can’t trust others because...</p> <p><input type="checkbox"/> I’m not worth being pursued</p> <p><input type="checkbox"/> I’m different / I don’t belong</p> <p><input type="checkbox"/> I’m rejected / I’m not wanted</p> <p><input type="checkbox"/> I have to hide who I really am</p> <p><input type="checkbox"/> I’m not safe / I have to pretend</p> <p><input type="checkbox"/> I’m not respected/Appreciated</p> <p><input type="checkbox"/> I’m an object to be used – not a person to be loved/protected</p> <p><input type="checkbox"/> I can’t be seen/heard/speak up</p> <p><input type="checkbox"/> Other: _____</p>	<p><input type="checkbox"/> Unwed mother Luke 2:5</p> <p><input type="checkbox"/> Refugee Matt. 2:13-15</p> <p><input type="checkbox"/> Tempted in the wilderness</p> <p><input type="checkbox"/> Tempted: Being kissed again and again by Mary (Luke 7:37–38, 44–45)</p> <p><input type="checkbox"/> Rejected by those He loves (Mat 23:37)</p> <p>In the Garden: Matt. 26:38-56</p> <p><input type="checkbox"/> Being left alone/abandoned by those closest to Him when He was sweating blood, struggling to surrender His will to His Father’s will</p> <p><input type="checkbox"/> Overwhelmed in His soul to the point of death (Matt. 26:38)</p> <p><input type="checkbox"/> Being betrayed by Judas, by a kiss – for the price of a slave; lied about and denied by all the other disciples and cursed by Peter</p> <p>During His Trials When He Was Powerless/Attacked...: 2 Cor. 13:4; Matt. 27-28/Lk. 22-23</p> <p><input type="checkbox"/> By Satan, Priests, Pilate, Herod, Soldiers</p> <p><input type="checkbox"/> By men stripping His clothes off</p> <p><input type="checkbox"/> By men physically, verbally, mentally abusing Him, blindfolding Him, slapping Him and spitting on Him, and blaming Him <input type="checkbox"/> By men shaming, humiliating Him</p> <p><input type="checkbox"/> By men in power over Him, choosing Barabbas, a murderer, over Him</p> <p>On the Cross: Grief & Sorrows: Matt. 27:31-46; Luke 23:26-56</p> <p><input type="checkbox"/> TEMPTED to numb His pain and believe it was hopeless, useless <input type="checkbox"/> Difficulty breathing</p> <p><input type="checkbox"/> TEMPTED To take it personally <input type="checkbox"/> To believe He was forsaken/rejected by His Father in His deepest, darkest time on the cross asking “WHY God?” (Psalm 22:1)</p> <p><input type="checkbox"/> TEMPTED to perform a miracle by coming down from the cross, as He was dying for my sin, suffering, shame, guilt, regret, condemnation (Luke 23:35, 37, 39)</p> <p><input type="checkbox"/> Not being respected, not being safe, appreciated, seen, heard or valued, being mistreated, falsely accused, murdered</p> <p><input type="checkbox"/> Other: _____</p>



Sample Prayer to Begin Praying Christ's Story into My Story

Below is a sample prayer I can pray **after** I have filled out the three columns on page 95

1. I identify losses and lies keeping me from receiving God's healing and freedom, so I am including in my prayer the "root" beliefs behind my negative behaviors and feelings. (John 8:44; Matt. 7:16-18; 15:18-19; Luke 6:44-45)
2. I identify the negative experiences Jesus went through so He could "suffer being tempted to help me." (Heb. 2:14-18)
3. I transfer the information from the three columns on page 94 to this page so I am applying the "prayer and ministry of the Word" (Acts 6:4) in my life, rewriting the prayer for a minimum of 40 days

Jesus' Story

Dear God, Thank You for having Jesus suffer being tempted as part of Your plan of salvation so He could identify with me when He went through the negative experiences of: *(I write in Jesus' experiences from **column #3** on page 94, where He was tempted with the same kinds of negative thoughts, shame etc. I have about myself)*

My Lies

Thank You for having Jesus suffer in His soul, the deepest part of His being, so He could be tempted with my negative thoughts from my negative experiences and losses, learning to believe I: *(I write down my negative messages by from **column #2** on page 94)*

My Losses

And the way they have grown into: *(I losses from **Column #1** from page 94) →* physical spiritual relational emotional sexual vocational/\$\$ generational educational geographical Other _____ **losses.**

My Comforts

Thank You for knowing that I am powerless to change myself in my own strength, will power, and sincerity (John 6:63; 15:5), and taking all of my wounds, losses, lies, patterns of self-protection and negative behaviors connected to Satan's false identity to death **IN** Christ (2 Cor. 5:19-21), with all of the ways I have learned to trust in my own strength to try and provide for myself, protect myself and prove who I am when I have turned to: *(I my addictions)* food fear sex/porn anger bitterness/resentment social media work religion relationships denial minimizing my patterns and lies self-pity/poor me judging blaming/twisting the truth to avoid responsibility for my sins worry manipulating lying to hide my sins and/or to make myself look better/self-justification rescuing others/needing others to need me money controlling independent/won't ask for help Other comforts, secrets, addictions etc.: _____

I am **RECEIVING** Your healing, Your freedom, Your supernatural love, Your perfection **and** Your Spirit of forgiveness for everything I **did know** and everything I did **not know** about my losses, wounds, and lies. And for the way I am no longer seeing myself through everything that was done *to* me, or that I have done, but I am seeing myself through everything You have done **FOR** me. **In Christ's name, Amen.**

Blessing Prayer: Dear God, (Jesus) What blessings, scripture promises, plans or hopes do **You** have for me, as I continue to receive the fullness of Your healing love, peace and forgiveness? (Col. 2:6-7) _____

Discernment Prayer: Dear God, (Jesus), How will Satan attack me and try to trigger me out of Satan's fear while I am receiving the fullness of Your forgiveness? _____

Protection Prayer: Dear God, (Jesus), How will **You** protect me from these attacks in a way that I notice Your spiritual protection for me? _____

Reflection Question: What is it like to pray Jesus' story into my own story? _____



Instructions to the 3-column prayer pp. 94-95

Older person facilitates prayer for the younger person – You do **NOT** have to list your sins...

As the Facilitator: 15 minutes per person to complete this exercise

1. I follow the instructions on this page/checklist, line-by-line.
2. I change “receiver” to the person’s name every time it appears.
3. I use prayers on page **94 & 95** that have been handed out by the leader.

I ask the receiver: “Please read the instructions #1–2 at the top of page **94** to yourself now – **quietly**.”

I say: “Please read the instructions in the grey box in Column-1 in the left-hand column. Then 2-3 losses to help you identify some of these losses connected to what you are praying about – and underline the key words. I will the categories of losses on page 95. And you will include the underlined words as you rewrite the prayer for yourself.”

* **Note:** *I (the facilitator) will the losses on page 95 as the person is sharing his or her losses with me.*

I say: “Please read the instructions in the grey box in Column-2, in the middle-column on page **94**. Then, 2-3 negative thoughts or lies you have received about yourself.”

I say: “Please read Isaiah 53:1-5 quietly to yourself and share what it means to know that Jesus chose to go through painful experiences in His life so that He could be tempted to believe your thoughts – without giving in to those thoughts. And then please share what these verses with me.”

I explain how the “receiver” listens to me read Jesus’ story 1st – and then 2-3 experiences in Jesus’ story – as I say:

A: “I would like you to read the shorter descriptions of Jesus’ suffering in Column -3 in the right-column of page **94** as I describe them in the longer sentences from page 148.” (*page 17 is in this Part 1 Training Manual*)

B. “After I finish reading Jesus’ story, I would like you to read the instructions in the grey box at the top of Column-3 on page **94**. Then, 2-3 experiences Jesus went through to identify with your negative thoughts you have already off in Column-2.”

I explain what the “receiver” does in ‘A’ – Then I read ‘B’ & ‘C’ to myself – Before I fill in page 95 – as I say:

A. “Please read the entire chapter of Isaiah 53 quietly to yourself while I transfer the information to the sample prayer on page **95** and see if there is anything else that is meaningful to you about Jesus choosing to suffer through all these negative experiences in His-story, so He can connect with your story.” **Note:** I (facilitator) read “B” below this sentence while Isaiah 53 is being read.

B. As the “receiver” is reading Isaiah 53, **I read** the italics in the first part of the prayer [Jesus’ story] on page **95**, transferring information from Jesus’ story in Column-3 of the right-hand column on page **94** to page 95. And I make sure that I am using words “being, and” etc. – to make the sentences flow smoothly in the prayer on page 95. **Then** I read ‘C’ below.

C. **I read** the italics in the second part of the prayer on page **95**, [My lies], transferring information from Column-2 in the middle column on page **94** to page 95– then I transfer the losses from Column-1 in the left-hand column on page **94** to page 95, making the sentences flow smoothly.

After I fill in Jesus’ story, the lies and losses – **I say:** “Please read the list of false comforts & addictions in the middle of the paragraph **below** the section on losses – on page **95** – and all the ways you have learned to trust in your own strength to try and provide for yourself, protect yourself and prove who you are – when you turn to them.”

I read the WHOLE prayer to myself quietly so that I know what is in the prayer before leading the “receiver” through it, and I decide to mark every few words to help me know where to pause and let the receiver repeat the words – *if I need to mark every few words so I know where to pause.* * If I do **not** need to, I just lead the person through the prayer 3-5 words at a time.

I say: “Was there anything else that you would like to share about Jesus’ and His suffering in Isaiah 53?”

I say: “I would like you to repeat the words of this prayer after me, a few words at a time. Is that okay?”

I explain Psalm 46:10, “Be still and know that I am God.” Then, **I say** to the **receiver:** “Please do not pray out loud or in your head as I pray (the blessing, discernment and protection prayers). Do you understand?” After that, I wait 1 minute or the “**receiver**” can share with me at any time – and I write down the response in the blank lines.

I read the Blessing, Discernment, and Protection prayers quietly to myself first. I change the pronouns (*me-I-my*) to the *person’s first name*...so that when I pray, the prayer flows smoothly and I the box after I am done.

I ask the “receiver” to say a prayer of thanks to God. **Then** I say a prayer of blessing over the person. And I **give** the prayer to the “**receiver**” – as I also encourage him/her to use it with Daily Prayers. **I switch roles with receiver.**

* *I adapt the “Daily Discipleship Prayer” and instructions on pages 65-68 to apply this prayer during the week...*

* *Or I can use the “Personal Cross Prayer” (37–38) and Daily Discipleship Prayer (65-68) this week...*



Bonus Section:

Page Numbers Have Been Updated Oct. 6, 2021

98	Daily Discipleship Prayer Instructions for Cross Prayers & Summary Prayer
99–100	Summary Prayers for INTRO & Personal Cross Prayers
101–105	Bonus Session 1: Part 1 Praying For My Own Pain–Worry For A Loved One
106–116	Bonus Session 1: Part 2 Praying For Children and Loved Ones Who Are Not Present
117	Straight Jacket Exercise (<i>see six 1-page case studies from the Leader’s Guide</i>)
118	Identifying the Difference Between <i>Negative Feelings</i> and <i>Negative Thoughts</i> Exercise
119–120	Appendix – Resources for Abuse and Addictions
121	Who Is the “Harvest” in Matt. 9:35–38? What has “ripened” them for Jesus?
122	Does Jesus Make It Easy or Hard to Follow Him?
123–128	Spirit of Prophecy Quotes
129–130	Evaluation Form #1–9: You fill out and turn in to your discipleship leader
131	#10: Participant takes this home with you
132	Frequently Asked Questions
137–138	Suicide Question and Resources
139	Coordinator Checklist for Hosting a Training
See the Part 1 Leader’s Guide – handout	Taking off the Training Wheels for the INTRO Cross Prayer Rewriting section 3:A <u><i>in your own words</i></u> Rewriting section 3:B <u><i>in your own words</i></u> Rewriting section with Confession of Satan’s false identity <u><i>in your own words</i></u> Rewriting section with last line, so the person is receiving the opposite of rejection, not being good enough, trying harder etc. etc. <u><i>in your own words</i></u>



Place These Instructions Next To the Daily Discipleship Prayer So They Are Side-By-Side With the “INTRO Cross Prayer” (pages 25–26) or “PERSONAL Cross Prayer” (pages 37–38):

Cross Prayer: → 37–38	Daily Discipleship Prayer: → 67–68	Daily Instructions: → 97	False Comforts and Summary Prayer: 94–95; 98–99
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*** Daily Discipleship Prayer To Pray For Myself Using the “CROSS” Prayer**
*** This can also be used with the “Summary Prayer” (pp. 98–99) after it is introduced**

Jesus’ Story:
Line 3:A
 Day 1

Jesus’ Story: Line 3:A (scriptures on Jesus’ story connecting with my story)

1. I write down notes about the scriptures I have read—*applying them to my story*
2. **I begin a brand-new prayer on a brand-new page, a separate page**
3. I rewrite A: Jesus’ Story (*A in Summary Prayer*) by including and integrating these notes into the Jesus’ Story: Line A prayer on the **brand-new page for my new prayer**
4. **I DO NOT include** Line B, Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 2

My Story: Line 3:B-1 – Day 2 (scriptures on my thoughts & wounds)

1. I write down notes about the scriptures I have read—*applying them to my story*
2. I rewrite B:1 My Story (*B in Summary prayer*), expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 1 prayer for myself**
3. **I DO NOT include** Blessing, Discernment or Protection Prayer today

My Story:
Line 3:B
 Day 3

My Story: Line 3:B-2 – Day 3 (scriptures on my self-will for Line B-Day 3)

1. I write down notes about the scriptures I have read—*applying them to my story*
2. I rewrite B:2 My Story (*B in Summary prayer*), expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 2 prayer for myself**
3. **I DO NOT include** Blessing, Discernment or Protection Prayer today

Blessings
Step 4
 Day 4

Blessings: Step 4 – Day 4 (scriptures on how God wants to bless me)

4. I write down notes about the scriptures I read—*applying them to my story*
5. I rewrite Step 4–Blessings (*C in Summary prayer*), expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 3 prayer for myself**
6. **I DO NOT include** Discernment or Protection Prayer today

Satan’s
 Attacks
Step 5
 Day 5

Satan’s Attacks: Step 5 – Day 5 (scriptures on how Satan will attack me)

1. I write down notes about the scriptures I have read—*applying them to my story*
1. I rewrite Step 5–Attacks prayer, (*D in Summary prayer*) expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 4 prayer for myself**
2. **I DO NOT include** Protection Prayer today

God’s
 Protection
Step 6
 Day 6

God’s Protections: Step 6 – Day 6 (scriptures on how God will protect me)

1. I write down notes about scriptures I read—*applying them to my story*
2. I rewrite Step 6–Protection prayer, (*C in Summary prayer*) expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 5 prayer**
3. **I DO NOT include** Day 7 prayer today

Day 7

What Else Do You Want Me To Know Jesus? – Day 7

1. I write down notes about the scripture I have read on anything else God reveals to me
2. I rewrite notes from today and add them the **Days 1–6 prayer as I continue praying for myself – turning scriptures into prayers back to God**



Summary Prayer to JESUS: INTRO or PERSONAL Cross Prayer

** I read the Summary Prayer Instruction Page for more information*

“Jesus suffered being tempted...in ALL points like we are.”

1. I read instructions in italics in this prayer, (A-B-C-D-E), summarizing and transferring information from the Cross Prayer sections 3:A-3:B:1-B:2-Step 4-Step 5-Step 6 to sections A-B:1-B:2-C-D-E on the Summary Prayer.
2. I add in transition words like “of, being, during, when, while etc.” to make each sentence flow smoothly, in parts “A-B-C-D-E” of the prayer as I fill in the blank lines before I move through each section of the prayer on this page.
3. I read the complete prayer out loud to check the flow of the prayer – smoothing it out as needed.

A: Jesus’ Story

Cross Prayer: Dear Jesus, Thank You for knowing everything about my whole story and choosing to fulfill prophecy, going through the experiences of: *(I use words like “being-during-in” etc. as I summarize the experiences Jesus went through, using the scriptures from the “Daily Instructions: Day 1:3A” on page 37 – and I fill in the blank lines below)*

A. _____

B: My Story

Thank You for suffering in Your soul, for me, taking to death all my negative thoughts, feelings and the losses I have received because of the ways I have been wounded; and rising from the dead to heal me and set me free from Satan’s false identity for me and learning to **believe I:** *(I summarize my negative thoughts from page 37 and “Daily Instructions Day 2-3:B Day 1” – and I fill in the blank lines below)*

B. _____

C. As I **receive** Your blessing, hopes, plans and desires for my life **as You/through:** *(I summarize blessings from page 37 and “Daily Instructions Day 4/Step 4” and I fill in blank lines)* _____

D. **With Your victory** over all of Satan’s attacks against me, growing out of Satan’s fear because I am receiving Your freedom, tempting me **to/with/through:** *(I summarize “Daily Instructions Day 5/Step 5” – and I fill in the blanks)* _____

E. In a way that I **notice Your spiritual** protection for me, in a way that I am receiving Your victory You have already gained over Satan – **as You/through:** *(I summarize “Daily Instructions Day 6/Step 6” and I fill in blank lines)* _____

I give thanks to **You** that **You** took everything connected to Satan’s false identity for me to death at Calvary—not some of it but all of it—so **You** could rise from the dead to rebuke Satan on my behalf (*Zech. 3:1-2; Jude 9*). Thank You for doing all this so **You** could heal my wounded heart and set me free from all of Satan’s temptations to trust in my own strength to provide for myself a sense of safety and security in my life; as I also agree with **You** that I am receiving my truest and deepest identity as **Your** son/daughter, with **Your** peace and purity through **Your** resurrection power and sitting at the right hand of **Your** Father with all authority in heaven and on earth.

In Your name, Jesus, Amen.

** I use the Daily Discipleship Prayer Instructions on page 97 – with this Summary Prayer to integrate all the prayers from the PERSONAL Cross prayer on page 37 into one prayer on a daily basis to receive the greatest degree of freedom*



Summary Prayer to **FATHER: INTRO** or **PERSONAL Cross Prayer**

** I read the Summary Prayer Instruction Page for more information*

“Jesus suffered being tempted...in ALL points like we are.”

1. I read instructions in italics in this prayer, (**A-B-C-D-E**), summarizing and transferring information from the Cross Prayer sections **3:A-3:B:1-3:2-Step 4-Step-5-Step 6** to sections **A-B:1-B:2-C-D-E** on the Summary Prayer.
2. *I add in transition words like “of, being, during, when, while etc.” to make each sentence flow smoothly, in parts “A-B-C-D-E” of the prayer as I fill in the blank lines before I move through each section of the prayer on this page.*
3. I read the complete prayer out loud to check the flow of the prayer – smoothing it out as needed.

A: Jesus’ Story

Cross Prayer: Dear God, Thank You for knowing everything about my whole story and choosing to fulfill prophecy, going through the experiences of: *(I use words like “being–during–in” etc. as I summarize the experiences Jesus went through, using the scriptures from the “Daily Instructions: Day 1:3A” – and I fill in the blank lines below)*

A. _____

B: My Story

Thank You for suffering in Your soul, for me, taking to death all my negative thoughts, feelings and the losses I have received because of the ways I have been wounded; and rising from the dead to heal me and set me free from Satan’s false identity for me and learning to **believe I:** *(I summarize my negative thoughts from “Daily Instructions Day 2:3:B” – and I fill in the blank lines below)*

B. _____

C. As I *receive* Your blessing, hopes, plans and desires for my life **as You/through:** *(I summarize blessings from “Daily Instructions Day 4/Step 4” and I fill in blank lines)* _____

D. With Your victory over all of Satan’s attacks against me, growing out of Satan’s fear because I am receiving Your freedom, tempting me **to/with/through:** *(I summarize “Daily Instructions Day 5/Step 5” – and I fill in the blanks)*

E. In a way that I **notice Your spiritual** protection for me in a way that I am receiving Your victory You have already gained over Satan – **as You/through:** *(I summarize “Daily Instructions Day 6/Step 6” and I fill in blank lines)* **as You/through:** *(I summarize “Daily Instructions Day 6/Step 6” and I fill in blank lines)* _____

I give thanks to **You** that **You** took everything connected to Satan’s false identity for me to death at Calvary IN CHRIST (2 Cor. 5:18–20) —not some of it but all of it—so **You** could raise Jesus from the dead to rebuke Satan on my behalf (Zech. 3:1–2; Jude 9). Thank You for doing all this so **You** could heal my wounded heart and set me free from all of Satan’s temptations to trust in my own strength to provide for myself a sense of safety and security in my life; as I also agree with **You** that I am receiving my truest and deepest identity as **Your** son/daughter, with **Your** peace and purity through **Jesus’** resurrection power and sitting at **Your** right hand with all authority in heaven and on earth.

In Jesus’ name, Amen.

** I use the Daily Discipleship Prayer Instructions on page 97 – with this Summary Prayer where integrate all the prayers from the PERSONAL Cross prayer on page 38 into one prayer **on a daily basis** to receive the greatest degree of freedom*



Bonus Session 1: Praying for Children and Loved Ones

Learning to:

1. Discover how to receive healing for my own pain when think about those I love who are struggling and/or not walking with God as I connect my story of pain with Jesus' story of loving His children
2. Discover how to pray for my loved ones with more of the power of God's peace and love instead of praying in a way that often increases my fear, worry and anxiety
3. Discover what Romans 8:26–27 tells us about God... how God knows all about a specific weakness we have and how He makes up the difference for our weakness, turning our imperfect prayers into perfect prayers with a focus on HIS performance based on Jesus' finished work 2,000 years ago, in the past – because He already knew that it was impossible for us to do it on our own



102–105: Praying Jesus' Story Into My Pain & Worry for My Loved One

106–111: Praying Jesus' Story Into My Loved One's Story

112–114: Instructions for Daily Prayers & Summary Prayers for My Loved One

115–116: Summary Prayers for My Loved One (*see page 112 for instructions*)

Disciples who apply the “Daily Discipleship Prayer” daily:

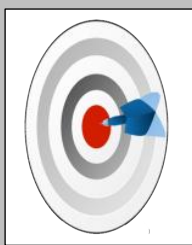
- ↑ Receive more healing and freedom
- ↑ Become much, much, much more comfortable facilitating the discipleship process
- ↑ Become much, much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, the process is becoming more and more positive
And my confidence is growing week-by-week

Disciples who do not apply the “Daily Discipleship Prayer” daily:

- ↓ Do **not** receive more healing and freedom
- ↓ Do **not** become much, much, much more comfortable facilitating the discipleship process
- ↓ Do **not** become much, much more comfortable mentoring others in the discipleship process

And each time we meet for training, it is Almost like the person is starting all over again with the discipleship process.



Multiplying disciples who are receiving Jesus' victory over Satan's greatest deception – having us try to do:

- God's part instead of our part (Genesis 3:5)
- God's part that God has already done for us 2,000 years ago, in the past – because it was impossible for us to do (Matt.19:26)

JESUS: Prayer For MY Own Pain-Worry-Concern for Loved One

* See Acts 7:56-60, 9:35, 10: 10:14-20, 36; John 10:3-4, 14, 16, 27; 14:6; Heb. 7:25; 7 churches in Rev. 2-3)

“How do I receive more peace in place of anxiety, concern and worry for _____?” (name)

<p>STEP 1: My Story I <input checked="" type="checkbox"/> 2-3 <u>Samples</u> of Negative Thoughts, Beliefs, Lies, Messages I Have:</p>	<p>STEP 2: Identifying with Jesus’ Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus With the Negative Thoughts I Have:</p>
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Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness John 8:44; Matt. 15:18-19; Rom. 1:25	JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry Isaiah 53:1-5; Heb. 2:14-18; 4:14-16; Matt. 23:37
<p><input type="checkbox"/> My peace is dependent on my loved one loving God <input type="checkbox"/> My identity & worth & peace are based on him/her loving me, believing what I believe etc. <input type="checkbox"/> I need his/her approval <input type="checkbox"/> It is easier to worry than to face my pain <input type="checkbox"/> I want a formula from God – instead of admitting to God that I am powerless over his/her choices <input type="checkbox"/> I am alone and abandoned <input type="checkbox"/> Why God? <input type="checkbox"/> I’m afraid of what others will think <input type="checkbox"/> No one understands me <input type="checkbox"/> I am not good enough <input type="checkbox"/> I am not deserving <input type="checkbox"/> I’m rejected <input type="checkbox"/> I’m not wanted <input type="checkbox"/> I am bad/dirty <input type="checkbox"/> I need to ‘fix’ him/her <input type="checkbox"/> I have to perform/try harder <input type="checkbox"/> I need to be in control <input type="checkbox"/> I’m a failure <input type="checkbox"/> I deserve to be punished <input type="checkbox"/> I’m powerless, helpless, weak, hopeless, useless <input type="checkbox"/> I’m not worthy <input type="checkbox"/> I can’t be forgiven or accepted <input type="checkbox"/> I am not important <input type="checkbox"/> I am not loved <input type="checkbox"/> I need to trust in my own strength and wisdom <input type="checkbox"/> I have no needs in my life <input type="checkbox"/> I have to be the center of attention all the time <input type="checkbox"/> See how spiritual I am <input type="checkbox"/> See how superior I am <input type="checkbox"/> I am better than others <input type="checkbox"/> My past is in the past <input type="checkbox"/> My security is in being right, and/or trusting in religious activities <input type="checkbox"/> Other:</p>	<p><input type="checkbox"/> Unwed mother <input type="checkbox"/> No bio father <input type="checkbox"/> Refugee in Egypt <input type="checkbox"/> Crying out: “I tried to gather you as a mother hen gathers her chicks,” as He is rejected by His family <input type="checkbox"/> Tempted in the desert <input type="checkbox"/> Struggling to surrender to His will to His Father’s will <input type="checkbox"/> Abandoned by those closest to Him <input type="checkbox"/> Betrayed by a kiss, sold as a slave</p> <p>He chose to be powerless as He was being:</p> <p><input type="checkbox"/> Stripped of His clothes, physically, verbally and mentally abused by Satan, the Priests, Herod, Pilate <input type="checkbox"/> Shamed and humiliated <input type="checkbox"/> Abused by those in power over Him who should have protected Him <input type="checkbox"/> TEMPTED to numb His pain when His situation seemed to be hopeless and useless and He watched 2 thieves suffer trauma <input type="checkbox"/> Had difficulty breathing <input type="checkbox"/> Crying out: “My God, My God, WHY have You rejected ME?” <input type="checkbox"/> Accused, arrested, convicted and murdered <input type="checkbox"/> Suffering and dying for my sin, shame, guilt, regret <input type="checkbox"/> He was a Man of grief and sorrows <input type="checkbox"/> Other:</p>



STEP 3: Cross Prayer–Praying Jesus’ Story * Read all the instructions in italics in this prayer

3:A Dear Jesus, Thank You for choosing to fulfill prophecy, suffering as You were going through the experience of: *(write in Jesus’ experiences from right column)*

3:B So You could be tempted with my negative thoughts that I: *(write in thoughts from left column)*

I agree with You that Satan’s false identity keeps me from living with **YOUR** hope and **YOUR** supernatural peace as I think about _____ (name). And I thank You for taking all of my negative thoughts and feelings about *him/her* to death on the cross, rising up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter so I can pray with the power of **YOUR** peace and **YOUR** love.

In Your name, Jesus, Amen.

STEP 4: Blessings Prayer/Psalm 46:10: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)

Dear Jesus, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11)

STEP 5: Discernment Prayer: **Dear Jesus**, How will Satan attack me out of Satan’s fear that I am receiving Your freedom and living out Your hopes and plans for my life?

STEP 6: Protection Prayer: **Dear Jesus**, How will You turn my heart to You, to receive Your victory over Satan’s attacks against me?

** I rewrite this prayer in my own words, using the Daily Prayers To Pray For Myself on page 67, the instructions on page 97 and/or with the Summary Prayer on page 98, where I create one, flowing prayer with all the parts of this prayer...*



Step-by- Step Instructions to Pray the Cross Prayer for Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Jesus to give me the name HE wants me to be praying for/who I am worrying about and the...

- Negative thoughts/'roots' in my life behind my worries, concern, pain etc.
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: Dear Jesus, Who do YOU want me to pray about? (write name on line 3, near top of the page)
Then I write it down the person's name on the blank line on line 3 near the top of the page.**

Pray at Step 1: * See instructions on page with the prayer

I ask Jesus to reveal my negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

Pray at Step 2: * See instructions on page with the prayer

I ask Jesus to reveal Jesus' negative experiences where He "**suffered being tempted**" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

Pray at Step 3:A & 3:B: * See instructions on page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly.

3:B – I write my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

Then I pray the Cross Prayer to myself.

Pray at Step 4 – Blessing Prayer: * See instructions on page with the prayer

I ask Jesus to reveal a blessing He has for me... and I write down any blessing, Scriptures or promises that come to my mind.

Pray at Step 5: Discernment Prayer

Satan's Attacks:

I ask Jesus to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then, I write down any attacks that come to my mind.

Prayer at Step 6: Pray for God's Protection:

I ask Jesus how He wants to protect me in the midst of Satan's attacks. Then, I write down any of the ways that helps me to see how God wants to us to offer me His protection.

Option – I Can Also:

Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer (see page numbers at the bottom of the Cross-Prayer page...



FATHER: Prayer For MY Own Pain-Worry-Concern For My Loved One

“How do I receive more peace in place of anxiety, concern and worry for _____?” (name)

STEP 1: My Story

I 2-3 Samples of Negative Thoughts, Beliefs, Lies, Messages I Have:

Satan’s Lies = “Roots” of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18–19; Rom. 1:25

- My peace is dependent on my loved one loving God
- My identity & worth & peace are based on him/her loving me, believing what I believe etc.
- I need his/her approval
- It is easier to worry than to face my pain
- I want a formula from God – instead of admitting to God that I am powerless over his/her choices
- I am alone and abandoned
- Why God?
- I’m afraid of what others will think
- No one understands me
- I am not good enough
- I am not deserving
- I’m rejected
- I’m not wanted
- I am bad/dirty
- I need to ‘fix’ him/her
- I have to perform/try harder
- I need to be in control
- I’m a failure
- I deserve to be punished
- I’m powerless, helpless, weak, hopeless, useless
- I’m not worthy
- I can’t be forgiven or accepted
- I am not important
- I am not loved
- I need to trust in my own strength and wisdom
- I have no needs in my life
- I have to be the center of attention all the time
- See how spiritual I am
- See how superior I am
- I am better than others
- My past is in the past
- My security is in being right, and/or trusting in religious activities
- Other:**

STEP 2: Identifying with Jesus’ Story

I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts I Have:

JESUS’ Suffering = “Roots” of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1–5; Heb. 2:14–18; 4:14–16; Matt. 23:37

- Unwed mother
- No bio father
- Refugee in Egypt
- Crying out: “I tried to gather you as a mother hen gathers her chicks,” as He is rejected by His family
- Tempted in the desert
- Struggling to surrender to His will to His Father’s will
- Abandoned by those closest to Him
- Betrayed by a kiss, sold as a slave
- He chose to be powerless as He was being:**
- Stripped of His clothes, physically, verbally and mentally abused by Satan, the Priests, Herod, Pilate
- Shamed and humiliated
- Abused by those in power over Him who should have protected Him
- TEMPTED** to numb His pain when His situation seemed to be hopeless and useless and He watched 2 thieves suffer trauma
- Had difficulty breathing
- Crying out: “My God, My God, **WHY** have You rejected ME?”
- Accused, arrested, convicted and murdered
- Suffering and dying for my sin, shame, guilt, regret
- He was a Man of grief and sorrows
- Other:**



STEP 3: Cross Prayer–Praying Jesus’ Story * Read all the instructions in italics in this prayer

3:A Dear God, Thank You for having Jesus choose to fulfill prophecy, suffering as He was going through the experience of: (*write in Jesus’ experiences from right column*) _____

3:B So He could be tempted with my negative thoughts that I: (*write in thoughts from left column*) _____

I agree with You that Satan’s false identity keeps me from living with **YOUR** hope and **YOUR** supernatural peace as I think about _____ (name). And I thank You for taking all of my negative thoughts and feelings about *him/her* to death on the cross, **IN** Christ, raising Him up to heal me and set me free as I receive my truest, deepest identity as Your son/daughter so I can pray with the power of **YOUR** peace and **YOUR** love.
In Jesus’ name, Amen.

STEP 4: Blessings Prayer/Psalm 46:10: USE SHORT PRAYERS! (Matt. 6:7–Do not use many words)

Dear God, What promises, hopes, plans, truths or encouragement do You have for me in this area of my life? (Jer. 29:11)

STEP 5: Discernment Prayer: Dear God, How will Satan attack me out of Satan’s fear that I am receiving Your freedom and living out Your hopes and plans for my life? _____

STEP 6: Protection Prayer: Dear God, How will You turn my heart to You, to receive Your victory over Satan’s attacks against me?

** I rewrite this prayer in my own words, using the Daily Prayers To Pray For Myself on page 67, the instructions on page 97 and/or with the Summary Prayer on page 98, where I create one, flowing prayer with all the parts of this prayer...*



Step-by- Step Instructions to Pray the Cross Prayer for Myself

A God-Centered option based on Romans 8:26-27, telling us that God transforms our imperfect prayers into perfect prayers according to God's will:

I trust the Holy Spirit to give me the name HE wants me to be praying for/who I am worrying about and the...

- Negative thoughts/'roots' in my life behind my worries, concern, pain etc.
- Negative experiences in Jesus' life where He was tempted with my negative thoughts/'roots'

**Pray: Dear God, Who do YOU want me to pray about? (write name on line 3 near the top of the page)
Then I write it down the person's name on the blank line on line 3, near the top of the page.**

Pray at Step 1: * See instructions on page with the prayer

I ask God to reveal my negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or I write in other negative thoughts that are not on the list.

Pray at Step 2: * See instructions on page with the prayer

I ask God to reveal Jesus' negative experiences where He "suffered being tempted" with my negative thoughts, (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never, ever gave into believing my negative/sinful thoughts or "doing" the sinful behaviors I do.

Pray at Step 3:A & 3:B: * See instructions on page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns to Jesus or His Father in words that make the prayer flow smoothly.

3:B – I write my thoughts in first, then I write in/summarize my struggles, in a prayer that flows smoothly.

Then I pray the Cross Prayer to myself.

Pray at Step 4 – Blessing Prayer: * See instructions on page with the prayer

I ask God to reveal a blessing He has for me... and I write down any blessing, Scriptures or promises that come to my mind.

Pray at Step 5: Discernment Prayer

Satan's Attacks:

I ask God to reveal how the enemy will attack me and tempt me to cooperate with his lies this week. Then, I write down any attacks that come to my mind.

Prayer at Step 6: Pray for God's Protection:

I ask God how God wants to protect me in the midst of Satan's attacks.

Then, I write down any of the ways that helps me to see how God wants to us to offer me His protection.

Option – I Can Also:

Use the Daily Discipleship Prayers, going through one section of the prayer per day, rewriting and expanding my prayer on a blank "Summary Prayer," on a separate piece of paper or on my own computer (see page numbers at the bottom of the Cross-Prayer page...)



**How to Pray A PERFECT/TRUST–FILLED Prayer – A Worry-Free Prayer
for my Children, Spouse, Family, Friends, Co-Workers etc.**

“Can any of you, by worrying add a single hour to your life?”

* Matthew 6:25-34 tells us not to worry six different times

Please remember that the Holy Spirit takes all of our **imperfect** prayers, and turns them into **perfect** prayers before God, according to God’s will:

The Spirit helps us in our weakness.

For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groaning’s too deep for words.

And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. (Romans 8:26-27)

Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference. (Max Lucado)

Praying for children or loved one who have walked away from God and the church, and they are struggling in some other way:

In Matthew 23:37, Jesus identifies Himself as a mother (or parent) with His children, He loves, walking away from Him, rejecting Him and His Father ☹.

The Biblical principles of Matt. 5:43-46, and Matt. 23:37 below, show us how we can know that Jesus knows the pain and heartache of every mother, father, parent, grandparent, spouse, friend or loved one – and those who hurt you, who work against you:

O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! **How often I wanted to gather your children** together, as a hen gathers her chicks under *her* wings, **but you were not willing!** Matt. 23:37

“You have heard that it was said, ‘YOU SHALL LOVE YOUR NEIGHBOR and hate your enemy.’ But I say to you, **love your enemies and pray for those who persecute you**, so that you may be sons [daughters] of your Father who is in heaven; for He causes His sun to rise on *the* evil and *the* good, and sends rain on *the* righteous and *the* unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? Matt. 5:43-46

Instructions for the Prayers To Jesus and the Father on the Following Pages:

Step 1: Identity 2-3 negative thoughts in the person’s life you are praying for.

Step 2: Identity 2-3 negative experiences Jesus went through so He could be TEMPTED to believe the same kind of negative thoughts the person is being tempted with.

Step 3: Transfer information to:

3:A – Write in the 2-3 negative experiences from the right-hand column.

3:B – Write in the 2-3 negative thoughts from the left-hand column, along with the negative behaviors/feelings in the person’s life (alcohol, food, porn, rejecting God, anger etc.).

3:C – Pray the prayer for the person .

Step 4: Ask God if there are any blessings or Scripture promises He has for the person.

Step 5: Ask God how Satan will attack the person and how God will protect in a way that His protection is noticed.



Three Basic Steps in the Process of Praying for Someone Else: Interceding with Jesus' Story for Someone Else

STEP 1: LISTEN to the Person's Story for 5-10 minutes – There is a fruit tree to the right of the right-hand column, showing the progression from negative thoughts *to* negative feelings *to* negative behaviors, or negative fruit as well. This makes it easy to share how the negative thoughts or lies from the “father of lies” are the root or source of our negative feelings and behaviors.

And then help the person identify 2-3 negative thoughts in the left-hand column.

STEP 2: SHARE Jesus' Story – Have the person read Isaiah 53:2-15 or Heb. 2:17-18, or Heb. 2:14-16. Then, have the person share with you what the verses say to him or her about Jesus' story of Jesus' suffering so He could identify with the person's negative thoughts.

Afterwards, help the person to identify 2-3 negative experiences in Jesus' life where has been already been **TEMPTED** with the same kinds of thoughts your loved one has.

Read each line in the right-hand column, one line at a time, explaining the experiences of Jesus' being born to Mary when she was a single mother, how Jesus had to grow up in Egypt because of Herod's death decree, how Jesus was left alone and abandoned by those closest to Him while He was struggling to surrender His will to His Father etc.

*The key here is the word **TEMPTED**, because people always want to jump to the part of the Hebrews 4:15 where it says that Jesus never sinned. Hebrews 4:15 does say Jesus never sinned. But **BEFORE** it says that, it says Jesus was **TEMPTED in ALL POINTS** like us.*

*When we rush past Jesus' humanity, Jesus' suffering (just like so many people want to do with the way God's Word reveals Abraham's humanity), we have a Jesus who was **NOT TEMPTED** like us, who did **NOT** suffer, who is playing a harp up in heaven, out of touch with our challenges, struggles and temptations.*

*And this is a Jesus who is **NOT** like us anymore, who is **NOT** a “Rubber-Meets-the-Road” Jesus. This Jesus who was **not** tempted, who did **not** suffer is **not** a Jesus who can identify with us. So, He is **not** able to connect HIS-story with our story. He is a nice, polite, sterilized, sanitized Jesus' far removed from our suffering and challenges.*

STEP 3: PRAY Jesus' Story into the Person's Story:

3:A – WRITE in Jesus' negative experiences from the right hand column

3:B – WRITE in the person's negative thoughts from the left hand column

Then, lead the receiver of prayer through the STEP 3 Prayer, asking the person to repeat the words after you.

STEP 4: ASK God what kind of blessings He has for the person in the area of the person's life the two of you are praying about, as the person takes time to “be still and know God.” (Psalm 46:10). Let the person you're praying with know that some people sense a blessing—some do not, and it's okay either way.

STEP 5: ASK God how Satan will attack the person and how God will protect him/her in a way he/she **notices** His spiritual protection.

These steps make the prayer very, very Biblical, simple and reproducible.



Praying Jesus' Story Into My LOVED ONE'S Story: (Jesus)

How can we pray for others when they are struggling with negative thoughts, and patterns of self-protection – especially if they do not want us praying for them? **Matt. 23:37 - Person's Name:** _____

STEP 1: Listen to Person's Story

1 Thess: 2:8 – Psalm 139:23–24/Heb. 4:12
I 2-3 *Samples* of Negative Thoughts, Beliefs, Lies, Messages, Roots/Self-Talk:

STEP 2: Share Jesus' Story

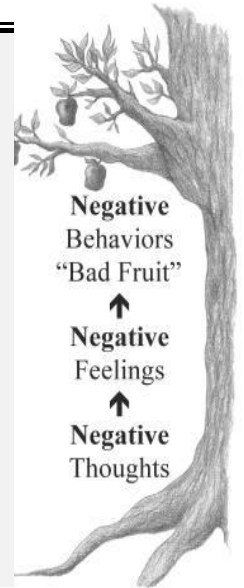
Matt. 23:37; Luke 24:1–7, 24–26, 44–46; Acts 3:18; 17:2–3
I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **this Person Has:**

Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18-19; Romans 1:25

- I'm alone I'm abandoned Why God? I'm different No one understands me I'm not good enough I'm not deserving I'm rejected I'm not wanted I'm bad/dirty I can't speak up, have needs, be seen or be safe I have to perform and try harder Be in control I'm a failure I can't trust/get close to anyone I'm powerless, helpless, weak, hopeless, useless I'm not worthy I can't be forgiven or accepted I'm not important Not loved I don't belong Trusting in my own strength/wisdom/self-talk I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past My security is in knowing more than others, being right and/or trusting in religious activities I deserve to be punished Other _____

JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1-5; Heb. 2:14-18; 4:14-16; Matt. 23:37

- Unwed mother No earthly father Refugee in Egypt Struggling to surrender to His Father's will Rejected by loved ones Alone and abandoned by those closest to Him Betrayed by a kiss, sold for price of a slave and cursed by Peter
- Choosing to be Powerless when He was being:**
 - Stripped of His clothes, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate Shamed, humiliated and embarrassed Abused by men in power over Him who should have been protecting Him and supporting Him **TEMPTED** to numb His pain when His situation seemed to be hopeless and useless Difficulty breathing Crying out "My God, My God, **WHY** have You forsaken ME?" Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for our sin, shame, guilt, regret A Man of grief and sorrows Other: _____



STEP 3A – 3B: PRAY JESUS' STORY (Read instructions in this "Cross" prayer written *IN italics*)

Dear Jesus, Thank You for choosing to fulfill prophecy, going through the experiences of: (*3:A write in Jesus' experiences from right hand column*) _____

_____ so You could be tempted to believe the same kinds of negative thoughts that _____ has, that he/she is: (*3:B write in person's name and thoughts from left column*) _____

_____. Thank You for taking his/her false identity to death on the cross, rising from the dead to bring healing and freedom to receive his/her truest, deepest identity as Your son/daughter. **In Your name, Jesus, Amen.**

STEP 4-Blessing Prayer: Dear Jesus, Based on Your promises and victory, what are the best hopes, truths, plans or words of encouragement You have for _____ (*write person's name*) in this area of his/her life? _____

STEP 5-Discernment Prayer: Dear Jesus, How will Satan attack _____ this week, to keep him/her from receiving the fullness of Your freedom and Your plan for his/her life? _____

STEP 6-Protection Prayer: Dear Jesus, How will You turn my heart to You, to receive Your victory over Satan's attacks against me? _____

** I will rewrite these prayers in my own words, using pages 112 & 113 to make it personal and meaningful*



Step-by- Step Instructions to Pray to the Father for Someone Who is NOT Physically Present with You (N/A for phone calls)

I Have Two Choices/Options When I Have Concerns About Loved Ones:

A Self-Centered Option:

I worry and worry and worry, begging and pleading with God to save my loved one, agonizing for them.

And through my anxiety and worrying, I send a message to my children or loved ones that God is weak, God is needy and anxious, not caring enough, not loving enough, not strong enough to save them or change them without my anxiety and worrying about them ☹.

A God-Centered Option:

I trust the Holy Spirit to translate my imperfect prayers into perfect prayers.

And through my peace and calmness, I send a message to my children or loved ones that God is strong enough, caring enough, and loving enough to save them or change them ☺. So, I give the Holy Spirit more opportunities to work in that person's life ☺.

Pray: I ask God whom He wants me to pray for – and I write down the person's name.

Pray at Step 1: * See instructions on the page with the prayer

I ask God to reveal the person's negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or writing in some other thoughts that are not on the list.

Pray at Step 2: * See instructions on the page with the prayer

I ask God to reveal Jesus' negative experiences where He “**suffered being tempted**” with the person's thoughts (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never-ever gave in into believing the person's negative/sinful thoughts or “doing” the sinful behaviors.

Pray at Step 3:A & 3:B: * See instructions on the page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns addressing Jesus or His Father in words that make the prayer flow smoothly.

3:B – First, I write the person's thoughts in. Then, I write in/summarize the person's struggles, in a prayer that flows smoothly.

After that, I pray the prayer to myself as I intercede for that person.

Pray at Step 4: God's Blessing * See instructions on the page with the prayer

I ask God to reveal a blessing or Scripture promise for the person and I write down any Scriptures or promises that come to my mind.

Pray at Step 5: Discerning Satan's Attacks

I ask God to reveal how the enemy will attack the person, and I write down any attacks that come to my mind.

Pray at Step 6: God's Spiritual Protection

I ask God how He wants me to pray for God to protect the person in the midst of Satan's attacks, and I write down any kinds of protection that come to my mind.



Praying Jesus' Story Into My LOVED ONE'S Story: (Father)

How can we pray for others when they are struggling with negative thoughts, and patterns of self-protection – especially if they do not want us praying for them? **Matt. 23:37 - Person's Name:** _____

STEP 1: Listen To Person's Story

1 Thess: 2:8 – Psalm 139:23–24/Heb. 4:12
I 2-3 *Samples* of Negative Thoughts, Lies, Beliefs, Messages, Roots/Self-Talk:

STEP 2: Share Jesus' Story

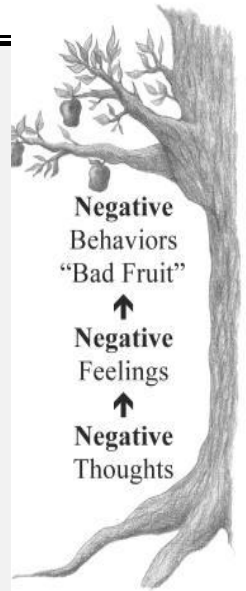
Matt. 23:37; Luke 24:1–7, 24–26, 44–46; Acts 3:18; 17:2–3
I 2-3 Negative Experiences **TEMPTING** Jesus With the Negative Thoughts **this Person Has:**

Satan's Lies = "Roots" of Our Sin and Living on a Cycle of Sin-and-Forgiveness
John 8:44; Matt. 15:18-19; Romans 1:25

- I'm alone I'm abandoned Why God? I'm different No one understands me I'm not good enough I'm not deserving I'm rejected I'm not wanted I'm bad/dirty I can't speak up, have needs, be seen or be safe I have to perform and try harder Be in control I'm a failure I can't trust/get close to anyone I'm powerless, helpless, weak, hopeless, useless I'm not worthy I can't be forgiven or accepted I'm not important Not loved I don't belong Trusting in my own strength/wisdom/self-talk I am good enough I have no needs in my life I have to be the center of attention all the time See how spiritual I am See how superior I am I am better than others My past is in the past My security is in knowing more than others, being right and/or trusting in religious activities I deserve to be punished Other _____

JESUS' Suffering = "Roots" of Our Freedom Living on a Cycle of Freedom and Ministry
Isaiah 53:1-5; Heb. 2:14-18; 4:14-16; Matt. 23:37

- Unwed mother No earthly father Refugee in Egypt Struggling to surrender to His Father's will Rejected by loved ones Alone and abandoned by those closest to Him Betrayed by a kiss, sold for price of a slave and cursed by Peter
- Choosing to be Powerless when He was being:**
- Stripped of His clothes, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate Shamed, humiliated and embarrassed Abused by men in power over Him who should have been protecting Him and supporting Him **TEMPTED** to numb His pain when His situation seemed to be hopeless and useless Difficulty breathing Crying out "My God, My God, **WHY** have You forsaken ME?" Being unfairly, unjustly accused, arrested, convicted and murdered Suffering and dying for our sin, shame, guilt, regret A Man of grief and sorrows Other: _____



STEP 3A – 3B: PRAY JESUS' STORY (Read instructions in this "Cross" prayer written *IN italics*)

Dear God, Thank You for choosing to have Jesus fulfill prophecy, going through the experiences of: *(3:A write in Jesus' experiences from right column)* _____

_____ so He could be tempted to believe the same kinds of negative thoughts that _____ has, that he/she is: *(3:B write in person's name and thoughts from left column)*

Thank You for having Jesus take Satan's false identity for him/her to death on the cross, rising Him up from the dead to bring healing and freedom to receive his/her truest, deepest identity as Your son/daughter.

In Jesus' name, Amen.

STEP 4-Blessing Prayer: Dear God, Based on Your promises and victory, what are the best hopes, truths, plans or words of encouragement You have for _____ *(write person's name)* in this area of his/her life?

STEP 5-Discernment Prayer: Dear God, How will Satan attack _____ this week, to keep him/her from receiving the fullness of Your freedom and Your plan for his/her life? _____

STEP 6-Protection Prayer: Dear God, *How will You turn my heart to You, to receive Your victory over Satan's attacks against me?* _____

** I will rewrite these prayers in my own words, using pages 112 & 114 to make it personal and meaningful*



Step-by- Step Instructions to Pray to the Father for Someone Who is NOT Physically Present with You (N/A for phone calls)

I Have Two Choices/Options When I Have Concerns About Loved Ones:

A Self-Centered Option:

I worry and worry and worry, begging and pleading with God to save my loved one, agonizing for them.

And through my anxiety and worrying, I send a message to my children or loved ones that God is weak, God is needy and anxious, not caring enough, not loving enough, not strong enough to save them or change them without my anxiety and worrying about them ☹.

A God-Centered Option:

I trust the Holy Spirit to translate my imperfect prayers into perfect prayers.

And through my peace and calmness, I send a message to my children or loved ones that God is strong enough, caring enough, and loving enough to save them or change them ☺. So, I give the Holy Spirit more opportunities to work in that person's life ☺.

Pray: I ask God whom He wants me to pray for – and I write down the person's name.

Pray at Step 1: * See instructions on the page with the prayer

I ask God to reveal the person's negative thoughts, and then I look at the list in the left-hand column, choosing 2-3 negative thoughts, or writing in some other thoughts that are not on the list.

Pray at Step 2: * See instructions on the page with the prayer

I ask God to reveal Jesus' negative experiences where He “**suffered being tempted**” with the person's thoughts (Heb. 2:17-18; 4:15), even though Jesus always trusted His Father, and never-ever gave in into believing the person's negative/sinful thoughts or “doing” the sinful behaviors.

Pray at Step 3:A & 3:B: * See instructions on the page with the prayer

3:A – I ask God to help me write in Jesus' suffering/negative experiences with correct pronouns addressing Jesus or His Father in words that make the prayer flow smoothly.

3:B – First, I write the person's thoughts in. Then, I write in/summarize the person's struggles, in a prayer that flows smoothly.

After that, I pray the prayer to myself as I intercede for that person.

Pray at Step 4: * See instructions on the page with the prayer

I ask God to reveal a blessing or Scripture promise for the person and I write down any Scriptures or promises that come to my mind.

Pray at Step 5: Satan's Attacks

I ask God to reveal how the enemy will attack the person, and I write down any attacks that come to my mind.

Pray at Step 6: God's Protection

I ask God how He wants me to pray for God to protect the person in the midst of Satan's attacks, and I write down any kinds of protection that come to my mind.



Place These Instructions Next To the Daily Discipleship Prayer So They Are Side-By-Side With the “Prayer for Others” (Jesu: pages 108, 112-113 / Father: pages 110, 112):

Cross Prayer: → 108 & 110	Daily Discipleship Prayer: → 113–114	Daily Instructions: → 112	Summary Prayer: 115–116
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*** Daily Discipleship Prayer To Pray For Loved ones Using the “CROSS” Prayer**
*** This can also be used with the “Summary Prayer” (pp. 115–116) after it is introduced**

Jesus’ Story:
Line 3:A
 Day 1

Jesus’ Story: Line 3:A (scriptures on Jesus’ story connecting with his/her story)

1. I write down notes about the scriptures I have read—*applying them to his/her story*
2. **I begin a brand-new prayer on a brand-new page, a separate page**
3. I rewrite A: Jesus’ Story by including and integrating these notes into the Jesus’ Story: Line A prayer on the brand-new **page and new prayer for him/her**
4. **I DO NOT include** Line B (My Story), Line C, Line D, or Line E today

My Story:
Line 3:B
 Day 2

My Story: Line 3:B-1 – Day 2 (scriptures on his/her thoughts & wounds)

1. I write down notes about the scriptures I have read—*applying them to his/her story*
2. I rewrite B: My Story prayer, expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 1 prayer for him/her**
3. **I DO NOT include** Line C, Line D, or Line E today

My Story:
Line 3:B
 Day 3

My Story: Line 3:B-2 – Day 3 (scriptures on his/her self-will for Line B-Day 3)

1. I write down notes about the scriptures I have read—*applying them to his/her story*
2. I rewrite B: My Story Summary prayer, expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 2 prayer for myself**
3. **I DO NOT include** Line C, Line D, or Line E today

Blessings
Step 4
 Day 4

Blessings: Step 4 – Day 4 (scriptures on how God wants to bless him/her)

7. I write down notes about the scriptures I read—*applying them to his/her story*
8. I rewrite C: Blessings Summary prayer, expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 3 prayer for him/her**
9. **I DO NOT include** Line D, or Line E today

Satan’s
 Attacks
Step 5
 Day 5

Satan’s Attacks: Step 5 – Day 5 (scriptures on how Satan will attack him/her)

1. I write down notes about the scriptures I have read—*applying them to his/her story*
2. I rewrite D: Attacks prayer, expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 4 prayer for him/her**
3. **I DO NOT include** Line D, or Line E today

God’s
 Protection
Step 6
 Day 6

God’s Protections: Step 6 – Day 6 (scriptures on how God will protect him/her)

1. I write down notes about scriptures I read—*applying them to his/her story*
2. I rewrite E: Protection prayer, expanding on the **new page/new prayer** by adding in the notes from today’s scriptures to **my Day 5 prayer for him/her**
3. **I DO NOT include** Line E today

Day 7

What Else Do You Want Me To Know Jesus? – Day 7

1. I write down notes about the scripture I have read on anything else God reveals to me
2. I rewrite notes from today and add them the **Day 6 prayer as I continue praying for him/her – turning scriptures into prayers back to God**



DAILY DISCIPLESHIP PRAYERS to JESUS: Use this worksheet to continue praying for someone else, connecting his/her story with Jesus' story through His suffering, death, and resurrection. Include any other Scriptures that are personal and meaningful to you, applying Acts 6:4, as you engage in "prayer and ministry of the Word" *so you are NOT praying vain, repetitive prayers for someone else:*

1. Pray to Jesus **BEFORE** you read the Scriptures.
2. Write down your thoughts in the blank lines as you read the Scriptures.
3. Use these thoughts to re-write the sample prayers in your own words on a daily basis.

** Use 'he/him/his' when you are praying for a man— trusting in Romans 8:26-27 as you pray*

Day 1: 3:A Dear Jesus, Is there a place where **YOU** were tempted to believe the same kinds of lies he/she believes? (Begin with the key struggle from the prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3) _____

Day 2: 3:B Dear Jesus, Is there anything more about the wounds or negative thoughts **YOU** want to reveal to me about the ways she/he has not been seen, heard, abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, etc.? (Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19) _____

Day 3: 3:B Dear Jesus, Is there anything else **YOU** want to reveal to about negative thoughts, the ways he/she has learned to trust in his/her own strength and will power to protect, provide for him/herself, and/or prove who he/she instead of trusting **You** and Your desires for him/her? (Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; 23:34; Heb. 3:7, 15; 4:7; 2 Pet. 1:5-11; Matt. 12:43-45) _____

Day 4: 4—Blessing Prayer: Dear Jesus, Are there any other blessings or words of encouragement **YOU** have for him/her, so he/she can receive the fullness of **YOUR** freedom in this area of her life and the desires **You** have for him/her? (Scripture promises, scripture songs etc.; Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45)

Characteristics of Christ we can receive: Love Patience Faith Joy Hope Faithfulness
Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort
Holiness Affirmation Gentleness Kindness Goodness Being seen-heard-pursued-and-valued
Forgiveness Masculinity Femininity Blessings in place of curses Long suffering Trusting
God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc.

Day 5: 5—Attack: Dear Jesus, How will Satan tempt him/her to cooperate with his lies instead of **YOU**, so the enemy can "steal and destroy" the way **YOU** are offering him/her **YOUR** healing, **YOUR** freedom, **YOUR** will for the desires in his/her heart, mind and soul? (John 10:10; Eph. 6:10-17; Heb. 3:7-12; 10:5-7) _____

Day 6: 6-Protection: Dear Jesus, Are there any other ways **YOU** want to offer her **YOUR** spiritual protection from these attacks as he/she stands under **YOUR** armor? And any ways he/she can thank **YOU** and praise **YOU**? (Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Ps. 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5) _____

Day 7: Dear Jesus, Is there anything else **YOU** want me to know about this area of his/her life that will help him/her to trust in **YOU** with all his/her heart so he/she can receive **YOUR** will and **YOUR** desires for his/her heart, mind and soul? (Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7) _____



DAILY DISCIPLESHIP PRAYERS to GOD (or the Father/Holy Spirit): Use this worksheet to continue praying for someone else, connecting his/her story with Jesus' story through His suffering, death, and resurrection. Include any other scriptures that are personal and meaningful to you, applying Acts 6:4, as you engage in "prayer and ministry of the Word" **so you are NOT praying vain, repetitive prayers for someone else:**

1. Pray to God **BEFORE** you read the Scriptures.
2. Write down your thoughts in the blank lines as you read the Scriptures.
3. Use these thoughts to re-write the sample prayers in your own words on a daily basis.

* Use 'he/him/his' when you are praying for a man – trusting in Romans 8:26-27 as you pray

Day 1: 3:A Dear God, Is there a place where Jesus was tempted to believe the same kinds of lies that he/she believes? (Begin with the key struggle and thoughts from your prayer time as you read and apply Matt. 26-27, or Mark 14-16, or Luke 22-23, or John 18-20, or Isaiah 53, or Isaiah 50:4-5; 61:1-3) _____

Day 2: 3:B Dear God, Is there anything more about his/her wounds or negative thoughts **YOU** want to reveal to me about the ways he/she has not been seen, heard, abandoned, betrayed, abused, falsely accused, lied about, rejected, invalidated, or violated, etc.? (Psalm 109:21-22; 86:11-12; 139:23-24; Luke 23:34; Matt. 15:18-19) _____

Day 3: 3:B Dear God, Is there anything else **YOU** want to reveal to me about the negative thoughts and the ways he/she has learned to trust in his/her own strength, his/her own will power to protect him/herself, provide for him/herself and/or prove who he/she is instead of trusting You and Your desires for him/her? (Luke 4:1-13; 10:27; Psalm 34:7, 51:6-10; 139:23-24; Rom. 3:11-12; 23:34; Heb. 3:7, 15; 4:7 2 Pet. 1:5-11; Matt. 12:43-45) _____

Day 4: 4–Blessing Prayer: Dear God, Are there any other blessings or words of encouragement **YOU** have for him/her, so he/she can receive the fullness of **YOUR** freedom in this area of his/her life and the desires You have for him/her? (Scripture promises from God's Word, scripture songs, Eph. 1:3-10; Gal. 5:22-23; Matt. 12:43-45) **Characteristics of Christ we can receive:** Love Patience Faith Joy Hope Faithfulness Acceptance Righteousness Purity Peace Wholeness Justice Strength Security Comfort Holiness Affirmation Gentleness Kindness Goodness Being seen-heard-pursued-and-valued Forgiveness Masculinity Femininity Blessings in place of curses Long suffering Trusting God instead of trusting in external circumstances and/or internal thoughts, lies and feelings etc. _____

Day 5: 5–Attack: Dear God, How will Satan tempt him/her to cooperate with his lies instead of **YOU**, so the enemy can "steal and destroy" the way **YOU** are offering him/her **YOUR** healing, **YOUR** freedom, **YOUR** will for the desires in his/her heart, mind and soul? (Jn. 10:10; Heb. 3:7-12; 10:5-7; Eph. 6:10-17) _____

Day 6: 6–Protection: Dear God, Are there any other ways **YOU** want to offer him/her **YOUR** spiritual protection from these attacks as he/she stands under **YOUR** armor? And any ways he/she can thank **YOU** and praise **YOU**? (Eph. 6:10-17; Matt. 12:43-45; John 17:10-11; 15; Psalm 23; 1 Thess. 5:16-18; Col. 2:6-7; 13-15; Rev. 5:5) _____

Day 7: Dear God, Is there anything else **YOU** want me to know about this area of his/her life that will help him/her to trust in **YOU** with all his/her heart so he/she can receive **YOUR** will and **YOUR** desires for his/her hear, mind and soul? (Matt. 26: 36-44; Psalm 37:4; Psalm 23; Hebrews 10:5-7) _____



Summary Prayer to JESUS: Praying for Loved Ones Prayer

** I read the Summary Prayer Instruction Page for more information*

“Jesus suffered being tempted...in ALL points like we are.”

1. I read instructions in italics in this prayer, (A-B-C-D-E), summarizing and transferring information from sections A-B-C-Step 4-Step 5-Step 6 on page 110 to Sections A-B-C-D-E on this Summary Prayer.
2. I add in transition words like “of, being, during, when, while etc.” to make each sentence flow smoothly, in parts “A-B-C-D-E” of the prayer as I fill in the blank lines before I move through each section of the prayer on this page.
3. I read the complete prayer out loud to check the flow of the prayer – smoothing it out as needed.

A: Jesus’ Story

Cross Prayer: Dear Jesus, Thank You for knowing everything about _____ (person’s name) whole story and choosing to fulfill prophecy, going through the experiences of: (I use words like “being-during-in” etc. as I summarize the experiences Jesus went through, using the scriptures from the “Daily Prayer Day 1:3A” – and I fill in the blank lines below)

A. _____

B: My Story

Thank You for suffering in Your soul, for _____, (person’s name) taking to death all of his/her negative thoughts, feelings and the losses he/she has received because of the ways he/she has been wounded; and raising from the dead to heal him/her and set him/her free from Satan’s false identity for him/her, and learning to **believe he/she:** (I summarize my negative thoughts from “Daily Prayer Day 2:3:B” – as I fill in the blank lines below)

B. _____

C. As I **receive** Your blessing, hopes, plans and desires for my life as **You/through:** (I summarize blessings from “Daily Prayer Day 3:B Day 2” as I fill in blank lines)

D. With Your victory over all of Satan’s attacks against me, growing out of Satan’s fear because I am receiving Your freedom, tempting me **to/with/through:** (I summarize “Daily Prayer Day 4/Step 4” – as I fill in the blanks)

E. In a way that I **notice Your spiritual** protection for me in a way that I am receiving Your victory You have already gained over Satan – **as You/through:** (I summarize “Daily Prayer Day 5/Step 5” as I fill in blank lines)

I give thanks to **You** that **You** took everything connected to Satan’s false identity for him/her to death at Calvary—not some of it but all of it—so **You** could rise from the dead to rebuke Satan on his/her behalf (Zech. 3:1–2; Jude 9). Thank You for doing all this so **You** could heal his/her wounded heart and set him/her free from all of Satan’s temptations to trust in his/her own strength to provide for himself/herself a sense of safety and security in his/her life; as I also agree with **You** that **You** are giving him/her the freedom to receive his/her truest and deepest identity as **Your** son/daughter, with **Your** peace and purity through **Your** resurrection power and sitting at the right hand of **Your** Father with all authority in heaven and on earth.

In Your name, Jesus, Amen.

** I use the Daily Discipleship Prayer Instructions on page 112 – with this Summary Prayer to integrate all the prayers from the “Praying For Loved Ones” prayer into one prayer on a daily basis to receive the greatest degree of freedom*



Summary Prayer to **FATHER**: Praying for Loved Ones Prayer

** I read the Summary Prayer Instruction Page for more information*

“Jesus suffered being tempted...in ALL points like we are.”

1. I read instructions in italics in this prayer, (A-B-C-D-E), summarizing and transferring information from sections A-B-C-Step 4-Step 5-Step 6 on page 110 to Sections A-B-C-D-E on this Summary Prayer.
2. *I add in transition words like “of, being, during, when, while etc.” to make each sentence flow smoothly, in parts “A-B-C-D-E” of the prayer as I fill in the blank lines before I move through each section of the prayer on this page.*
3. I read the complete prayer out loud to check the flow of the prayer – smoothing it out as needed.

A: Jesus’ Story

Cross Prayer: Dear God, Thank You for knowing everything about _____ (person’s name) whole story and choosing to have Jesus fulfill prophecy, going through the experiences of: (I use words like “being-during-in” etc. as I summarize the experiences Jesus went through, using the scriptures from the “Daily Prayer Day 1:3A” – and I fill in the blank lines below)

A. _____

B: My Story

Thank You for having Jesus suffer in His soul, for _____, (person’s name) taking to death all of his/her negative thoughts, feelings and the losses he/she has received because of the ways he/she has been wounded; and raising from the dead to heal him/her and set him/her free from Satan’s false identity for him/her, and learning to **believe he/she**: (I summarize my negative thoughts from “Daily Prayer Day 2:3:B” – as I fill in the blank lines below)

B. _____

C. As I **receive** Your blessing, hopes, plans and desires for my life as **You/through**: (I summarize blessings from “Daily Prayer Day 3:B Day 2” as I fill in blank lines) _____

D. With **Your** victory over all of Satan’s attacks against me, growing out of Satan’s fear because I am receiving Your freedom, tempting me **to/with/through**: (I summarize “Daily Prayer Day 4/Step 4” – as I fill in the blanks)

E. In a way that I **notice Your spiritual** protection for me in a way that I am receiving Your victory You have already gained over Satan – **as You/through**: (I summarize “Daily Prayer Day 5/Step 5” as I fill in blank lines) _____

I give thanks to **You** that **You** took everything connected to Satan’s false identity for him/her to death at Calvary—**IN Christ** (2 Cor. 5:18–20), not some of it but all of it – and raising Jesus from the dead to rebuke Satan on his/her behalf (Zech. 3:1–2; Jude 9). Thank You for doing all this so **You** could heal his/her wounded heart and set him/her free from all of Satan’s temptations to trust in his/her own strength to provide for himself/herself a sense of safety and security in his/her life; as I also agree with **You** that **You** are giving him/her the freedom to receive his/her truest and deepest identity as **Your** son/daughter, with **Your** peace and purity through **Your** resurrection power and sitting at the right hand of **Your** Father with all authority in heaven and on earth. **In Your name, Jesus, Amen.**

** I use the Daily Discipleship Prayer Instructions on page 112 – with this Summary Prayer to integrate all the prayers from the “Praying For Loved Ones” prayer into one prayer on a daily basis to receive the greatest degree of freedom*



Bonus Session 2: Training Exercises Helping Us to Engage in Ministry from Our Hearts so that Straight 2 the Heart is NOT A Straight Jacket

The only wrong answer: Choosing not to share an experience Christ went through so He could connect HIS-story with the person's story of pain, suffering, loss etc. with a Christian (for this exercise).
* Use this page with the individual Case Studies in the 8-Week Part 1 Leader's Guide

How Do You Use Straight 2 the Heart When...:

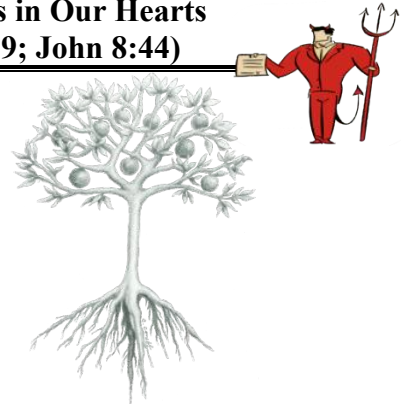
- You only have a **SMALL, SMALL** window of opportunity with someone in pain who is sharing part of his or her story with you, and you only have time to share a few words and pray?
 - **And You Have:**
 - **NO** prayer card with you?
 - **NO** Sample Prayers with you?
 - **NO** Confidentiality Form or Life History Form with you?
1. **You have 1 minute and 1 minute only** with a **CHRISTIAN** woman. She just found out her father was murdered. Because she is emotional, she is unable to identify lies. And you do **not** have time to her a mini Bible study on the source of the lies and negative thoughts in her life:
 - ❖ What would you say? Where can Christ/God identify with her? _____
 - ❖ Would you pray **with** her (having her repeat prayer) – or **for** her? **With or For?**
 2. **You have 3 minutes and 3 minutes only** with a **NON-CHRISTIAN** co-worker whose wife is having an affair does **not** want to stop the affair or seeking healing. You have 3 minutes to see **IF** you can bring Christ into the conversation and **IF** the answer is yes:
 - ❖ What would you say? Where can Christ/God identify with him? _____
 - ❖ Would you pray **with** him (leading him) – or **for** him? **With or For?**
 3. **You have 5 minutes and 5 minutes only** with a **CHRISTIAN** woman in the hospital who is overwhelmed with fear, facing surgery for fast spreading, life-threatening cancer:
 - ❖ What would you say? Where can Christ/God identify with her? _____
 - ❖ Would you pray **with** her (leading her) – or **for** her? **With or For?**
 4. **You have 5 minutes and 5 minutes only** with a **NON-CHRISTIAN** father. He is a co-worker who has just found out that his daughter is in the emergency room after overdosing on drugs... And it could be a suicide attempt because of sexual abuse by her uncle. Do you focus on what the father is going through? Or do you focus on what his daughter is going through with the five minutes you have? How can you know whether or not to share Jesus' story with him?
 - ❖ What would you say? Where can Christ/God identify with him? _____
 - ❖ Would you pray **with** him (leading him) – or **for** him? **With or For?**
 5. **Other example where you have 1-3 minutes with **NON-CHRISTIAN** soldier with PTSD (5:A) and/or a **CHRISTIAN** woman experiencing Domestic Violence (5:B)**
 - ❖ What would you say? Where can Christ/God identify with him (or her)? _____
 - ❖ Would you pray **with** him/her (leading him/her) – or **for** him/her? **With or For?**



“Thoughts, Feelings, Experiences, Beliefs, and Lies that are Keeping Us from Receiving our True Identities in Christ” Worksheet:

* Read this list to help identify some of the negative thoughts & messages we receive from the ‘father of lies’

Negative Feelings	Negative Messages, Thoughts and Lies in Our Hearts From the “father of lies” (Matt. 15:19; John 8:44)
Afraid	I’m alone
Alone	I’m stupid
Angry	I’m useless
Bitter	I’m rejected
Depressed	I’m unlovable
Devalued	I’m unwanted
Discouraged	I’m unworthy
Dumped	I will never succeed
Fearful	I will always be alone
Guilt (True or False)	I will never be valued
Grief/Loss	I will never be normal
Hate	I will never be accepted
Hopeless	I will never be important
Inadequate	I have to fix it/I’m responsible
Ignored	I can never tell - I can’t speak up
Invalidated	I need to be the center of attention
Jealous	I’m powerless/helpless/hopeless/weak
Mad	I will never be good enough/I’m no good
Rage	I will never be seen - I will never be heard
Resentful	I will never be loved or have my needs met
Sad	I can’t trust men/women/God/the church, or anyone
Scared	I’m a throw-away - a loser – damaged goods
Self-Pity (Poor me)	I just want this problem to be over/to be gone
Shame	I have to hide my feelings/I have to hide the truth
Terror	I have to look good to others/I’m better than others
Tormented	I will never be safe/I have to be in control to be safe
Unheard	I have to keep it a secret - I will die/be killed if I tell anyone
Unimportant	I have to try harder and harder to do more/get it right
Unsafe	I’m different from others – I follow my own rules
Unseen	I’m bad/It’s my fault/I have to try harder and do more
Unloved	I have a right to stay angry to protect or justify myself
	I have a right to protect my hurt, angry, wounded feelings
	I deserve/I am entitled to some pleasure and some rewards
	I have to give and give and give, never receiving what I need
	I’m ugly/bad/unclean. It’s my fault bad things happen to me
	I have a right to feel sorry for myself as a way to get attention



* **Note:** There can be overlap or similarities between some of the thoughts and feelings.

These feelings and thoughts are samples of the root issues in our lives. They are listed here to give you an idea of the beliefs behind our behaviors and our feelings. They also help us understand what the Holy Spirit is seeking to reveal during the prayer time as we pray: “Search my heart and try my thoughts,” (Psalm 139:23-24; Hebrews 4:12-13)

APPENDIX

Resources for Abuse and Addictions

Website for addiction/depression-anxiety/eating disorders/self-injury/suicide/trauma etc.:
<https://twloha.com/find-help/> * Just put in your zip code to find assistance

SUICIDE: National Suicide Prevention Lifeline

1-800-273-8255 911 Any local hotline numbers for medical emergencies, sheriff and police, etc.

SAMHSA (800) 273-TALK (8255)

www.sprc.org – www.samhsa.org

Substance Abuse and Mental Health Services Administration

SAFE-T: SAMSHA = Suicide Risk Assessment System (www.sprc.org = suicide prevention resource center)

(Free online card I can keep at my desk)

1. Five Step assessment
2. Identify protective factors
3. Conduct suicide inquiry: Thoughts, intent, plan
4. Determine risk level and intervention with grid to place risk level and to look at interventions
5. Document

Childhelp - National Child Abuse Hotline

1-800-4-A-CHILD

<http://www.childhelp.org/pages/hotline>

National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224 Male victims of abuse can call: 1-888-7HELPLINE (1-888-743-5754) *Note:* In the US, The Domestic Abuse Helpline for Men & Women specializes in supporting male victims of abuse and offers the 24-hour “helpline” above..

Teen Hotlines in the US

24-Hour National Crisis Hotline: 1-800-448-3000 Covenant House Nine line: 1-800-999-9999

Abuse/Violence Child Protective Services: 1-810-412-6109 Family Violence Helpline: 1-800-996-6228

National Referral Network for Kids and Adolescents in Crisis: 1-800-543-7283



Rape Victim Support

National Sexual Assault Hotline: 1-800-656-HOPE(4673) *Note:* Calls are free and confidential; the hotline is open 24/7. Information on Rape and Assault: <http://www.rainn.org/get-information/types-of-sexual-assault>

National Human Trafficking Resource Center

24-Hour Hotline: 1-888-373-7888

Alcohol/Drug Help

Alateen/Al-Anon for the friends/family of alcoholics: 1-800-813-3105 or 1-800-356-9996 Alcohol and Drug Helpline: 1-800-821-4357 National Council on Alcoholism and Drug Dependency Hope Line: 1-800-622-2255 Marijuana Anonymous: 1-800-766-6779

American Council for Drug Education: 1-800-488-3784

Anorexia/Bulimia/Eating Disorders Help

Eating Disorders Information Referral Line: 1-800-931-2237 National Crisis Line: Anorexia and Bulimia: 1-800-233-4357 Overeaters Abuse Hotline: 1-800-888-4680 National Eating Disorder Hotline: 1-800-248-3285

Food Addiction Hotline: 1-800-872-0088

Elder Abuse

Contact the Eldercare Locator on weekdays for state specific information at: 1-800-677-1116 Webpage for resources: http://www.ncea.aoa.gov/Stop_Abuse/Get_Help/State/index.aspx



What is the CONTEXT of Jesus' Call to "Beseech" the "Lord of the Harvest" for More Workers in Matt. 9:35-38

"Jesus was going through all the cities and villages, teaching in their synagogues and **proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness.**

Seeing the people, He felt compassion for them, because they were **distressed and dispirited like sheep without a shepherd.**

Jesus said to His disciples, "**The harvest is plentiful** [Jesus has already ripened His harvest for His disciples], **but the workers are few. Therefore beseech the Lord of the harvest to send out workers into His harvest.**" (Matt. 9:35-38 NASB)

Scriptures in Matt. 9:1-34, before the 'harvest' is described in Mat 9:35-38	Describe the problem with each person and situation	
Matt. 9:1-8	What is their attitude towards...: a. Their problem? b. Jesus?	What is the common denominator in these six different situations that has led them to become "ripe for the harvest" of Jesus' gospel? Matt. 9:35-38
Matt. 9:9-13	1. Person is: _____ Attitude towards the problem? _____ Attitude towards Jesus? _____	Who is NOT ripe for the gospel in these stories/situations?
Matt. 9:18-19, 23-25	2. Person is: _____ Jesus is accused of spending time with _____ Attitude towards the problem? _____ Attitude towards Jesus? _____	2 Key ingredients in revival – in China and Iran: P _____ P _____ B _____
Matt. 9:20-22	3. Person is: _____ His _____ is _____ Attitude towards the problem? _____ Attitude towards Jesus? _____	Know they are _____ _____ Willing to receive _____ for their _____
Matt. 9:27-31	4. Person is: _____ She has been _____ for _____ years Attitude towards the problem? _____ Attitude towards Jesus? _____	Will I see _____ m _____?
Matt. 9:32-34	5. Two People are: _____ Attitude towards the problem? _____ Attitude towards Jesus? _____	Will I choose to r _____ Christ's L _____ g _____?
Matt. 9:32-34	6. Person is: _____ Attitude towards the problem? _____ Attitude towards Jesus? _____	



**Does Jesus Make it Easy for Us to Follow Him?
Or, Does Jesus Make it Hard for Us to Follow Him?**

Luke 7:36-50

- ❖ Loving a lot = The ‘fruit’ of *receiving a lot* of forgiveness
- ❖ Loving a little = The ‘fruit’ of *receiving a little* forgiveness
- ❖ Jesus’ words about the woman who anointed Him with oil:

I say to you, her sins, which *are* many, are forgiven, **for she loved much.**

But to whom little is forgiven, *the same* loves little.” (Luke 7:47)

Luke 9:23-25:	What is the cost of rejecting Jesus’ words and discipleship?	Why is this loving?
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**Luke 9:57-62
Followers Statements**

What is Jesus’ Response to those wanting to follow Him?

I will follow You wherever You go.	Verse 58	Why are these words by Jesus, the most loving statements He can make?
Lord, Let me go and bury my father.	Verse 60	
I will follow You, but first let me go and say goodbye to my family	Verse 62	

Luke 14:25-33

	What kind of attitude does Jesus want us to have towards our family—if we follow Him?	
	What is the cost of being a discipleship of Jesus Christ?	Why is this the most loving thing Jesus can say?
	What does Jesus really mean?	

**John 6:51-69
Matt. 5:43-45**

What does Jesus mean?	Why are these words the most loving words Jesus can say?
Why doesn’t He explain His statements?	



Spirit of Prophecy Quotes on the ‘Suffering’ as Part of the Gospel, and the Importance of Dealing with the Roots of Sin and Suffering

There is nothing that the great deceiver fears so much as that we shall become acquainted with his devices.” (Great Controversy, pp. 516)

Suffering as Part of the Plan of Salvation: “The law of God **stands vindicated** by the **SUFFERING** and death of the only begotten Son of the infinite God.” (Upward Look, pp. 378)

Lifting Up Christ: “Of all professing Christians, Seventh-day Adventists should be foremost in uplifting Christ before the world.” (GW, 156)

Saved by the SUFFERING, DEATH and RESURRECTION of Christ: “No one can be justified by any works of his own. He can be delivered from the guilt of sin, from the condemnation of the law, from the penalty of transgression, **only by virtue of the SUFFERING, death, and resurrection of Christ.** Faith is the only condition upon which justification can be obtained, and faith includes not only belief but trust.” {ISM, pp. 389.1}

True Reform is Heart Reform: Men will never be truly temperate **until the grace of Christ** is an abiding principle in the heart. “All the pledges in the world *will not* make you or your wife health reformers. No mere restriction of your diet will cure your diseased appetite. Brother and Sister—*will not* practice temperance in all things **until their hearts are transformed by the grace of God.**”

Circumstances *cannot* work reforms. Christianity proposes a reformation in the heart. What Christ works within, will be worked out under the dictation of a converted intellect. **The plan of beginning outside and trying to work inward has always failed, and always will fail.** God’s plan with you is to begin at the very seat of all difficulties, the heart, and then from out of the heart will issue the principles of righteousness; the reformation will be outward as well as inward.” (Counsels on Diets and Foods, pp. 35)

Communion as a Form of Godliness – Or as a Way To Comprehend Christ’s Suffering?

“The ordinances that point to our Lord’s humiliation and suffering are *regarded to much as form.* They were instituted for a purpose. Our senses need to be quickened to lay hold of the mystery of Godliness. It is the privilege of all to comprehend, far more than we do, the **SUFFERING** of Christ.” (DA, pp. 660)

SDA Doctrinal Belief #9: “In Christ’s life of perfect obedience to God’s will, His **SUFFERING**, death and resurrection, God provided the *only means of atonement for human sin*, so that those who by faith accept this atonement may have eternal life, and the whole of creation may better understand the infinite and holy love of the Creator.”

A Thoughtful, Contemplative Hour: “It would be well for us to spend a **thoughtful hour** each day in **contemplation** of the life of Christ. We should take it point by point, and let the **imagination** grasp each scene, *especially the closing ones.*”

As we thus dwell upon His great sacrifice for us, our **confidence** in Him will be more constant, our **love** will be quickened, and we shall be **more deeply imbued with His Spirit.** If we would be saved at last, we must learn the lesson of penitence and humiliation at the foot of the cross.” (DA, pp. 83)

Laboring in Vain: “It is only labor in vain to pick off leaves off a living tree. The leaves will reappear. The ax must be laid at the **root of the tree**, and then the leaves will fall off, **never to return...** Cleanse the fountain, and the streams will be pure. **If the heart is right**, your words, your dress, your acts, will all be right.” (Evangelism, pp. 272, 273.)

“**Every room** in the soul temple has become *more or less defiled*, and **needs cleansing.** The cobb webbed closet of the conscience is to be entered. The windows of the soul are to be closed earthward and **throw wide open heavenward** that the bright beams of the Sun of righteousness may have free access...” (MCP, pp. 328, 328)

Peter’s Prison: “When Peter said he would follow his Lord to prison and to death, he meant it, every word of it; *but he did not know himself.* Hidden in his heart were elements of evil that circumstances would fan into life. Unless he was made conscious of his danger, these would prove his eternal ruin.” (DA, pp. 673)

Perceiving Truth: “The perception and appreciation of truth...*depends less upon the mind than upon the heart.* Truth must be received into the soul; it claims the homage of the will. *If truth could be submitted to the reason alone, pride would be no hinderance in the way of its reception.* But it is to be received through the work of grace in the heart; and **its reception depends upon the renunciation of every sin that the Spirit of God reveals.**” (DA, pp. 455 [Psalm 139:1-3; 23-24; Hebrew 4:12-13])



Roots of Restoration: “The work of restoration can **never be thorough unless** the roots of evil are reached. Again and again the shoots have been clipped, while the root of bitterness has been left to spring up and defile many; but the very depth of the hidden evil must be reached, the moral **senses must be judged, and judged again, in the light of the divine presence.** The daily life will testify whether or not the work is genuine.” (5BC, pp. 1152.1)

Knowing Ourselves: “But we must have a knowledge of ourselves, a knowledge that will result in contrition, before we can find pardon and peace. The Pharisee felt no conviction of sin. The Holy Spirit could not work with him. *His soul was encased in a self-righteous armor which the arrows of God, barbed and true-aimed by angel hands, failed to penetrate.*

It is only he who knows himself to be a sinner that Christ can save. He came “to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised. Luke 4:18.

But ‘they that are whole need not a physician.’ Luke 5:31. We must know our real condition, or we shall not feel our need of Christ’s help. We must understand our danger, or we shall not flee to the refuge. **We must feel the pain of our wounds, or we should not desire healing.**” (COL, pp. 158.1)

Jesus asking Peter if he loved Him 3x: “This *heart-searching question was necessary* in the case of Peter, and it is necessary in our case. The work of restoration can never be thorough unless the roots of evil are reached. **Again and again the shoots have been clipped, while the root of bitterness has been left to spring up and defile many; but the very depth of the hidden evil must be reached, the moral senses must be judged, and judged again, in the light of the divine presence.** The daily life will testify whether or not the work is genuine.” (YI, December 22, 1898 par. 4-6)

Learning to Hear God’s “Still Small Voice”: “All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. In them is to be revealed a life that is not in harmony with the world, its customs, or its practices; and they need to have a personal experience in obtaining knowledge of the will of God. **We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, ‘Be still, and know that I am God.’**

This is the effectual preparation for all labor for God. Amidst the hurrying throng, and the strain of life’s intense activities, he who is thus refreshed, will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength. His life will breathe out a fragrance, and will reveal a divine power that will reach men’s hearts.” (Ministry of Healing, pp. 58)

Less Sermonizing: “It has often been presented to me that there should be less sermonizing by ministers acting merely as local pastors of churches, and that **greater personal efforts should be put forth.** Our people should not be made to think that they need to listen to a sermon every Sabbath. Many who listen frequently to sermons, even though the truth be presented in clear lines, **learn but little.** Often it would be more profitable if the Sabbath meetings were of the nature of a Bible class study. Bible truth should be presented in such a **simple, interesting manner that all can easily understand and grasp the principles of salvation.**” (Evangelism, pp. 348) [*Not either/or no preaching, but less preaching, more testimonies, more interaction*]

Christ’s Method = Greater Results than Sermonizing (or Sabbath School teaching): “Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’

There is need of coming close to the people by personal effort. If less time were given to sermonizing, and **more time were spent in personal ministry, greater results would be seen.** The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those that weep, and rejoice with those that rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.” (Ministry of Healing, pp. 143)

Trusting Jesus with our Secret Woes: (1 Peter 5:7) “Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.” Thus Jesus invites the weary and care-laden sons and daughters of Adam to come to him, and lay on him their heavy burdens. **But many who hear this invitation, while sighing for rest, yet press on the rugged path, hugging their burdens close to their heart.** Jesus loves them, and longs to bear their burdens and themselves also in his strong arms. **He would remove the fears and uncertainties that rob them of peace and rest; but they must first come to him, and tell him the secret woes of their heart.** He invites the confidence of his people as the proof of their love for Him. **The gift of the humble, trusting heart is more precious to him than all the wealth that riches can bestow.** If they would only come to him in the simplicity and confidence with which a child would come to his parents, the divine touch of his hands would relieve them of their burdens.” {ST March 17, 1887}



“We are not always willing to **come to Jesus with our trials and difficulties**. Sometimes we pour our troubles into human ears, and tell our afflictions to those who cannot help us, and **neglect to confide all to Jesus**, who is able to change the sorrowful way to paths of joy and peace.” {ST March 17, 1887}

Which is more Effective: Two-by-Two Discipleship or Doctrinal Instruction?

“In the training of the disciples the example of the Saviour’s life was **far more effective than any mere doctrinal instruction**. When they were separated from Him, every look and tone and word came back to them. Often when in conflict with the enemies of the gospel, they repeated His words, and as they saw their effect upon the people, they rejoiced greatly.

Calling the twelve about Him, Jesus bade them go out **two and two** through the towns and villages.

None were sent forth alone, but brother was associated with brother, friend with friend. Thus they could **help and encourage** each other, **counseling and praying** together, each one’s strength **supplementing** the others’ weakness.

In the **same manner He** afterward **sent forth the seventy**. **It was the Saviour’s purpose that the messengers of the gospel should be associated in this way. In our own time evangelistic work would be far more successful if this example were more closely followed.**

The disciples’ messages was the same as that of John the Baptist and of Christ Himself: ‘The Kingdom of heaven is at hand....’

During His ministry **Jesus devoted more time to healing the sick than to preaching.**” (Desire of Ages, pp. 350)

“There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness.” (SC p. 18)

Remnant Not Ready – Hours Spent in Negativity – Pride & Selfishness Laid Aside:

“I saw that the remnant were not prepared for what is coming upon the earth. Stupidity, like lethargy, seemed to hang upon the minds of most of those who profess to believe that we are having the last message....

A great work must be done for the remnant. Many of them are dwelling upon little trials.” Said the angel, “Legions of evil angels are around you, and are trying to press in their awful darkness, that ye may be ensnared and taken. Ye suffer your minds to be diverted too readily from the work of preparation and the all-important truths for these last days. And ye dwell upon little trials and go into minute particulars of little difficulties to explain them to the satisfaction of this one or that.” **Conversation has been protracted for hours between the parties concerned**, and not only has their time been wasted, but the servants of God are held to listen to them, when the hearts of both parties are unsubdued by grace.

If pride and selfishness were laid aside, five minutes would remove most difficulties.

Angels have been grieved and God displeased by the hours which have been spent in justifying self. I saw that God will not bow down and listen to long justifications, and He does not want His servants to do so, and thus precious time be wasted that should be spent in showing transgressors the error of their ways and pulling souls out of the fire...

I saw that **God’s people are on the enchanted ground, and that some have lost nearly all sense of the shortness of time and the worth of the soul. Pride has crept in among Sabbathkeepers-pride of dress and appearance. Said the angel, “Sabbath keepers will have to die to self, die to pride and love of approbation...”**

Many have unsubdued, unhumble hearts, and think more of their own little grievances and trials than of the souls of sinners. **If they had the glory of God in view, they would feel for perishing souls around them;** and as they realized their perilous situation, would take hold with energy, exercising faith in God, and hold up the hands of His servants, that they might boldly, yet in love, declare the truth and warn souls to lay hold upon it before the sweet voice of mercy should die away. Said the angel, “Those who profess His name are not ready.” (Early Writings, pp. 118-12)

Peter Learning Importance of Dependence: “When trouble comes upon us, how often we are like Peter! We look upon the waves, instead of keeping our eyes fixed upon the Saviour. Our footsteps slide, and the proud waters go over our souls. Jesus did not bid Peter come to Him that he should perish; He does not call us to follow Him, and then forsake us. ‘Fear not,’ He says; ‘for I have redeemed thee, I have called thee by thy name; thou art Mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour.’ Isaiah 43:1-3.

Jesus read the character of His disciples. He knew how sorely their faith was to be tried. In this incident on the sea He desired to reveal to Peter his own weakness,—to show that his safety was in constant dependence upon divine power. Amid the storms of



temptation he could walk safely only as in utter self-distrust he should rely upon the Saviour. It was on the point where he thought himself strong that Peter was weak; and not until he discerned his weakness could he realize his need of dependence upon Christ. Had he learned the lesson that Jesus sought to teach him in that experience on the sea, he would not have failed when the great test came upon him.

Day by day God instructs His children. By the circumstances of the daily life He is preparing them to act their part upon that wider stage to which His providence has appointed them. It is the issue of the daily test that determines their victory or defeat in life's great crisis.

Those who fail to realize their constant dependence upon God will be overcome by temptation. We may now suppose that our feet stand secure, and that we shall never be moved. We may say with confidence, 'I know in whom I have believed; nothing can shake my faith in God and in His word.' But Satan is planning to take advantage of our hereditary and cultivated traits of character, and to blind our eyes to our own necessities and defects. Only through realizing our own weakness and looking steadfastly unto Jesus can we walk securely." (Desire of Ages, pp. 382)

David & Bathsheba: Many Commentators Blame David & Bathsheba – But God, Nathan, David, and EGW Blame David – So Straight 2 the Heart Is Trusting God, Nathan, David and Ellen White:

"David was made to feel bitterly the fruits of wrongdoing. His sons acted over the sins of which he had been guilty. Amnon committed a great crime. Absalom revenged it by slaying him. Thus was David's sin brought continually to his mind, and he was made to feel the full weight of the *injustice done to Uriah and Bathsheba*." (Spirit of Prophecy, pp. 1:381)

"As time passed on, David's *sin toward Bathsheba* became known, and suspicion was excited that he had planned the death of Uriah... David had committed a *grievous sin, toward both Uriah and Bathsheba*, and he keenly felt this. But infinitely greater was his sin against God." (Patriarchs and Prophets, pp. 720)

David's Inaction with Absalom - Not Receiving the Fullness of Forgiveness: "The shameful crime of Amnon, the first-born, was permitted by David to pass unpunished and unrebuked. The law pronounced death upon the adulterer, and the unnatural crime of Amnon made him doubly guilty. **But David, self-condemned for his own sin, failed to bring the offender to justice.**" (PP, pp. 727)

Christ Came to Expel Demons Controlling the Will: "Satan was exulting that he had succeeded in debasing the image of God in humanity. Then Jesus came to restore in man the image of his Maker. **None but Christ can fashion anew the character that has been ruined by sin. He came to expel the demons that had controlled the will.** He came to lift us up from the dust, to reshape the marred character after the pattern of His divine character, and to make it beautiful with His own glory." (DA, pp 37-38)

"Of all professing Christians, Seventh-day Adventists should be foremost in uplifting Christ before the world." (GW, pp. 156)

Seeing Jesus Embrace the Very Depths Of Human Wretchedness Of the Vilest Sinner: "We can never have a clear appreciation of the value of our Redeemer, until, by an eye of faith, we see him **taking upon himself the nature of man, the capacity to suffer**, and then reaching the **very depths of human wretchedness, that by his divine power he might save even the vilest sinner.**" {ST March 17, 1887}

Why We have so Little Sense of Sin: "Jesus died that the sinner might live,—that God's justice might be preserved, and guilty man pardoned. The Son of the Highest suffered shame on the cross, that sinners might not suffer everlasting shame and contempt, but be ransomed, and crowned with eternal glory. Why is it that we have so little sense of sin, so little penitence?

It is because we do not come nearer to the cross of Christ. **We do not consider the Captain of our salvation, and our conscience becomes hardened through the deceitfulness of sin.**" {ST March 17, 1887, par. 10}

Being a Connecting Link for Others to Trust in God: "As Christ pitied and helped us in our weakness and sinfulness, so should we pity and help others. Many are perplexed with doubt, burdened with infirmities, weak in faith, and unable to grasp the unseen; **but a friend whom they can see, coming to them in Christ's stead**, can be as a **connecting link** to fasten their trembling faith upon God. Oh, this is a blessed work!" (5T, pp. 246)



Job - Discouraged and Despondent: (Ellen White's commentary on Job 3:3; 6:2, 8-10; 7:11, 15, 16)

The faithful Job, in the day of his affliction and darkness declared:

"Let the day perish wherein I was born." **Job 3:3**

"O that my grief were thoroughly weighed, And my calamity laid in the balances together!?"

"O that I might have my request; And that God would grant me the thing that I long for!

Even that it would please God to destroy me;

That He would let loose His hand, and cut me off!" **Job 6:2, 8-10**

"I will not refrain my mouth; I will speak in anguish of my spirit;

I will complain in the bitterness of my soul." **Job 7:11**

"My soul chooseth...death rather than my life."

"I loathe it; I would not live always:

Let me alone; For my days are vanity." **Job 7:15-16**

"But though weary of life, Job was not allowed to die. To him were pointed out the possibilities of the future, and there was given him the message of hope..."

For the **depths of discouragement and despondency** Job rose to the heights of implicit trust in the mercy and the saving power of God....

"The Lord answered Job out of the whirlwind" (Job 38:1), and revealed to His servant the might of His power. When Job caught a glimpse of his Creator, he abhorred himself and repented in dust and ashes.... **Then** the Lord was able to bless him abundantly and to make his last years the best of his life." (Prophets and Kings, pp. 163-164)

Despondency is sinful and unreasonable. (PK, pp. 164, par. 3) – "Ellen White is saying that Job's despondency was sinful and unreasonable...not because he is suffering, but because he allowed his suffering to stay in his heart, creating negative, even horrible pictures of God – and Job repents in dust and ashes: **Job 42:6**)"

"Let all who are afflicted or unjustly used, cry to God...Not one sincere prayer is lost...God hears the cries of the weakest human being." (COL, pp. 174)

When We Suffer – Christ Suffers: "Heaven is very near those who suffer for righteousness' sake. Christ identifies His interests with the interests of His faithful people; He suffers in the person of His saints, and whoever touches His chosen ones touches Him." (PK, pp. 545.3)

All of Us Are Tested to Surrender the Old Life: "To Matthew in his wealth, and to Andrew and Peter in their poverty, the same test was brought; the same consecration was made by each. At the moment of success, when the nets were filled with fish, and the impulses of the old life were strongest, Jesus asked the disciples at the sea to leave all for the work of the gospel. So every soul is tested as to whether the desire for temporal good or for fellowship with Christ is strongest. (DA 273.4)

Greatest Deception – Mere Assent to Truth: "The greatest deception of the human mind in Christ's day was that a mere assent to the truth constitutes righteousness. In all human experience a theoretical knowledge of the truth has been proved to be insufficient for the saving of the soul. It does not bring forth the fruits of righteousness." (DA, pp. 390)

The Cross = Revelation of the Father's Love: "The cross of Christ is our only hope. It reveals to us the greatness of our Father's love and the fact that the Majesty of heaven submitted to insult, mockery, humiliation, and suffering for the joy of seeing perishing souls saved in His kingdom." (4T, pp. 503.2)

Christ Identifies with Everyone: "Christ alone had experience in all the sorrows and temptations that befall human beings. Never another of woman born was so fiercely beset by temptation: never another bore so heavy a burden of the world's sin and pain. Never was there another whose sympathies were so broad or so tender. A sharer in all the experiences of humanity, He could feel not only for, but with, every burdened and tempted and struggling one." (Education, pp. 78)

Changes can Be Made: "It will cost a determined effort to change the current of their thought. But the change can be made. Their happiness, both for this life and for the life to come, depends upon their fixing their minds upon cheerful things. Let them look away from the dark picture, which is imaginary, to the benefits which God has strewn in their pathway, and beyond these to the unseen and eternal." (MH, pp. 247.3)



Knowing Satan's Wiles: "It is our privilege, our duty, to receive light from heaven, that we may perceive the wiles of Satan, and obtain strength to resist his power. Provision has been made for us to come into close connection with Christ and to enjoy the constant protection of the angels of God. Our faith must reach within the veil, where Jesus has entered for us. We must lay hold with firmer grasp on the unfailing promises of God. We must have faith that will not be denied, faith that will take hold of the unseen, faith that is steadfast, immovable. Such faith will bring the blessing of heaven to our souls." (My Life Today, pp. 8)

Satan Prepares Attack For Every Soul: The great deceiver has prepared his wiles for every soul that is not braced for trial and guarded by constant prayer and living faith. True Revival, page 11

Praying to Jesus: "It is a wonderful thing that we can pray effectually; that unworthy, erring mortals possess the power of offering their requests to God. What higher power can man desire than this, — to be linked with the infinite God? Feeble, sinful man has the privilege of speaking to his Maker. We may utter words that reach the throne of the Monarch of the universe. **We may speak with Jesus** as we walk by the way, and He says, I am at thy right hand." (Gospel Workers, pp. 258)



Straight 2 the Heart's Training Evaluation Form

Please, answer the following questions to help us continue improving our training process so we can multiply more and more “*great commission disciples*” for God’s harvest in His kingdom of grace and truth:

* *The scale runs from #1 as the highest value to #4 as the lowest value*

1. Helpfulness of the Key Themes:

- Connecting Jesus’ story with our story: Identifying with Christ
- Root and Fruit: Focusing on the beliefs *behind* our behaviors
- Romans 4: Jesus taking to death on the cross all the beliefs *behind* our sin, shame and guilt – replacing it with HIS-story of HIS perfection

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

2. Balance of Going Through God’s Word (*presentations*), and God’s Word going through me (*application time in groups*), and Group Discussion (*interaction*)

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

3. Debriefing Time: Enough / Too Much / Not Enough

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

4. Ease of Understanding Handouts / Instructions

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____



5. Application of God’s Word to Life: God’s Word speaks to me in the midst of the messiness and brokenness of life on this fallen planet, in a way that I can ‘break open the Bread of Life’ for others (*Hidden Half of the Gospel; Romans 4 etc.*)

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

6. Participation from others was positive/we worked together well as a group:

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

7. This training motivates me to share the “good news” with others and gives me confidence that I can share with others

Helpful – Highest Value			Not Helpful – Lowest Value
1	2	3	4

Suggestions: _____

8. What helped me the most was:

9. What would help improve this training the most for me is....

Suggestions to improve the training, handouts, length of time, application, time in our smaller groups, time with the whole group, debriefing time etc.:

#10 is on the NEXT PAGE. I take it home with me. I do not turn it in with the evaluation.



10. Other pastors, leaders, members, friends who would benefit from this training:

I take this list home with me. I do NOT turn this list in with the evaluation.

- * This list is for you, not for Straight 2 the Heart. You take this home so you can be praying about these people and how God wants to prayerfully/carefully share with them in HIS timing – without pushing them, without telling them how much they need it.*
- * Remembering that we need permission to share with them, and that means that we have a relationship with them, as opposed to rushing in and telling them that we need to start praying with them.*
- * Much damage is done that is hard to undo when we rush in and start telling someone how much he or she needs prayer/needs this ministry – and even when we are sincere, we end up creating a negative impression about Jesus identifying with us and offering us His healing and freedom. So, we end up creating resistance instead of openness ☹️.*

In our sincerity, we can be sincerely wrong, just like the apostle Peter was when he sincerely promised that he would never deny Christ. But Peter was sincerely and publicly and spectacularly wrong. If we create a negative impression, it will take a lot of time to undo the damage.

And when we do share, we need to share out of our own story, letting the person know some of our negative thoughts and how much it has meant to us to see how Jesus' story identifies with us/connecting our story with HIS-story.

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____



Frequently Asked Questions (FAQ):

You [God] will keep *him* in perfect peace, *Whose mind is stayed on You, [You = God, not my own performance]* Because he trusts in You. Isaiah 26:3

1. Does Straight 2 the Heart Believe in a “Quick Fix, One-and-Done” prayer process?

- We teach that Jesus spent **THREE-and-a-HALF years** with His disciples before His crucifixion. Then Jesus spent **40-days** teaching His disciples after His resurrection. Then Jesus had His disciples spend **10-days** praying and coming into unity IN HIM, before they could go out with the power of the WHOLE gospel, HIS gospel.
- We believe that healing and freedom is a process, that takes place over time, in the context of caring, Christ-centered relationships.

2. Why do we need to learn how to pray? Can't we just pray from our hearts?

- John's disciples asked him to teach them to pray. (Luke 11:1)
- Jesus' disciples asked Him to teach them to pray. (Luke 11:1)
- Romans tells us that the Holy Spirit knows our weakness – that we do not know how to pray and prays for us. (Rom. 8:26-27)
- Disciples can learn how to pray.

3. Why is there such a consistent focus on everything Christ has already done for us, dying for our sins as our substitutionary sacrifice, to identify with our sins (2 Cor. 5:21; Isaiah 53:5-12, Romans 6:1-4 etc.); and His suffering to identify with our suffering (Isaiah 53:1-5; Luke 22:24-26; 44-46; Heb. 2:10, 18-18 etc.), without emphasizing our part... what we need to do?

Isn't this a dangerous imbalance when we don't tell people what they need to do?

The irony of this question is that we are constantly sharing with people the **hardest thing we will ever do** is to allow God to reveal the sins, wounds, lies and motives of our hearts (Hebrews 4:12-13; 1 John 1:9). Confessing our sins, seeking forgiveness and reconciliation etc. are not easy to do.

Yet people who are worried about our focus on Christ and His suffering don't seem to hear what we are saying, **even when** they see people sharing testimonies with spiritual fruit to God's glory, and Jesus Himself drew attention to His suffering and death when He said “If I be lifted up, I will draw all men [hearts] unto Me.” (John 12:32-33)

Listed below are some of the reasons *Straight 2 the Heart* prioritizes our time with those willing to do the hardest thing any of us will ever do—to *spend quality time at God's throne of grace allowing Him to reveal, release and replace the lies, wounds and patterns of self-protection in our hearts and minds, so we can have a New Covenant relationship (Heb. 8:10; 10:16)*—that will include the following:

- Becoming a Straight 2 the Heart's facilitator who see people respond to the power of Christ's suffering, death, and resurrection with the spiritual fruit of confessing their sins, receiving healing and freedom from their sins, witnessing to others, leading others to the saving grace of Jesus Christ, and discipling others to do the same.
- Multiplying disciples in a way that honors Jesus' command in the great commission of Matthew 28 as a strong spiritual fruit.



- We know that this is spiritual fruit consistent with God’s Word.
- So, we ask those with theological concerns to pray about one simple, yet absolutely necessary question for God: *Is my focus on theology producing the spiritual fruit of healing, freedom, salvation, witnessing in myself, and multiplying disciples around me, honoring Jesus command to go and make disciples – disciples who are bearing much fruit that remains?* (John 16:8, 16) *And if not, why not?*
- Straight 2 the Heart facilitators prioritize spending time with those willing to let God speak into their patterns of brokenness and sinfulness. Because we have limited time, we spend our time with those like the woman at the well.
- For those concerned about theological words and theories, we invite them to spend time praying to God, asking Him to reveal to them the deeper motives of their hearts – whether or not they are using theological concerns as a way to avoid their need for healing and freedom (Heb. 4:12-13). And, to also ask God to reveal to them anything from keeping them letting God reveal patterns of brokenness and sinfulness in their own lives so they can be disciples bearing the fruit of other disciples who can lead people into healing and freedom in Christ.
- They will often try to turn the discussion back to the level of theological information and/or debate. At this point, we know there are strong similarities between these ‘theologians’ and the rich young ruler asking Jesus what he needs to “do” to have eternal life – and then he is unwilling to “do” what Jesus has asked him to “do.”
- The rich young ruler is focused on his part, the things he needs to do. So, Jesus gives him something to do. And yet, he is not willing to do what Jesus told him to do, even though he has just asked Jesus what he must do, and Jesus gives him something to do.
- We know that those focused on what they need to “do” for Christ, yet they are not willing to “do” what Jesus has asked them to “do,” when they are unwilling to put His words into practice (Matt. 7:21-27), allowing Him to “search their hearts and try their thoughts.” (Psalm 139:23-24; Heb. 4:12-13), are not going to benefit from the ministry of Straight 2 the Heart at this time in their life because we have different priorities. And just like Jesus modeled for us, we need to let them walk away disappointed, praying like Jesus did with Peter, that their faith will not fail.
- When people decline our invitation to pray about their patterns of brokenness before we discuss theology, we politely end the conversation and spend our time with those willing to apply God’s Word to their hearts, their minds, their wounds, their motives, their negative thoughts and patterns of self-protection.
- Most Christians will admit that we have focused on behavior modification for a long, long time. This leave us with a cycle of sin-and-forgiveness, where our hope and faith is often going down, not up. We have put the “*cart before the horse,*” losing sight of Jesus’ words that we can do nothing in our own strength, and what is impossible for us, is more than possible for God. (John 15:5; 16:63-64; Mark 10:17)
- **Theology is very important.** Straight 2 the Heart includes hundreds of scriptures and theology in all of our presentations, prayers and discipleship process. Unfortunately, theology can (and does) become a way to avoid allowing Christ to reveal, release and replace our pain with His healing, His grace, His truth, His purity, His peace, His obedience, His righteousness, His sanctification, His faith, His victory etc.. Job’s friends talked *about* God, theologizing about God. But they never talked *TO* God, they assumed to know God without praying to God.
- The woman at the well was convicted about a pattern of brokenness and sinfulness in her life. Her immediate reaction was trying to draw Jesus into a religious debate (John 4:17-20). Jesus responded by NOT talking about the religious controversy. Instead, Jesus talked about the importance of worshipping God in Spirit and in truth (John 4:21-26). In the context of the John 4, *worshipping God in Spirit and in truth* includes a willingness to allow Christ to reveal our patterns of brokenness and sinfulness so He can release them. If we



are not willing to allow Christ to reveal our patterns of brokenness and sinfulness, then Straight 2 the Heart facilitators do not discuss theological debates about justification, sanctification, righteousness by faith etc. because it moves the person away from the necessity of opening his or her heart to God for healing and freedom. We do not want to contribute to an addiction of theological debates that are keeping the person from spending time at the throne of grace, where God can speak into his/her pattern of brokenness and sinfulness.

- Jesus said that His disciples have to “eat My body and drink My blood” (John 6:53-56). We have to internalize His life into ours.
- Straight 2 the Heart places a strong emphasis on the cost of salvation to Jesus and His Father so it would be impossible to say that we are teaching “cheap grace” unless someone is either unable to hear us sharing about the cost of saving humanity and/or so focused on fear of “cheap grace” that someone is unwilling to hear what we are saying.
- Fear of grace reaching into the wounded places in our hearts, exposing the wounded parts of our hearts in a way that we need to own these wounded areas can be very threatening to us. In fact, this is why Jesus told us that unless we lose our lives, our patterns of self-protection and self-salvation that avoid these parts of our hearts, we will lose our lives. (Romans 3:7-8)
- We also talk about the cost to the woman at the well. She had to listen to Jesus speak into her life about the deepest patterns of brokenness in her life. This was not easy for her. Yet she allowed Jesus to speak into her patterns of brokenness and sinfulness until her heart was changed. (John 4:16-42)
- Jacob had to wrestle with God all night long before his self-will, his self-determination was broken. Jacob had to allow God into his brokenness, facing his deepest fears and darkest sins before he could receive God’s blessing. And then he spent the rest of his life limping. This is not cheap grace. (Genesis 31-32)
- The apostle Paul was accused of teaching cheap grace... ie. a grace that would encourage people to sin and then excuse their sin, because it brings more glory to God when God forgives them. Paul is crystal clear that they condemned and that their condemnation is just! (Romans 3:7-8; 6:1-2)

4. Does Straight 2 the Heart’s discipleship ministry focus on the past? I thought we were supposed to leave our past in the past and not talk about our past?

- Here is the question we should be asking: *Did Jesus talk to people about their past, so we are beginning with Jesus’ model, honoring the way Jesus healed people and set them free?*
- **Woman at the well:** Jesus talked with her about her past when He said that she had had four husbands and the man she was living with was not her husband. Talking about four marriages in the past = talking to her about her past.
- She gave a testimony that Jesus had “told me EVERYTHING I ever did. Could He be the Messiah?” (John 4:29) Jesus had to talk with her about her past, to talk with her about everything she ever did.
- Her testimony about her past led to the conversion of a whole town of non-Christians, who became believers.
- And by their own testimony, the town’s people believed in Jesus, based on the woman’s testimony, “I met a man who told me EVERYTHING I ever did.” (John 4:39-42)
- We do not have a lot of details about her past. Nor do we ask for details about the past, so we are honoring Jesus’ model as we also honor their privacy.
- We focus on the negative thoughts the person has received from the ‘father of lies’ so Jesus can set the person free from those lies, behind our patterns, moving them into ministry, with a testimony, just like the woman at the well.
- **Stephen** talked to the Jewish leaders about their past in Acts 7. So, Stephen is following the pattern of Jesus Christ.



- Paul, the apostle, talked to the Jewish leaders about their past as well. So, the apostle Paul is also following the pattern of Jesus Christ when he talks about the past.
- Paul tells us that he left his past in the past, in Philippians 3:4-9. And Paul tells us what he has left in the past, what God has dealt with in his life. Are we willing to tell others what we have left in the past, based on God bringing His grace into our lives?
- Are we willing to ask the Lord to reveal all the deeper thoughts and motives in our hearts that would keep us from allowing God to heal our sins, wounds, and lies from the past? Or are we rejecting Jesus' model of speaking to us about our past/patterns that are hurting us in the present – keeping us from moving into ministry with a testimony to God's glory.

5. Does Straight 2 the Heart believe that praying to God, and identifying with Christ is the only way to pray, the only way to receive healing and freedom?

- There are many, many pieces to the puzzle of healing and freedom in Christ.
- We work with doctors, counselors, pastors, support group leaders etc. with each one playing his or her part in the journey of healing and freedom.
- There are many ways to pray and many ways to receive healing and freedom in Christ. We offer a prayer process including the *whole gospel* involving the suffering, death and resurrection of Christ, for the *whole person*, body, mind, Spirit, heart, and soul. We have found that people who choose to identify with Christ and His suffering consistently experience healing and freedom. They also begin to share with others, moving into ministry, with a testimony.
- There are also many kinds of ministries and many kinds of gifts, with many kinds of personalities. We cannot share every ministry and every possibility for healing and freedom. Sometimes people will hear Straight 2 the Heart say that prayer and discipleship is a long-term process, and our discipleship process takes a minimum of three months, that it is a time intensive, behind the scenes, under the radar process that takes place over time.
- And then they still will ask us if we are offering a one-time, quick fix process, even though we have just shared the exact opposite of that approach. So, we repeat ourselves and pray that they will hear what we are saying, instead of hearing something that we are not saying. Sadly, many of the people asking these kinds of questions are unwilling to spend time at God's throne of grace, identifying negative thoughts so they can identify with Christ and begin the process of healing in their own lives.
- This means that they are asking really good questions, while they are unwilling to apply these powerful, Biblical principles in their own lives. They are settling for information about the whole gospel, instead of applying the whole gospel to their hearts and minds and souls.

6. Why do we use worksheets instead of just praying freely, from our hearts?

- To help us see what examples of *negative thoughts* look like.
- To help us see what *examples of negative experiences in Jesus' life* look like.
- To help the person receiving prayer know and remember what he or she was praying about after the person is home.
- To help the person continue praying, asking God to continue revealing anything about his or her struggle, addiction, situation on a daily basis.
- To help the person develop an interactive time of worship where God is speaking through His Word, into the person's situation, on a daily basis.



7. How do I know if the “still small voice” and/or impressions, thoughts and scriptures are from God?

- First and foremost, are they consistent with scripture?
- Second, what kind of spiritual “fruit” are they producing?
 - ❖ Are they leading the person to be more dependent on God or less dependent on God?
 - ❖ Are they leading the person to seek God’s will or is the person seeking to have God bless his/her will? Are they willing to receive feedback from others, check, double-check and triple check the decision or information with God and others?
 - The elders in Ezekiel’s day were told that God would answer them according to the idols in their hearts. (Ezekiel 14:1–16).
 - The apostle Paul rejected the Holy Spirit warning him through multiple disciples to NOT go to Jerusalem (Acts 21:4). Paul then rejected a prophet warning him as well because he was so passionate about saving his family/the Jews and he was willing to die for Jesus to do so (Acts 21:10-13). But it was NOT God’s will for him to go. He went anyway, he was arrested after taking bad advice from the Christian leaders in Jerusalem and he was never free to preach the gospel in public again. (Acts 21:15–36)
 - The apostle Peter was given 3 supernatural visions, telling him to not be prejudiced against the Gentiles (Acts 10). He was given three supernatural confirmations of these visions (Acts 10-11). He gave three testimonies to these three supernatural visions and confirmations (Acts 10-11 & 15). He blessed Paul and Barnabus and their work among the Gentiles, as they went to Antioch. Peter followed them to Antioch and worried about the approval of other Christians who were legalists and he talked Barnabus and the other leaders to separate themselves from the Gentiles, after three supernatural visions, confirmations and testimonies (Galatians 2).

8. How do I share the worksheet with samples of our *negative thoughts* and *Jesus’ negative experiences* with the person when the person is praying with me over the phone?

- E-mail a PDF of the worksheets to the person so the person can “see” the two columns and you are talking “apples to apples” – not apples and oranges (and you are on the same page).
- Take a picture of the two columns with your phone and text it to the person so that the person can “see” the columns with negative thoughts and Jesus’ negative experiences, allowing you to talk “apples to apples” – not “apples and oranges.”

9. Why do we need to use a structure for the prayers? [a] Jesus’ disciples asked Him to teach them to pray (Luke 11:1) and [b] He gave them the Lord’s Prayer which is a structure as well, **not a formula**.

It is BIBLICAL at every step of the way to pray about lies, Jesus’ suffering, promises, the enemy’s attacks and God’s protection. We invite people to make the prayer PERSONAL as they use the daily discipleship prayers. And it makes the training TRANSFERABLE because we can multiple other disciples (Matt. 28:18-20).



**10. Suicide Question: See below and the next page for resources, trainings, free downloads etc.
What if the person says he/she is suicidal and/or having thoughts of hopelessness or hurting themselves?**

Suicide by the numbers:	https://save.org/about-suicide/suicide-facts/ https://www.apa.org/monitor/2019/01/numbers https://afsp.org/about-suicide/suicide-statistics/	
	Center for Disease Control: 10th leading cause in US 123 Americans die daily One death per 12 minutes 44,965 Americans yearly 250,000 suicide survivors yearly: US Highest rates among Whites, American Indians and Alaskan Natives	Global: 800,000 globally One ever 40 seconds 2nd leading cause of death for ages 15–24 years old
Suicide rates by country	http://worldpopulationreview.com/countries/suicide-rate-by-country/	
Veteran Suicides 20-22 per day 1 per 65 minutes	https://www.mentalhealth.va.gov/docs/data-sheets/OMHSP_National_Suicide_Data_Report_2005-2016_508.pdf https://www.va.gov/opa/pressrel/pressrelease.cfm?id=4074	

#9 continued: What if someone mentions suicidal thoughts? (or other emotional/mental struggles)

- Immediately ask if the person will receive support from you and others.
- Immediately ask the pastor and/or mental health professional for help/support.
- Immediately call the sheriff, other medical professionals and/or 911 if necessary, after talking with the pastor and/or mental health professionals.

SAMSHA = Substance Abuse and Mental Health Services Administration

Call SAMSHA BEFORE you start your discipleship group (800) 273-TALK (8255) to download and access their resources

Call SAFE-T BEFORE you start your discipleship group (800) 273-TALK (8255) to download and access their resources

Resource Summary	Website
SPRC home page	www.sprc.org (SPRC = Suicide Prevention Resources Center) http://www.sprc.org/about-suicide/warning-signs
SAMHAS home page	www.samhsa.org (Substance Abuse and Mental Health Services Administration)
Suicide warning signs (download free card)	store.samhsa.gov/system/files/svp11-0126.pdf
Parents: Suicide and Social Media Tips	www.sprc.org/resources-programs/suicide-social-media-tipsheet-parents-providers



<p>SAFE-T = Suicide Assessment Five-step Evaluation and Triage (<i>download free card</i>)</p>	<p>https://www.integration.samhsa.gov/images/res/SAFE_T.pdf</p> <p>Call SAFE-T BEFORE you start your discipleship group (800) 273-TALK (8255)</p> <p>5-Step Suicide Risk Assessment System:</p> <ol style="list-style-type: none"> 1. Identify risk factors 2. Identify protective factors 3. Conduct suicide inquiry (thoughts, plans, intentions) 4. Determine risk level and intervention 5. Document
<p>SPRC free on-line prevention training course</p>	<p>https://training.sprc.org/enrol/index.php?id=31</p> <p>http://www.sprc.org/effective-prevention/strategic-planning</p> <p>SPRC 6-Step assessment:</p> <ol style="list-style-type: none"> 1. Describe the problem and its context 2. Choose long term planning 3. Identify key risk and protective factors 4. Select or develop interventions 5. Plan evaluation 6. Implement, evaluate and improve
<p>Write Love on Arms Website</p>	<p>Type in zip code to access local resources for suicide, addictions, mental health etc.</p> <p>https://twloha.com/find-help/</p>



Coordinator’s Checklist List to Prepare for the “Leaving A Legacy” Discipleship Training for the Church-Wide Training and/or 8-Week Video Series Parts 1–2:

- I have **already** asked someone to help me organize the different aspects of training as well as the follow-up so I am working as a team leader in cooperation with the pastor, secretary, other church leaders **and** the church calendar as I plan discipleship training times. (including 3-hole punch paper from Office Depot/Staples).
- I have **already fulfilled a required background check** for myself on all volunteers involved in this prayer.
- I have **already prepare a required background check** for those choosing to participate in the follow-up discipleship training, *especially those who are working with those 18 years old and younger.*
* Ask for a Liability Background check if you do not have one
- I have **already** begun preparing for the follow-up discipleship-training meeting with a sign-up list for:
 - Mentoring and facilitating teams
 - Binders for mentors/facilitators – including 3 sections with 10 copies **each** of the:
 - 1) Intro. CROSS prayer
 - 2) Facilitator checklist
 - 3) Mentor’s checklist
 - Personal invitations** to individuals, mentors, facilitators
 - Church pastors, leaders, secretary, church calendar etc.
 - Meeting Rooms (coordinated with church secretary)
 - List of all participants for e-mail/communication
 - Handouts/exercises (including translations as needed)
 - Writing utensils / A small box of Kleenex in each room
 - Name tags** so the presenter can talk with people by name
 - Tables to write on with **binders** for all participants
 - Chairs in a circle to facilitate community
 - Audio–visual leaders/assistants
 - Other: _____
- I have **already** asked someone to coordinate e-mails and/or phone communication – **OR** I have taken responsibility to coordinate e-mails and/or phone communication.
- I have **already** prepared handouts for each exercise ahead of time for this week’s meeting.
(Intro Prayers, Facilitator/Mentoring Checklist for Level 1 or Level 2, Consent Forms, Life History Form, extra “Cross” prayers for each phase (for Level 2) in case someone forgets his or her manual etc.).
- I have **already** prepared the mentoring/facilitating teams ahead of time to:
 - (1) Know which rooms they will be using.
 - (2) Know who they will be mentoring and/or facilitating with during the training time this week.
 - (3) Have binders for all mentoring and facilitators (men and women) – with extra checklists and prayers.
- I have **already** reserved the main room where everyone meets before the training meeting begins this week as I work closely with the church leaders/secretary and church calendar.
- I have **already** reserved the 2–4 rooms for smaller groups of men and women before the training meeting begins this week, working closely with church leaders/church secretary/church calendar.
- I have **already** prepared Kleenex, name tags, and writing utensils with clipboards and binders for each coach, each facilitator, each participant and each room.
- I have **already** prepared the sign-up for 8-Week Part 1 or 8-Week Part 2 video training series.
- Other: _____



