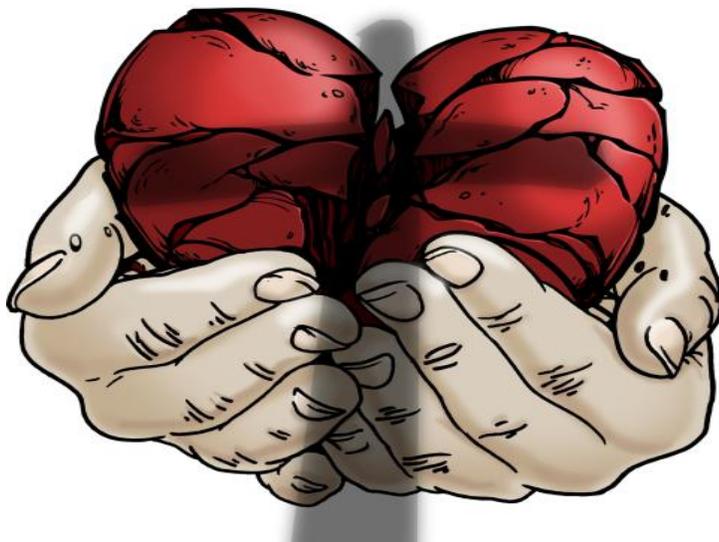


Straight 2 the Heart's Prayer *and* Discipleship Training

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



Praying Jesus' Story into My Story:

Page 3:	Three Positive Events and 3 Negative Events Exercise
Pages 4 & 6:	Cross Prayer to Jesus and the Father
Pages 5 & 7:	Instructions for Prayers to Jesus and the Father

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

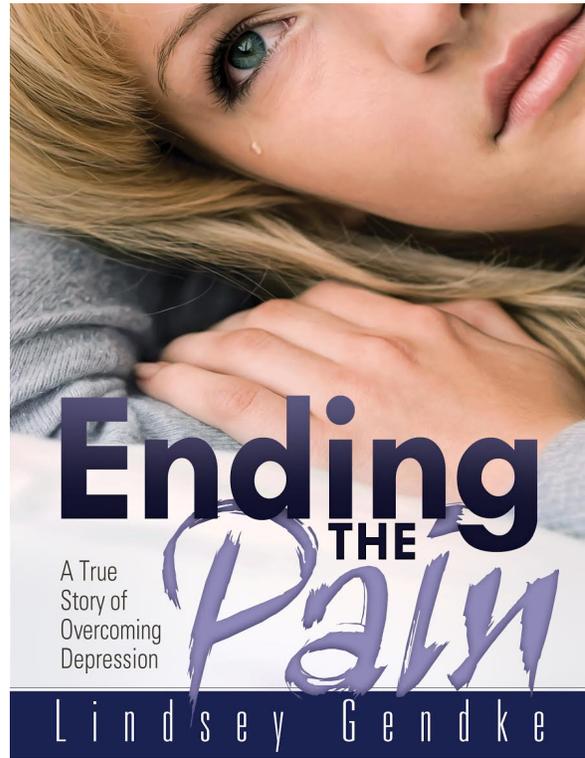
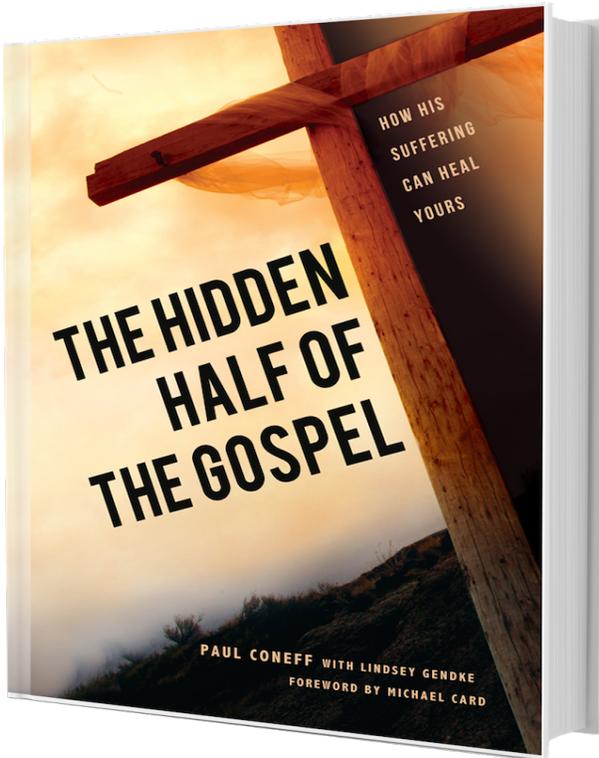
However, if New Testament allusions are included, Isaiah 53 far outdistances every other Old Testament passage.

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

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

1. Go to: www.hiddenhalf.org sign-up for the free newsletter
 - a. Purchase “**The Hidden Half of the Gospel: How His Suffering Can Heal Yours**” by Paul Coneff and Lindsey Gendke Foreword by Michael Card
“**Brutally Honest: Discovering A God Who Can Heal Your Deepest Wounds and Darkest Desires**”
 - b. Download the Free “Introductory Section” of the *Hidden Half of the Gospel & Brutally Honest* books
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: Go to Facebook and search for “**Straight 2 the Heart**” page

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

Highs and Lows Influencing My Picture of God:

Spiritual – Relational – Emotional – Educational – Financial – Generational

1. I summarize 3 positive and 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

Key ↗ Events: Marriage Salvation Baptism Adoption Promotion Graduation Children School Sports Work etc.	I draw 3 pictures/images illustrating 3 POSITIVE events in my life		
	Image #1: Age _____ Event: _____ _____	Image #2: Age _____ Event: _____ _____	Image #3: Age _____ Event: _____ _____
	<i>How old was I at the time of my positive and negative experience?</i>		
Key ↘ Events: Alone Death Abused Adopted Divorced Betrayed Addicted Rejected Grief/Loss Etc.	I draw 3 pictures/images illustrating 3 NEGATIVE events in my life		
	Image #1: Age _____ Event: _____ _____	Image #2: Age _____ Event: _____ _____	Image #3: Age _____ Event: _____ _____

What themes are showing up in my positive and negative events? _____

How have these experiences influenced my life and choices: _____

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)* _____

negative thoughts: *(summarize thoughts)* _____ taking my

_____ 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 – as I also
 receive Your supernatural love and peace. **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 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: _____

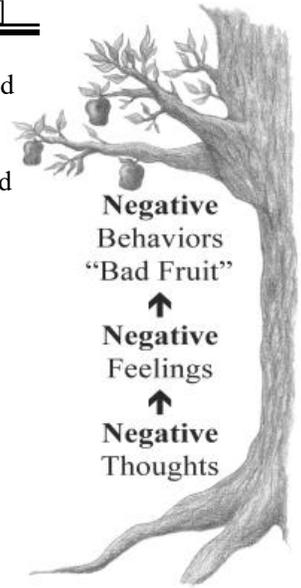
STEP 1: Listening to the Person’s Story I <input checked="" type="checkbox"/> 2-3 <i>Samples</i> of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk	STEP 2: Sharing Jesus’ Story I <input checked="" type="checkbox"/> 2-3 Negative Experiences TEMPTING Jesus with the Negative Thoughts I Have:
--	---

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

- 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 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
 - My past is in the past My security is in being right, knowing more than others, and/or trusting in 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 a kiss and sold for price of a slave
- He chose to be powerless as He was being:***
- Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
- Shamed, humiliated and embarrassed
- Abused by those in power over Him who should have protected Him and supported 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 3: Cross Prayer–Pray Jesus’ Story * I read all the instructions in italics in this prayer & page 5

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 – using “being”/other connecting words to make sentence flow)

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

I agree with You that my false identity keeps me from living out Your plans for my life. I also thank You for taking all of my negative thoughts, feelings and experiences to death on the cross and rising up from the dead to heal me and set me free as I receive my truest, deepest identity as Your son/daughter as I also receive Your supernatural peace and love. **In Your name, Jesus, Amen.**

STEP 4: Blessings Prayer: 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 protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* 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 at 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: Warfare Prayers

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.

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.

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 2-3 *Samples* of Negative Thoughts, Beliefs, Lies, Messages, Roots or Self-Talk

STEP 2: Sharing Jesus’ Story

I 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

- 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 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
 - My past is in the past My security is in being right, knowing more than others, and/or trusting in 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 a kiss and sold for price of a slave
 - He chose to be powerless as He was being:***
 - Stripped naked, physically, verbally and mentally abused by Satan, Priests, Herod, Pilate
 - Shamed, humiliated and embarrassed
 - Abused by those in power over Him who should have protected Him and supported 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 3: CROSS PRAYER–PRAY JESUS’ STORY * I read all the instructions in italics in this prayer & page 7

3:A Dear Father, Thank You for choosing to have Jesus fulfill prophecy, suffering as He was going through the experience of: (write in Jesus’ experiences from right column – using “being”/other connecting words to make sentence flow)

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

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

STEP 4: Blessings Prayer: 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) _____

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

6: Protection Prayer: Dear Father, How will You protect me from Satan’s attacks in a way that I am noticing Your spiritual protection? _____

* 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 at 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: Warfare Prayers

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.

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.