# SOAR
## DISCIPLESHIP COLLEGE

# MODULE 2: BACK ON MY FEET

Welcome to the Second Course in the SOAR Discipleship College.

This course is built on the finished work of Christ at the Cross (His death, burial & resurrection)

> *"The Spirit of the LORD is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the LORD."*
> **Luke 4:18-19 NKJV**

> *"Bless the LORD,0 my soul; and all that is within me, bless His holy name! Bless the LORD,0 my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with loving-kindness and tender mercies, Who satisfies your mouth with good things, so that your youth is renewed like the eagle's. The LORD executes righteousness and justice for all who are oppressed."*
> **Psalm 103:1-6 NKJV**

> *"GOD makes everything come out right; he puts victims back on their feet."*
> **Psalm 106:6 MSG**

Homework is assigned to each session and includes:

1. Facts of the issue - consider the teaching and how it applies to your life
2. The Word for the week - take and reflect/ renew and meditate
3. Feelings regarding the issue - your current situation (mind, will and emotions)

During these sessions, the Word is preached; faith is added to the facts and then applied to the issue.

Each session builds on the next so it is so important that you stay for the duration of the course and take time to do your homework and seek the Lord.

This course is designed to help you grow in Christ and find freedom from anything that is still holding you back. We don't have to live in bondage or pain and condemnation because of past sins, broken relationships, unforgiveness, rejection, wrong thinking or the lies of the devil.

God has giving you authority in Christ to walk as a child of the living God in everything Jesus purchased at salvation.

*"And from the days of John the Baptist until now the kingdom of heaven suffers violence, and the violent take it by force."* **Matthew 11:12 NKJV**.

God is not the author of evil (He is not confused or defeated, and He doesn't use evil to teach you anything.

How does satan gain access to our lives (our falling human nature-the soul/ the world system that is falling and under His control / other fallen people / demonic influence:

*"And that they may come to their senses [and] escape out of the snare of the devil, having been held captive by him, [henceforth] to do His [God's] will."*
**2 Timothy 2:26 AMP**

*"O Corinthians! We have spoken openly to you, our heart is wide open. You are not restricted by us, but you are restricted by your own affections."*
**2 Corinthians 6:11-12 NKJV**

**WHAT IS A STRONGHOLD?**

The dictionary definition: - **STRONG-HOLD,** n. [strong and hold]. A fastness; a fort; a fortified place; a place of security.
E.g. addiction; idolatry; compulsive behavior; stubbornness.

Strongholds can be physical, mental or spiritual

- **Physical stronghold** - a prison, fortress, wall, a safe
- **Mental stronghold** - a firm belief, a habit, an area of thinking that is dominated by a force or thought pattern.
- **Spiritual stronghold** - a supernatural conviction, a soul-tie or area of bondage.

Strongholds can be either good or bad.

How is a stronghold formed? Strongholds are formed through habits, in other words, a stronghold is formed by repetition, when we repeat something often enough, it will become a habit.

*"A habit is an activity acquired through frequent repetition, often unconsciously, which becomes a disposition of the mind or character."* **Joyce Meyer**

Like strongholds, habits can be good or bad e.g. reading the bible every day is a good habit, spending a quiet time with God daily is a good habit, watching TV late every night is not a good habit, eating fast foods daily is not a good habit.

*"As a man thinks, so he shall become..."* **Proverbs 23:7**

Our **thoughts** are very important in determining how we behave and what we do. Habits emanate from thoughts, which can then become a stronghold.
God is interested in what we think.

**Romans 12:1-3**
**2 Corinthians 10:3-6**

**OVERCOMING A STRONGHOLD**

- IDENTIFY & ACKNOWLEDGMENT
- REPENT
- DECIDE
- ASK FOR HELP
- MEDITATE
- PRAY
- DECLARE
- PRAISE

**IDOLATRY...**

When people give 'reverence' to an image an any shape or form, or talk to it, or place flowers at the base of it, or rub it's feet, or bow before it, or pray to God through it, or to the person the statue represents, then know for certain that powers of darkness will attach themselves to that plaster cast figure or picture and lock the person to it.

They will be joined to that lifeless image which is being idolized. That is why, for instance, the thought of breaking a plaster and paint model used in such a manner is unthinkable to them - it's no longer neutral material because they have invested something of themselves into it.

**WHAT IS A LUKEWARM CHURCH OR PERSON?**

A lukewarm church or person is one that compromises with the world and resembles its surrounding society, professes Christianity, yet in reality is spiritually wretched and miserable. The Lord is disturbed when He is dealing with a people He can neither use nor bless. They didn't oppose Him but they didn't draw close to Him either.

| FACTS | FEELINGS | FAITH |
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**KEY VERSES...**

*" It is finished."* **John 19:30**

Have you accepted Jesus as your Lord and Saviour? You cannot accept what the Bible says about salvation and not accept what the rest of the Bible says.

*" Therefore if anyone is in Christ, he is a new creation.."* **2 Corinthians 5:17**

We are not who we used to be ... Your previous history is gone, wiped out. We are brand new ... no scratches... no chips... no dents... when God looks at us... He sees a brand-new creation... YOU.

*"...remember all of His benefits"* **Psalm 103:1-** ***6***

Forgiveness/healing/redemption/loving kindness and tender mercies/satisfaction/ youth is renewed /righteousness and judgment

*"... He lifted me out of the slimy pit "* **Psalm 40**

There is power enough in God to help the weakest, and enough grace in God to help the unworthiest. God is able to rescue you. God is willing to rescue you. God is waiting to rescue you.

*"For this commandment I give you today is not too difficult for you or beyond your reach."* **Deuteronomy 30:11**

God is talking straight... direct to you... He is almost pleading .... He is cheering you on... He is telling you, you can do it... you are able. It's your choice... your future, your happiness, your lifestyle, your joy level, your LIFE it's your choice.

God is saying there are good choices and bad choices it's for you to choose which ones you take.

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."* **Jeremiah 29:11 (NIV)**

God is not out to get you ... the bad things that happen in your life is NOT God trying to teach you something, it is normally a result of a bad choice you made...

Our whole life is an unending string of choices, they come one after the other and each one has a different outcome for you. Each outcome can take you to a different destination, place you into a different circumstance, add to or take away from your life. GOD HAS A PLAN FOR YOUR LIFE. The best way you can honour God is find out what He wants from you, to get you onto that road to the future He has for you.

God needs you to get with His program.

**Mark 12:30**
Give God your all... God says take a step towards me and I will take a step towards you. Step towards your future today.

**John 8:32**
Knowing God, the Word and the Holy Spirit will help you with your choices you have to make.

**Psalm 146:7- 8**
Trusting in God's Word comes with a benefit package. He will cause you to be lifted up. He will cause you to prosper.

**KEY TOPICS.**

**Freedom**

Freedom is the state of being free or at liberty rather than confinement or under physical restraint. The power to determine action without restraint.

**Grief**

Grief is mental suffering or distress over affliction, loss, painful regret, disappointment or trouble. How long was Jesus in the grave for?

**Fruit**

**Matthew 7:16 & 20** both say that we will know them by their fruit. What is the fruit in your life?

It is time to make good choices.

**Hebrews 4:12 AMP** For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [The immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart.

The walk of **FAITH** is a glorious process of becoming increasingly free in Christ. By faith in Jesus' resurrection, we become **FREE** from the **POWER** of death and anything that would hold us captive. Through faith in Jesus as our High Priest, we know that we have One who **KNOWS** our temptations and can help us as we become free from sin and weights that drag us down. By faith in Jesus' **FINISHED** work, our lives become free as we boldly enter God's presence without hesitation.

*Decide to put your faith in* Jesus *daily. You* can *entirely trust Him; He is the same yesterday, today, and* forever

> *"And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account. Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin."* **Hebrews 4:13-15 NKJV**
>
> *"Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favour to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it]."*
> **Hebrews 4:16 AMP**

**Homework:**

**Read** Psalm 40 & Deut. 30:19

**Memorize** Psalm 103:1-6

| FACTS | FEELINGS | FAITH |
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**One of the vital steps into freedom is forgiveness JESUS forgave so we could be restored, healed and delivered**

*"For if when* we were *enemies,* we were *reconciled to* God *through the death of His Son, much* more, *having been reconciled,* we *shall be saved by His life.* And *not only that, but* we *also rejoice in* God *through* our Lord *Jesus Christ, through whom* we *have now received the reconciliation"* **Romans 5v10-11 NKJV**

*EVERYDAY I* AM *SAVED BY THE LIFE I HAVE IN CHRIST; I* AM *JOYFUL* AND *REJOICE in the* GOD *of my SALVAT/ON*

***KEY* VERSES**...

*"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners."* **Isaiah 61:1-9** (Read the rest).

*"Forgive us our sins, for we also forgive everyone who sins against us."* **Luke 11:4**

*"The Lord is good, a refuge in times of trouble. He cares for those who trust in Him."* **Nahum 1:7**

***KEY TOPICS**...*

**Forgiveness**

Act of forgiving - willingness to forgive.
Who do you need to forgive? When, where, what about self? Why did I let it happen / go on happening? Why did I keep silent?

**Forgiving and Pressing forward:**

*"So if you forgive him, I forgive him. Don't think I'm carrying around a list of personal grudges."* **2 Corinthians 2:10 (MSG)**

**Derek Prince:** Forgiveness is enlightened self-interest, as it ushers us into the realm of God's grace.

I want to share with you one of the most important CHRISTIAN LIFESTYLES, a powerful gift that WILL produce FREEDOM, spiritual vitality and healing: forgiveness and pressing on! Allow me to share something JESUS said about this.

**Matthew 6:12-15 (AMP)**

We have the opportunity to purge our heart of the junk that has been hindering us and our progress spiritually and in our relationships.

**2 Corinthians 2:5-11 (ESV)**

A process: I must work through the negative emotions and choose the response of grace.

- It's letting go: I must tear up the IOU note that I hold against that person.
- It's a choice: Choosing good, above the sense of wanting to get even first.

- It's agreeing to live with the consequences of the sin against you.
- It's acknowledging: Allow yourself to acknowledge the hurt and the hate truthfully.
- It's allowing: God's grace allows you the space and the time it needs to grieve.

**What FORGIVENESS is not:**

- It's not forgetting what happened: truly forgiving doesn't always entail truly forgetting.
- It's not letting them off the hook: It's rather giving them over for God to take care of it.
- It's not ignoring the sin committed: Paul instructed the church to confront and deal with the sin committed
- It's not acting foolishly: By making yourself or others vulnerable to becoming victimized by the same person again
- It's not declaring a wrong to be a right.

**HOW TO FORGIVE:**

- Make a list: Write down those who have wounded, betrayed, neglected, rejected, judged or abused you, mistreated or taken advantage of you.
- Acknowledge: In prayer before God own up to the pain that this has caused in your life and what you feel they owe you as a result.
- Release: Give up your right to get even with the person and decide that the offending party owes you nothing anymore.
- Hand over: Dismiss the case and give God the final outcome in their lives, so that He may deal with them according to HIS own agenda and purpose.
- Speak out aloud: Declare each person free in the name of Jesus.
- Desire reconciliation: If it is an ongoing relationship and the 5 previous points do not prevent it position your heart for reconciliation.
- Speak life: Take time for the next while to speak words of life, healing and blessing out over them in prayer.

**HOMEWORK**

**Read** Isaiah 61:1-9 & Psalm 40

**Memorize** Psalm 103:1-6

| FACTS | FEELINGS | FAITH |
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**Let my whole being bless the Lord.**

Everything starts with a thought - **Isaiah 26: 3**

A thought is just a thought until it's accepted. Inside the thought carries the power of its will. You have to accept the thought in order to access its data - **2 Corinthians 10: 3-6**

Once a file is accessed it begins to configure with device.

**The Problem:**

Satan the thief: What has he come to steal? Identify Corrupt File

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*"Jesus turned to His disciples then sternly corrected Peter, "get behind me Satan."* **Mark 8: 33**

You are not thinking God's thoughts but human thoughts. Recognize what thoughts you are thinking and what they are doing to you. When you focus on something it will direct your body and will be there.

**Mark 13: 5**
Watch out for the one that deceives you.

**UNDERSTAND THE POWER OF YOUR THOUGHTS AND WHERE THEY CAME FROM:**

"*Examine me God look at my heart! Put me to the test! Know my anxious thoughts."* **Psalm 139: 23**

*"Therefore my troubled thoughts make me turn back - because of my inner turmoil."* **Job 20: 2**

**Ecclesiastes 5 v 7** Remember when dreams multiply, so do pointless thoughts and excessive speech. Therefore fear God!

**Mark 7 v 21**
It's from the inside, from the human heart that evil thoughts came: - Sexual, thefts, false testimonies and insults.

**Note:**
Speculation leads one astray. False or incomplete information or presumptions weaken a person's thoughts.

*"Jesus knew their thoughts so he said to the man with the shriveled hand, Get up and stand in front of everyone!"* **Luke 6: 8**

When the onslaught comes. Know your position.

**The array of thoughts is usually followed by:**

| | |
|---|---|
| Victory | = Defeat |
| Defeat | = Overwhelmed with failure |
| Idleness/Boredom | = Stagnant, complacent and/or lazy |

| | |
|---|---|
| Lack of Vision | = No purpose or hope or trust |
| Fatigu/Burnout | = Anxiety |
| Pride/Arrogance | = Misperceptions of yourself or things |
| Fear | = Not knowing God's love, perfect love removes, covers and resists fear |

**NOTE:**

Be vigilant and always aware that the enemy is sauntering through your mind always looking for a place and a time to shoot a dart into your mind. You don't always have to respond right away in the devil's opinion, but in order to overcome - resist the thoughts, that sense of foreboding.

**SOLUTION:**

**WHAT TO DO**

Anecdote: place the crown of Loving Kindness upon your head and take every thought captive to the Word of God and hold power and control over a passive mind

| FACTS | FEELINGS | FAITH |
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**The Full Armour of God (Ephesians 6:10-18)**

Each part of the armour must be fully understood in order to walk in victory. This teaching will take you through the meaning of each part so as to better understand and be better equipped through knowledge.

**Important:** It is a lifestyle not just a few pieces of armour.

The Armour of God is given to believers only. We are instructed to "put on" this armour, which implies that we do not automatically wear it all the time.

When Paul compares the armour of God with military gear, each piece represents a part of God's strength that He extends to us.

**The Helmet of Salvation**

This is the area of the head, it's where we think and where the greatest battle lies its where our decision-making process takes place, where our free will lies and if this is not in place the armour of God will be of no help to us.

**Definition** - Salvation according to Webster Dictionary: the redemption of man from the bondage of sin and liability to eternal death.

No soldier went into battle without a helmet
**Samuel 17:40-49**

Some professed Christians have "rocks in the head" from neglecting to wear their helmets. Your body has seven sacred openings from the neck up.

Our spiritual helmet consists of: Who we are in Christ and what He has done (past tense) for us.

**3 Doctrines of salvation**

- Justification
- Sanctification
- Glorification

**Breastplate of Righteousness**

- The image of an armed Roman or Israelite soldier
- Wearing the breastplate of righteousness is always in partnership with the robe of Jesus' righteousness. "I put on righteousness, and it clothed me."
- Christian soldiers should stand firm and never surrender any ground to the devil The breastplate of righteousness refers to the righteousness purchased for us by Jesus at the cross (**2 Corinthians 5:21**)

**Definition:** Right-standing between man and God.

- The bad news.
- The good news
- One simple, biblical truth can change your life

**Loins girded with the truth**

- The Roman soldier
- An interesting Passover fact

- Girded with Truth
- Evidence of having our belt on

**Feet to spread the gospel of peace**

- The Great Commission
- A victorious soldier had to be prepared for battle
- A soldier's battle shoes were studded with nails or spikes
- When we are ready with the gospel of peace, we live with the understanding that we are continually under attack from Satan
- In the Bible, the foot is a symbol for the direction or "the walk" of a person's life. The gospel of peace has to be put on, just as shoes need to be put on and laced up

**Shield of faith**

- How did Roman soldiers use their shields? What purpose does a spiritual shield serve for us?
- The shield is something we must take up, something we are required to raise. The warrior's shield was his first line of defense
- The enemy is constantly firing flaming arrows of carnal desire.

What kind of fiery darts are coming your way? Satan implants the following thoughts into your mind:

- Doubt
- Discouragement
- Delay
- Difficulty
- Depression

Through faith in His name, we can resist any enticement.

**Sword which is the Word of God**

- The sword was the most common weapon in battle. And the word "sword" appears 449 times in Scripture.
- The two edges of the Spirit's sword are the two witnesses of God's Word, the New and Old Testaments.
    - The Word of God is a practical tool for every area of life, as well as in fighting the devil If we do not know the Word we cannot use our sword to cut down and cut off the lies of the devil.
- Swords were used to protect oneself from harm or to attack the enemy
- Since every Christian is in a spiritual battle with the satanic and evil forces of this world God refers to His Word as a sword in **Hebrews 4:12.** Here the Word is described as living and active and sharper than a double-edged sword.
- The purpose of the sword of the Spirit
- The Holy Spirit uses the power of the Word to save souls and then to give them spiritual strength to be mature soldiers for the Lord in fighting this corrupt and evil world we live in.

**The Power of Prayer**

- Paul ends the armour by encouraging us to pray fervently for ourselves, for each other and for the work of the Church.
- Prayer and Bible study are the most powerful tools for combating Satan's weapons. We will be prepared for Satan's attempts to attack us.
- Remember, we're at war. Let's be alert to Satan's devices, and let's put on the whole armour of God!

**Armour of God Daily Prayer**

*Father, in Jesus' Name and by prayer and faith, I put on your whole armour that I may stand against the plans of the devil that wants to kill, steal and destroy me.*

*I put on Your Helmet of Salvation...let the same mind be in me that is in Christ Jesus and thank You for paying the price for my life and giving me this free gift that I don't deserve and cannot earn.*

*I put on Your Breastplate of Righteousness... the Righteousness of Christ and I am in right-standing with God through faith and the work of Jesus on the cross.*

*I put on the Belt of Truth...Jesus is the Way, the Truth and the Life (John 14:6), help me to walk in truth in every aspect of my life.*

*I put on Your Sandals to spread the Gospel of Peace... Help me to stand on the solid ground of Jesus. Place in me a heart for the lost and broken so I will go into the world and share Your Word, Lord.*

*Above all, I put on your Shield of Faith to quench every fiery dart the enemy shoots our way, I take Your Sword of the Spirit, Your Holy Word that's alive and powerful, sharper than any two-edged sword (Heb. 4:12), and now we stand in Your armour, submitting to You, resisting the devil and he will have to flee. In Jesus' Name,* **Amen**.

| FACT | FEELINGS | FAITH |
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*"Bless the LORD,0 my soul; and all that is within me, bless His holy name! Bless the LORD,0 my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with loving-kindness and tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagles. The LORD executes righteousness and justice for all who are oppressed."* **Psalm 103:1-6**

*"GOD makes everything come out right; He puts victims back on their feet."* **Psalm 103:6 MSG**

- The first three promises (Psalm 103) have to do with the human condition, our weaknesses and failures and still gives the assurance that God is on our side.

*"All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out."* **John 6:37 NKJV**

Read **John 6:35-38 MSG**

- The last two promises (Psalm 103) relate to our standing in Christ; we can walk as a son/daughter of God with confidence that He is the one that brings "satisfaction"

***Satisfaction:*** wholeness, significance and acceptance, the sense of well-being, contentment and confidence.

*"For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."* **Romans 8:15 NKJV**

- When you start to co-operate or walk in step with the Holy Spirit you will begin to recognize and receive God's love, and step into or under the spirit of Sonship.

**KEY VERSES**...

- **Isaiah 61:1-11 NKJV**
- **I Peter 2:4-5.9 NKJV**

You don't earn things from God, by faith you begin to receive them. It will spring forth, there is a process involved, it takes time for a Christian to come out from under slavery into the place of REST in Christ as a Son

*"Whoever keeps the fig tree will eat its fruit; so he who waits on his master will be honoured."* **Proverbs 27: 18 NKJV**

*Choose today to be a great* gardener, *to look after your* orchard. Protect your spirit and assess your life correctly.

- *"By their fruit you will recognize them."* **Matthew 7: 6**
- *"Thus, by their fruit you will recognize them."* **Matthew 7: 20**
- *"Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit.."* **Matthew 12: 33**

**KEY TOPICS**

**Roots:** rejection / pride / condemnation / bitterness

I can, with the help of the Word and the Holy Spirit, identify and then choose to walk through the doorway of forgiveness into God's "SWAP SHOP"

- Co-operate with the Holy Spirit
- Focus on God's love for you
- Become strong in Christ **(Ephesians 6:10-18 NKJV)**
- Detox your brain: by renewing your mind **(Romans 12:1-3 NKJV)**
- Resist the devil: declaring and confessing the Word **(1 Peter 5:6-10 NKJV)**
- Build new habits of positive faith: **(Ephesians 5:18-20)**

**Signs of slavery (bondage)**
**Signs of Sonship (freedom)**

**Homework**

**Read** Psalm 40, 1 Peter 2:4 (dealing with low self-esteem/ not valued),
1 John 4:8 (dealing with fears),
Proverbs 29:25
Psalm 24:4

| FACTS | FEELINGS | FAITH |
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**Romans 8:18-23 NKJV**

**Satan is the ruler of this world (John 12:31/ 2 Corinthians 11:14/ John 10:10)**
**John 10:10 (AMP)**

*The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).*

NB: JESUS has defeated him and in Him we have the victory. (2 Peter 3:10)
**John 19:28-30 NKJV**

**It is finished:**

1. Jesus' earthly life demonstrated the priority He placed on love and relationships.
2. The Father's plan of salvation is now fulfilled. (John 19: 33-37; **1** John 5: 6-8)
3. All the types and prophecies of the Old Testament, the sufferings of the Messiah, were accomplished (fulfilled) (Luke 22: 16)
4. The ceremonial law and its requirements are fulfilled & abolished. (Read Leviticus 19:5-8)
5. An end was made of transgression, iniquity and sin by bringing in an everlasting righteousness.
6. His sufferings were now finished - spirit, soul, and body. (Romans 8: 18; Romans 5: 3-4; **1** Thessalonians 5:23)
7. The work of man's redemption and salvation was now completed and fully paid for. (Ephesians 1:4-7)

**Ephesians 4:25-27 NKJV**

**THE IMPORTANCE OF FACING TRUTH**

- Hidden wounds, hurts, sins, etc. can be like rotten food hidden in a refrigerator - you smell the stink but don't know where it is coming from.
- Are you hiding because facing the truth is too painful?
- Each area of liberty will require facing or seeing "a truth" that doesn't always (but may) bring pain. (This can cause denial?) (John 8:32)
- When you hide behind a doorway of pain (wounded emotions), you have to come back through that same doorway to freedom.

**THE IMPORTANCE OF RESISTING "SELF-PITY"**

"Pity is a party you will attend by yourself". (Do you want to be pitiful or powerful?)

- A reason to feel sorry for yourself doesn't equal the right to.

**NOTE**: II Corinthians 5:17; Philippians 3:13 - We are new creatures in Christ - One thing I do, forgetting what lies behind and pressing on to what lies ahead
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- You can't hide from the past; you must face it - but you can't "camp" there. You must take Jesus' hand and let Him lead you to "the new thing." (1 John 2: 8)

**Isaiah 43: 1-19 NKJV** The new thing (involves my SOUL being set free to SOAR) (Isaiah 40:31)
**Ephesians 4:25-27 NKJV**

**Emotions:** The part of the consciousness that involves "feeling." (To move out)
A mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes, circumstances and relationships.

- Many times, reacting in anger is how we express our dissatisfaction with life. It's defined in the Greek language as the strongest of all passions.

**Anger:** Feeling or showing strong annoyance, displeasure, or hostility; frustrated, crabby, fussy, unfriendly, aggravated, disagreeable, petulant, irritable, put out, anti-social Deeper: bitterness, revengeful, envy, rage, violence

Carry the thought of grief, mourning or loss.

*"In your anger do not sin": Do not let the sun go down while you are still angry."*
**Ephesians 4:26 NLT**

Anger may be able to win the moment but mustn't be allowed to win the day. (**Jeremiah 20:12**)

**Ephesians 4:26-27 MSG**

If you let "anger" win the day:

- The enemy gains a foothold (new territory or territory you have already gained)
- You feel entitled to certain feelings and responses.
- This can progress to deeper levels of anger: resentment or bitterness
- Anger will start to cause rebellion or resistance to authority. (Romans 13: 2)

Thoughts about Anger:

- Anger's basic function: to rally the individual to take a stand for his basic needs and innermost feelings of worth. ANGER is not wrong unless it is uncontrolled or repressed. Strife (2 Corinthians 2: 9-11) is often exhibited in arguing, bickering, heated disagreements and angry undercurrents.
- You can express anger in the right moment and expression. (Matthew 5: 37-39)
- Anger should not be expressed without restraint and measure.

**Helpful Tips:**

- Learn to be QUICK to forgive. This will help you more than anyone. (You can't change people only God can do that) (Ephesians 4: 32 ; Mark 11: 25)
- Place blame where it really belongs. (Job 1: 22)
- Get angry at the devil the same way Jesus did - by doing the work of the Kingdom. (James 4: 7)

**KEY VERSES**.

**John 19:30** *..."It is finished."...*

**Ephesians 4:26** *"In your anger do not sin": Do not let the sun go down while you are still angry.*

**Ephesians 4:26-27** *"Go ahead and be angry. You do well to be angry- but don't use your anger as fuel for revenge. And don't stay angry. Don't go to bed angry. Don't give the devil that kind of foothold in your life."*

**KEY TOPICS...**

**Anger** Strong feeling of displeasure, upset, wrath (seeks vengeance or punishment),

fury, hatred, deep resentment, rage, distress, violence.

Comes from the word *angra* meaning to grieve. Who with? When? Where? Why?
Self..."Why did I let it happen/ continue?"
No scab-picking!

**Homework**

**Read**John 19:30 ..."It is finished".

Homework is given to each participant to tear up. While doing so they declare that IT IS FINISHED!
A great opportunity to celebrate!

| FACT | FEELING | FAITH |
|---|---|---|
| | | |

*How to keep yourself free from strongholds ...*

Our war is not only to become free, but also to STAY free and grow in Christ, becoming a disciple and servant of God.

**KEY VERSES**...

**2 Corinthians 2:11 NKJV**

*"Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."* **Galatians 5:1 NKJV**

*Stand Fast:* to be stationery or better to persevere, the root which properly denotes an upright and active position.

- Not a position of passivity or complacency but an active attitude of maintaining a posture while moving forward.

TD Jakes*: "*God's *plan is to bring you to* success, so *cooperate with Him and don't* give *up."*

**Psalms 37:23-24 NKJV**

- Some believers think they will automatically find success in life, they don't realize that faith involves action. (Fight and take territory and build at the same time)

**Four statements of Psalm 37**
:

1. The steps of a good man are ordered by the LORD.
2. He delights in His way.
3. Though he fall, he shall not be utterly cast down.
4. For the LORD upholds him with His hand.

*"If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!"* **Matthew 7:11 NKJV**

**5 Steps of Victory**

- *Saturate*
  **John 7:37-39 NKJV** Stay full of the Word and the Spirit/ read your bible/ meditate on scripture in an area / study and use other material / pray in tongues often, worship and sing praises
- *Separate & Speak*
  **Ephesians 6:10-18 NKJV** Keep your armour on / separate from those relationships or sin and stay away from temptations / spend time in prayer (Fasting) / memorize and begin to speak the Word with boldness
- *Surrender*
  **James 4:5-10 NKJV** Submit and resist
- *Surround*
  **James 5:13-18 NKJV** Stay connected to church (relationship and fellowship=support
- At Your Service

**1 Corinthians 9:19 NKJV** For though I am free from all men, I have made myself a servant to all, that I might win the more;

| FACTS | FEELINGS | FAITH |
|---|---|---|
| | | |

It is finished

Jesus, I leave my past behind, in faith I reach for You

and because of Your Love for me,

You died and rose again giving a brand-new start for me.

I'm healed and whole, my life transformed,

in You I have everything to live for the future starts right now

I'm healed and whole, it is finished