

Inner Healing

TABLE OF CONTENTS

Section 1 : Introduction	pg. 2
What is Inner Healing	pg. 2
What is a Strong Hold	pg. 3
Converting the Soul	pg. 5
Spiritual & Emotional Wellbeing Check-In	pg. 10
Section 2 : 7 Tools of Inner Healing	pg. 11
Contemplative Prayer	pg. 11
3 Keys to Experience God’s Presence in Prayer	pg. 12
The Word/ Faith to Believe	pg. 14
Power & Presence/Anointed Teaching/Community	pg. 15
Committed Discipleship	pg. 16
Journaling Questions	pg. 17
Section 3: Breaking the Cycle	pg. 18
I.H. Blockers/Lies We Believe	pg. 19
Positive Declaration Statements	pg. 20
Soul Care/3 Core Lies	pg. 23
Special Trauma Cases	pg. 24
Journaling Questions	pg. 26
Section 4: Deliverance	pg. 28
What Deliverance Is and is Not	pg. 30
What is Deliverance	pg. 32
List of Major Demonic Spirits	pg. 35
Demonic Checklist	pg. 36
Section 5: Additional Resources	pg. 37
Inner Healing Books	pg. 37
Additional Journaling Questions	pg. 38
Core Lie Identification (continued)	pg. 41
The Truth About God	pg. 44
The Names of God	pg. 45
The Truth About My Identity (“I Am” Statements)	pg. 46
The Truth About Others	pg. 49

Section 1: Introduction

What is Inner Healing?

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Man was created in God's image. Our creator is triune; meaning three parts. Father, Son, and Holy Spirit. Man was also created with 3 parts; Body, Spirit and Soul (1 Thess. 5:23). Within the soul there are 3 other parts; the MIND (thoughts), the EMOTIONS (how we feel), and the WILL (our choices). When we received Jesus as our Lord and Savior and became born again, we became a new creation in Christ (2 Corinth 5:17). Our Spirit man has been perfected (Hebrews 12:23). Our body and our soul are in the process of being renewed (Romans 8:11, Phil. 2:21).

What is the difference between Inner Healing and Deliverance?

Deliverance is the practice of commanding demons to leave a person or a place in the name of Jesus. This is an event that happens in a matter of moments. Demons must flee at the name of Jesus. Sometimes people have multiple demons, and this deliverance process tends to take more time, depending on the type of deliverance prayers that are used, and according to the desperation or willingness of the one being delivered.

Inner Healing is the process through which our Soul is brought into healthy balance. This is a much longer process than simply casting demons out. Even when we have been delivered of demons, there still may be un-healthy inner thoughts, bad life choices, and negative emotions that keep us from walking in the fullness of what Christ paid for on the cross.

Sometimes, when people accept Jesus into their heart and invite Him to be their Lord and Savior, they have a powerful encounter that turns their world upside down. Those who observe this transition can visibly tell that this person was completely changed, even to the very core of who they are. There is a supernatural grace to lay down our lives and fully take on the character of Christ. This is available to all who call upon the name of the Lord, but many times, this transformation does not immediately take place. In some cases, this may take months or years. In other cases, a believer can walk with Jesus for 20 years, and still never have this life changing encounter that changes the thoughts, emotions and choices.

Even in those cases with Christians who had a powerful life change after salvation, there is still a need for inner healing and deliverance. In most cases, our pride tells us that we have it all together and are not in need of any assistance from others. In my experience, even those in ministry who look like they have it all together, are still in just as much need of inner healing and deliverance as those who manifest negative thoughts, words, or actions outwardly.

What is a Stronghold?

³ For though we walk in the flesh, we do not war according to the flesh. ⁴ For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

2 Corinthians 10:3-5

Any thought in your mind that is in opposition to the Word of God, is a Stronghold. Any emotions or choices that result from those ungodly thoughts are the symptoms of the Stronghold.

Let's use the visual metaphor of a hurricane to explain.

The actual hurricane storm that causes all the damage represents the demons. The demons influence and establish habits of wrong thinking, which causes unhealthy emotions and choices. Some people find their lives in chaos, much like a storm or hurricane. When someone is delivered of the demons, it's like the breath of God blew the hurricane away. Now after a hurricane leaves, there is great destruction and devastation left behind. It takes years to clean up the wreckage from a hurricane. Although the demons have been removed, the mess that is left behind can take years to remove and rebuild. Although the demons are gone, we are left with unhealthy thoughts, emotions, habits, and even consequences of our actions to deal with.

Inner healing is the process by which we target those unhealthy emotions or habits. There is only one way to be changed; it is by the washing of the water of the word of God. We renew our mind and emotions by taking every thought captive. By filtering everything through Jesus. There is no quick fix. There is no easy way out. Even those who are radically changed in a moment by a powerful encounter with Jesus, will still have thoughts and emotions that will later need to be dealt with and changed. Inner Healing is helpful to everyone.

How Do We Facilitate Inner Healing and Deliverance?

Inner healing is not a quick fix. It is a lifelong process, as we grow in spiritual maturity through discipleship. The first step is to cast out any demons that still have control or influence. Deliverance only removes the demon itself. Deliverance does not remove the patterns of negative thoughts and emotions that we call Strongholds. These thoughts and behaviors were developed and learned over time and they will take time to heal. This is why we need Inner Healing.

Discipleship is a commitment; to submit to Godly authority, to be taught and trained to follow God and walk in His ways, to identify any Inner Healing needs, and work together with the mentor or spiritual leader to purify the hidden thoughts and emotions. We need someone who is close enough to us to know the true state of our thoughts and emotions. Someone who will be honest with us and help us identify any lies we are still believing.

For decades, there has been a lack of discipleship in the churches. This church wide discipleship deficiency allows believers to come to church services every week, and never truly get rooted and grounded in the church, or in Jesus. If congregants never open up and make deeper connections with other believers, there will be no one to call and check on them, help them through struggles, or hold them accountable for their sins.

There are 3 Types of Healing and Deliverance Processes:

1. Casting Out demons through Deliverance
2. Breaking Inner Vows, breaking Soul Ties, and addressing Generational Sin Patterns, etc.
3. Inner Healing through Discipleship

Deliverance can be administered in the middle of a church service, in a prayer line, or in a scheduled meeting with a deliverance team. Breaking Inner Vows, breaking Soul Ties or changing Generational Sin Patterns usually takes more time, and takes more understanding and participation from the one seeking to be free.

The initial stage of Inner Healing can be administered in a conference, a series of meetings, classes, counseling sessions, or through a mentor or spiritual parent. Although the initial application of Inner Healing can be facilitated over the course of a few weeks or months, the process to walking in the fullness of Jesus and His character is developed over a life time. Inner Healing never stops. Discipleship should never stop.

Inner Healing is the lifetime process of being DISCIPLED to walk in the fullness of Christ; our thoughts, our choices, and our emotions aligned with Him.

Our thoughts are renewed as we learn and study the word of God.

The entire Bible brings Inner Healing.

Our choices change as our thought life is healed.

Our emotions are healed as we uncover the lies, we have believed from the enemy. We then use the word of God as a weapon when negative emotions arise.

It is not enough to **know** the Word of God. We must wholeheartedly **believe** it!!

Converting the Soul

The Lord uses Psalm 19:7-14 to paint a picture of Inner Healing:

Psalm 19:7-14

*⁷The law of the LORD is perfect, converting the soul;
The testimony of the LORD is sure, making wise the simple;
⁸The statutes of the LORD are right, rejoicing the heart;
The commandment of the LORD is pure, enlightening the eyes;
⁹The fear of the LORD is clean, enduring forever;
The judgments of the LORD are true and righteous altogether.
¹⁰More to be desired are they than gold,
Yea, than much fine gold;
Sweeter also than honey and the ^[L]honeycomb.
¹¹Moreover by them Your servant is warned,
And in keeping them there is great reward.
¹²Who can understand his errors?
Cleanser me from secret faults.
¹³Keep back Your servant also from presumptuous sins;
Let them not have dominion over me.
Then I shall be blameless,
And I shall be innocent of great transgression.
¹⁴Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight,
O LORD, my ^[L]strength and my Redeemer.*

Let's take this scripture verse by verse and see how it relates to Inner Healing.

*"⁷The law of the LORD is perfect, converting the soul;
The testimony of the LORD is sure, making wise the simple." (Psalm 19:7)*

It is the Word of God that will convert our soul (mind, choices, and emotions). In whatever areas that we have come into agreement with the kingdom of darkness by agreeing with lies that oppose the Word of God, we must repent for those lies, and choose to agree with the truth in God's word. This is done by identifying the lies through journaling or discussing our past with those we trust. Those who are trained in Inner Healing will help you to identify the lies that were established in your past. The next step is hand picking specific scriptures that are the opposite of those lies. Some may find it easy to find these life scriptures. Others may need assistance to find the appropriate scriptures.

Once you have identified the lies you have believed, and the truth of God's word regarding those lies, we create positive statements about ourselves, about others, and about God. We must identify and memorize specific scriptures that we will be able to turn to in the middle of internal conflict. We will then pray to ask the Holy Spirit to speak to you in the midst of the negative emotions that manifest when pressure comes. It is in that moment that we

must identify the thoughts that come when we are believing a lie, and address the emotions that plague us in the middle of the storm. As we recognize this negative pattern and find ourselves thinking wrong thoughts or feeling un-healthy emotions, we must stop ourselves, and even remove our self for a few minutes. We must re-focus on the truth of God's word regarding the lie. This must be done over and over again until the lie is no longer affecting our emotions.

Inner Healing Outline:

1. Establish a **RELATIONSHIP** with a mentor, spiritual parent, or teacher facilitating an Inner Healing class.
2. **JOURNAL** or participate in counseling to go through past traumas, and childhood details.
3. Identify the **LIES** that we have come into agreement with (strongholds).
4. Identify the Scriptures or **TRUTH** that is the opposite of the lies.
5. When inner conflict arises, immediately **TURN** to the truth and resist the lie.
6. **SHARE** your struggles, your progress and your success with the one holding you accountable.
7. Be committed for the long haul. This is a life time process facilitated through **DISCIPLESHIP**.

Regarding the second part of Psalm 19, verse 7:

The testimony of the LORD is sure, making wise the simple. (Psalm 19:7 b)

What is the Testimony of the Lord?

*For the testimony of Jesus is the spirit of prophecy. **Revelation 19:10b***

*My sheep hear my voice, and I know them, and they follow me. **John 10:27***

The next step to inner healing is establishing true intimacy with Jesus. Prophecy is simply hearing the voice of God and sharing what he said with someone else. There is nothing more thrilling and fulfilling than hearing the voice of the one who made you. Hearing God's voice is easy for some, but has to be developed over time for others. Many who struggle to hear the Lord speak to them are struggling with issues of the heart and a lack of intimacy.

For those who have deep wounds from their earthly father or deep wounds from other trauma, it can be very hard to attain intimacy with Jesus. The Word of God says that He delights in us and enjoys us, even in our mistakes and weaknesses (Psalm 18:19, Psalm 147:11, Zeph. 3:17). Part of the Inner Healing process is learning how to allow God to delight in us.

Contemplative prayer is a form of prayer where we don't ask God for anything or come to Him with any agenda. We simply come to Him to enjoy Him and to allow Him to enjoy us. God sent His son Jesus to die on the cross for us so that He could purchase us, or buy us back from the enemy. He has paid such a weighty price to have us as His inheritance, but many times we don't allow Him to really enjoy what He paid for. For many, this will be a long process as we convince ourselves through the Word of God that we are valued by Him and he **DOES** in fact delight in us.

⁸ *The statutes of the LORD are right, rejoicing the heart;
The commandment of the LORD is pure, enlightening the eyes; (Psalm 19:8)*

We can see that God's ways and laws are good, and they bring joy to the heart. There is a song that says, "Open the eyes of my heart, Lord." As we learn God's ways and His word, it opens our eyes; not only to understand spiritual things, but also to see things clearly in the natural realm. Inner Healing should bring healthy spiritual vision.

⁹ *The fear of the LORD is clean, enduring forever;
The judgments of the LORD are true and righteous altogether. (Psalm 19:9)*

The fear of the Lord is one of the seven Spirits (attributes) of God (Isaiah 11:1-3). When the fear of the Lord is established in the heart, we experience a reverence and honor for God and His ways. We are no longer willing to trample Jesus underfoot by willfully choosing to sin. We will no longer treat the sacrificial blood of Jesus as a common thing. We will no longer insult the Spirit of Grace (Hebrews 10:26-31).

The Lord's judgments are hard to understand sometimes. We cannot comprehend how bad things happen to good, God-loving people. There are many resources to help us understand the judgements of the Lord. We must develop a healthy view of God and His chastising so that we will not get offended at Him when trials and struggles come. His ways are higher than our ways, and His thoughts are higher than our thoughts (Isaiah 55:8-9). The Word of God tells us to count it all joy when we experience trials (James 1:2). Over time, as we continue in the Inner Healing process, we will come to trust the Lord and His judgements.

¹⁰ *More to be desired are they than gold, Yea, than much fine gold;
Sweeter also than honey and the honeycomb. (Psalm 19:10)*

As we learn the concepts and truths in God's Word, we fall in love with them. To fall in love with the Word of God is to fall in love with Jesus Himself, since He Himself is the Word. I have tasted and I have seen that the Lord is good (Psalm 34:8). Spiritual health brings peace and joy. These are more valuable than gold and riches. His Word is what brings about this change. That is what makes His Word sweeter than honey.

¹¹ *Moreover by them Your servant is warned,
And in keeping them there is great reward. (Psalm 19:11)*

Many believe that following God means we miss out on things of the world and are deprived of pleasure. This is a lie, straight from the enemy's camp. The Word says that in His presence is the fullness of joy, and at His right hand are pleasures forever more (Psalm 16:11). When we follow God's ways, we are protected from unnecessary pain and suffering. What is even more amazing is, when we enter into trials and tribulations as a Christian, we can still have joy and peace, even in the middle of the storm. This is our great reward!

Learning how to endure suffering without getting offended at God is one of the biggest challenges to Inner Healing.

¹² Who can understand his errors? Cleanse me from secret faults. (Psalm 19:12)

Secret faults are masked and hidden by pride. They originate in the thought life. Just because someone looks healthy on the outside doesn't mean there are not inner thoughts and emotions that need to be healed. Inner Healing is the process of healing even the deepest hidden thoughts and emotions that we have been too ashamed to share with others.

Many times, we don't see our inner weakness, but others do. We may work hard to hide our inner weakness from others, but those with discernment can see right through the mask. If we do recognize the weakness, many times we deceive ourselves to think those unhealthy thoughts or emotions are normal and there is nothing wrong with us.

How to Break Pride and Expose Hidden Faults:

1. Admit that we **ALL** have (or have had) secret faults and pride.
2. Realize there is hope to reach spiritual maturity and walk in the fullness.
3. Ask God to search your heart and reveal any areas of deception.
4. Ask those in authority over you to share what they see and discern.
5. Share your inner struggles, thoughts, and emotions with one that you trust.
6. Be committed to the Inner Healing Process through Discipleship.

¹³ Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless, And I shall be innocent of great transgression. (Psalm 19:13)

Definition of Presumptuous:

Failing to observe the limits of what is permitted or appropriate (*of a person or their behavior*).

Ignorance is not bliss. What we don't know *can* and *will* hurt us. Presumptuous sin is done in ignorance. Sometimes there is a sincere lack of knowledge and understanding. Other times, we ignore that inner voice that tells us our thoughts or behaviors are not pleasing to God. Deep down we know we need to change, but on the surface, we have convinced ourselves that we are in right standing with God. We must ask God to show us healthy boundaries so we will know what things are permitted and appropriate.

When we learn what is permitted and appropriate unto God, we must then make a commitment to draw near to God, resist the devil (James 4:7), and refuse to let sin have dominion (control). We do not have to earn God's love, and He doesn't love us any less when we make mistakes. This just means we are making a commitment to do what is right in the eyes of God and refuse to live our lives like the rest of the world. We invite the Lord in to change us; even our identity and character, that we would eventually walk, talk, act and process things in a Godly way. We lay down our identity and character and take on the identity and character of Christ.

*¹⁴ Let the words of my mouth and the meditation of my heart
Be acceptable in Your sight, O LORD, my strength and my Redeemer. (Psalm 19:14)*

This verse is a perfect picture of true inner healing. When we have gone through the process of discipleship to reach spiritual maturity, the words of our mouth and the inner thoughts of the heart will be acceptable in His sight.

Words of My Mouth

Healthy speech is a sign of spiritual maturity and a fruit of inner healing.

² For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. But no man can tame the tongue. It is an unruly evil, full of deadly poison ... ⁹ With it we bless our God and Father, and with it we curse men, who have been made in the ¹¹ similitude of God. ¹⁰ Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so.

James 3:2, 9-10

Death and life are in the power of the tongue, And those who love it will eat its fruit.

Psalm 18:21

Meditation of the Heart

Keep your heart with all diligence, For out of it spring the issues of life. **Proverbs 4:23**

¹⁴ But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. ¹⁵ This wisdom does not descend from above, but is earthly, sensual, demonic. ¹⁶ For where envy and self-seeking exist, confusion and every evil thing are there. ¹⁷ But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. ¹⁸ Now the fruit of righteousness is sown in peace by those who make peace.

James 3:14-18

Even when we have trained ourselves to behave outwardly, what are the inner thoughts and emotions we feel? Does the enemy still have access to your thoughts and emotions? This is the true measure of our level of inner healing.

Conclusion - Steps to Inner Healing:

1. **GOD'S WORD** brings true conversion of the soul (Inner Healing).
2. Hearing God's voice for ourselves through **INTIMACY** with Jesus.
3. Through the Word and Fellowship with God, we **IDENTIFY the LIES**
4. Search out the **TRUTH**
5. The **FEAR of the LORD** is established and we get serious about walking in **HOLINESS**
6. The **WORD** will protect us and we will start to enjoy the **REWARDS** (*the Fruit*).
7. Learn how **NOT to be OFFENDED** in trials. We learn **HEALTHY WARFARE**.
8. Ask the Lord to **SEARCH OUR HEARTS** for Pride, Hidden Faults and Secret Sins.
9. Our **WORDS** will come into healthy alignment with God.
10. Our **THOUGHTS** will come into healthy alignment with God.
11. We continue on the inner healing process, being transformed from Glory to Glory.

Spiritual and Emotional Wellbeing Check-in

There are no right or wrong answers. Only truthful or false answers.

The goal is not to “look” healthy. The goal is, that over time, you will slowly become healthy.

1. How often do you pray and read your Bible?

Once a day + Once a day Sometimes Rarely Never

2. How often do you quiet your mind to hear God’s voice?

Once a day + Once a day Sometimes Rarely Never

3. How often do you have negative thoughts about yourself?

Once a day + Once a day Sometimes Rarely Never

4. How often do you experience Depression?

Once a day + Once a day Sometimes Rarely Never

5. How often do you experience Anxiety?

Once a day + Once a day Sometimes Rarely Never

6. How often do you “obsess” or over situations or circumstances that never actually happen?

Once a day + Once a day Sometimes Rarely Never

6. How often do you experience Outbursts of Anger?

Once a day + Once a day Sometimes Rarely Never

7. How often do you experience Rejection (real or imagined)?

Once a day + Once a day Sometimes Rarely Never

8. How often do you feel like a failure?

Once a day + Once a day Sometimes Rarely Never

9. How often do you feel successful in Spiritual Warfare?

Once a day + Once a day Sometimes Rarely Never

10. How often do you feel the peace and/or joy of the Holy Spirit?

Once a day + Once a day Sometimes Rarely Never

11. How often do you feel the manifest presence of God?

Once a day + Once a day Sometimes Rarely Never

12. How often do you feel love or approval for yourself?

Once a day + Once a day Sometimes Rarely Never

Section 2:

7 Tools of Inner Healing

7 Tools of Inner Healing:

1. Contemplative Prayer
2. The Word of God
3. Faith to Believe
4. The Power and Presence of God
5. Anointed Teaching
6. Accountability and Openness in relationships and church community
7. Committed Discipleship Relationship

Let's explore each tool to inner healing....

Contemplative Prayer (1)

Contemplative Prayers is a form of prayer where we discipline ourselves to go somewhere alone with God, we turn off all outside influence and distraction, and we wait on Him to speak and minister to us. Other types of prayer can be done on the go or while doing other things. As an example, I can make intercession for a sick family member while doing the dishes. I could speak in tongues while I get dressed and prepare for the day. I could praise God for how awesome He is while I work out at the gym.

However, contemplative prayer must be done much differently. Turn off your phone. Go somewhere alone and shut the door. This is a time to let all the cares of life melt away as you come close to the fire of His love. Some people find contemplative prayer very difficult, because when they try to quiet themselves, they are met with much opposition. Some experience busy thoughts of what they have to do later, or negative thoughts toward themselves or others. Some with a gift to see and hear in the spiritual realm are met with demonic manifestations sent on a mission to distract and disrupt their prayer time.

When Jesus made the decision to obey God's plan, he did it knowing He would receive a great reward. In Isaiah 53 we see that we are His inheritance. We are the reward of His suffering. God takes delight in us.

"The LORD takes pleasure in those who fear Him, in those who hope in His mercy." Psalm 147:11

"For the LORD your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs." Zephaniah 3:17

- **The Lord can manifest in:** Healing, Provision, Revelation, Experiences (dreams, visions, angelic visitations, the weight of His glory), and the Fruit of His Spirit made manifest in your character.
- **Intimacy** - Every Earthly Relationship requires 1. Spending Time Together and 2. Two-WAY Communication. A relationship with God requires the same.

3 Keys to Experiencing God's Presence in Contemplative Prayer

1. Expectation: Know what the Word says

We must encourage ourselves with the written Word, reminding ourselves of the promises God has made to us.

- a. **John 14:21** says if we love Him and obey Him, He will manifest Himself to us.
- b. **James 4:8** says to draw near to God and He will draw near to you.
- c. **Hebrews 10:19-23** says we have boldness to enter the Holy of Holies by the blood of Jesus, and the veil that is His flesh that was torn at Calvary.
- d. **Jeremiah 29:13** says "you will seek Me and find Me if you seek Me with your whole heart."
- e. **Psalms 139:7** says "Where shall I go from Your Spirit? Or where shall I flee from Your presence?"

2. Invitation: Position Ourselves

- a. We must position ourselves for God to manifest. Choosing to carve out time in our day, no matter how big or how small, says to God, "I want to be connected to You," and He will honor that.
- b. **Psalms 22:3** says that the Lord "inhabits the praise of His people."
- c. **MODEL PRAYER:** Matt 6:9-13 – Starts and Ends with Praise!
 1. PRAISE! (*Our Father in Heaven, Holy is Your name...*)
 2. Prophecy and Declaration! (*Let Your Kingdom come to Earth, as it is in Heaven*)
 3. REVELATION! (*Daily Bread: the written Word, made real to us. The living Word, Jesus reveals it to us*)
 4. Forgiveness! (*Ask forgiveness and enjoy the reassurance that you are forgiven*)
 5. Protection! (*Lead me not into temptation*)
 6. More PRAISE!!! (*Yours is the Kingdom, the Power and the Glory*)
- d. Scripture Meditation: We can use scripture as a tool to enter God's presence.
- e. Think, "**QUALITY over QUANTITY.**" Meditating on one scripture or phrase can be more beneficial than reading entire chapters at a time.

Spending only 60 seconds in the presence of God can do a lot of good. The goal may be to eventually pray for an hour, but when you first begin, just a few minutes a day can change your life! Even in the lives of those who have prayed for 8 hours at a time, there can be seasons where we only get a few minutes. But a few quality minutes in the presence of God changes everything.

3. Location: The Secret Place

- a. Seclusion: If you want to have a personal experience with Jesus, you need to be alone (**Matt. 6:5-8**): "... go into your room, and when you have shut your door, pray to your Father who is in the secret place..."
- b. There are many forms of prayer: Praise, Intercession, Praying the Word, Confession, Personal Petition, Thanksgiving. None of these are like Contemplative Prayer.
- c. We can feel God's presence corporately, but it's not the same as the Secret Place. Contemplative prayer must be done alone. You cannot rely on corporate meetings to fulfill your spiritual needs.
- d. You cannot access the Secret Place on the Run. You have to STOP ABSOLUTELY EVERYTHING! Turn off your phone. Many other types of prayer can be done on the go, but for contemplative prayer, you can't be cleaning or working while you quiet yourself. Even 60 seconds a day will change your life!

Not Enough Time!

Do **NOT** be pressured to pray the same as everyone else. Do not be intimidated by those who pray for a long time. Do not let your busy schedule make you feel like you don't have enough time to pray. Whether its 60 seconds, 3 minutes, 5 minutes, 10 minutes, 30 minutes, 1 hour, or many hours, it all counts!

How To do Contemplative Prayer

1. Announce to your friends and family that you are going somewhere for some quiet time, and ask not to be disturbed.
2. Go somewhere secluded. "Shut the door." In some cases, its best to just hide in a bathroom or closet where they will not interrupt you. Or when you pull up somewhere in your vehicle, just take a few extra minutes to quiet yourself before you go inside. Get creative! Find a way to be alone with God. No one can say they can't give Him 60 seconds or a few minutes! No excuses!
3. Before you begin, take authority in Jesus' name. Command distraction, and any other evil influence to be removed. (IF needed).
4. **Prayer:** *Lord, You live on the inside of me. I don't have to look for you outside of myself. I believe Your Word is true. I am seated with You in Heavenly places, and the Spirit of the Living God lives inside of me. I have shut my door, and I believe You are here with me. You said if I love You and obey Your commands, You will manifest Yourself to me. I make a sacrifice of my time. I carve out this small piece of my day and I give it to You. Whether I feel anything or hear anything or not, I choose to give You this time out of my day. I will be disciplined to quiet myself every day, even if its only for a few minutes. Its not about what I can get from You. Its about what I can give to You. Lord you paid the price when You died on the cross and rose from the grave. You paid that price so You could have me. You paid that price so You can enjoy me. Come into my garden and take delight in me.*
5. Then you just sit there and wait on God.
6. If you get distracted, take authority over it, and refocus on Jesus.
7. Remember, any amount of time is better than not doing it at all. Do it every day!

The Word of God (2)

Head Knowledge - Information- *“Faith comes by hearing and hearing by the word of God.”*
Romans 10:17

Heart Knowledge - Revelation – deeper understanding when the Word becomes real and active in your life. This requires spending time meditating on smaller portions of scripture, reading them, praying them, waiting on God to breath on them, until God reveals a deeper meaning or understanding. Through this revelation, God will give us faith to truly believe His Word. This faith is what allows us to remain faithful when pressure comes.

Life Application - Endure the Testing – God’s word does not benefit us if we do not apply it to our lives. Anything we learn in God’s word will eventually be tested. When pressure comes, will we remain in peace and joy, or will fear, anxiety, frustration or anger have control? Will we stand on God’s word no matter what we see or feel?

God’s Word is not broken. It works. If God’s Word is not working for you, then you are not working the Word.

Tips for Meditating on God’s Word:

- a. Read the context Clues – scriptures before and after the key verse.
- b. Re-read your verse a few times.
- c. Turn the scripture into a prayer. This can be written or spoken.
- d. Write it, type it, draw it.
- e. Memorize it.
- f. Make a choice to BELIEVE it!!!

Faith to Believe God’s Word (3)

It is the anointing of Jesus that breaks the yoke. Healing comes from encountering the Lord. If you long to encounter God, you must believe that you will encounter Him. If you have this idea that your prayer time is always fruitless and boring, it will likely continue to be so. You must train yourself, first to know what God’s word says about encountering God, and then train yourself to actually believe it. Follow the “Tips for Meditating on God’s Word,” listed above.

“Without faith it is impossible to please God” **Hebrews 11:6**

“For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.” **Hebrews 4:2**

“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” **Mark 11:24**

Faith in these 3 areas of Understanding:

- What the Word says about Me
- What the Word says about Others
- What the Word says about God

The Power and Presence of God (4)

Scripture tells us we are not to forsake the meeting of the brethren (Hebrews 10:25). We all need to be in an anointed atmosphere on a regular basis. No matter how strong our prayer life is, we can all benefit from being in an anointed corporate setting. There are many Godly men and women who have been anointed to release Holy Spirit encounters by the laying on of hands. This is a wonderful way to experience God, and can be a great kick start to begin your journey to connect with Jesus. However, it is very unhealthy to rely on a man or woman of God to supply you with your encounter “fix” for the week. The goal is to cultivate our own relationship with God and learn to access the power and presence of God on our own.

The manifest presence of God feels amazing, and I can see why men and women chase it from conference to conference, or even church service to church service at their home church. Unfortunately, they are missing out on an even more powerful encounter with God; one that is so powerful and intimate that no other encounter can compare. This personal encounter is what fuels us to do the work of God without burning out, and enables us to pour out the anointing when we touch or pray for others. If you find yourself always searching for someone to pray over you, or prophesy over you, or maybe you just always seem to feel spiritually “dry,” it may be that you have never truly had a personal encounter with the Lord.

Anointed Teaching (5)

When someone has sought God and received a message or teaching from Him it will be powerful and anointed. If this person has had to suffer through trials regarding that message, or learned to walk out the revelation of that Word, then it will be even more powerful and anointed. Sitting under this type of teaching can propel you into spiritual growth and maturity.

Accountability and Community (6)

Church is not a place to be entertained, like going to a music concert. We should develop relationships that go past Sunday service and into our personal lives. We can all benefit from accountability and encouragement. Secrets are toxic to the soul. We should seek an environment of honesty and openness, where confession is normal and there is trust that you will be embraced in grace. God desires for us to take off the religious mask and create true COMMUNITY.

If it takes a village to raise a child, it takes a church to raise a disciple.

Committed Discipleship Relationship (7)

To understand discipleship, we need only to look at Jesus and His relationship with the 12 Disciples. He asked them to lay down their lives and follow in His ways. They traveled together, ate together, ministered together, enjoyed life, and suffered together. A mentor is like a spiritual father or mother. Someone who leads you to Jesus, and to God's Word. You don't have to reinvent the wheel. Learn from someone, and it will make you walk with God much smoother.

Jesus said to go and preach the gospel and make disciples of every nation (Matthew 28:19-20). How can we obey the command to make disciples, if we have never become a true disciple ourselves. It is true that God can and will begin to use us as soon as we are saved. But if you refuse to submit to Godly authority and learn, you may invite needless warfare and delay the fulfillment of your destiny.

Progress

Sometimes, when a person is exposed to these Inner Healing tools, they are very quickly transformed and attain spiritual and emotional stability. There are other cases when people do not seem to receive healing as quickly. It can be frustrating for a mentor, spiritual parent, or leader in the church if they are not trained to understand the inner healing process. Many people turn to the church for help and answers to their struggles, but many churches do not have these answers or the structure in place to bring healing to the deep wounds of trauma that cause young believers to struggle and sometimes fall away and leave the faith.

Any mentor who is helping someone through inner healing needs to be committed to the process. There will be many frustrating moments. Sometimes it will seem as if the disciple really doesn't want to be free. I believe that deep down, no one wants to be sick. Just like an addict who hates the addiction, but just can't seem to stop using, someone with deep trauma hates their negative thoughts and behaviors. They don't want to be that way.

In many Inner Healing journeys, it may take 6 months or more before you see your first major breakthrough. Others begin to see a change right away. Some cases may take 2 years or more to reach true stability in the thoughts and emotions.

No matter how healthy we get, we will never have "arrived."

It is true that just one encounter with God can change your life forever. There are many cases where a new believer has a supernatural encounter with God, and years of trauma melts away in a matter of moments. However, there are other times when someone may feel the anointing, and even have a powerful encounter with Jesus, but because they have a wrong view of God or a wrong view of themselves, they seem unchanged by the encounter. They continue to struggle with the same thoughts, the same choices, and the same emotions.

If you or someone you know is struggling with the effects of trauma, rest in knowing that you are on the right path to reach healing and recovery.

Journaling Questions

Reflection Section:

- 1. What were the things that your parents, a friend or a spouse said to you regularly?**

“You will never amount to anything”

“You are such a disappointment”

“What’s wrong with you?”

The opposite extreme:

A lot of positive attention and compliments creates a pressure to perform.

- 2. What family or personal slogans do you remember, either spoken or unspoken?**
(Shaking of the head, slamming something on a table or slamming a door, grunts or other noises that expressed negative emotions.)

- 3. What are the shaping experiences of your life? Repeated experiences that may have reinforced lies?**

Examples: Father abandoned you as a child, friends rejected you in school, first boyfriend/girlfriend cheated on you, spouse was abusive, or spouse left you, etc.

- 4. What are the things you catch yourself saying to yourself in your inner dialogue?**

What are the imaginary conversations you have in your mind?

These things are highly revealing; the background noise of your soul.

Building a story line in our mind, rehearsing conversations that haven’t happened yet, worrying about circumstances that never end up happening.

Your internal conversations reveals a lot: What you obsess over, areas of insecurity, the things you are hurt over and get defensive about.

- 5. Do you suffer with anxiety?**

Low Level Anxiety is a sure sign that you have a faulty foundation. Fear that someone is mad at you, imaginary conversations, usually blown way out of proportion or totally off base.

Section 3: Breaking the Cycle

I have wondered why sometimes I have seen a powerful and immediate healing take place, and other times, nothing seems to change. I have seen both happen, in praying for others, and in praying for myself. If we know the Word of God, and we speak the word of God, why does it seem like something is stopping us from receiving the fullness of what God has made available to us? We know that God's word is powerful enough to heal the emotions, and that the name and blood of Jesus is enough to change our lives. So, how do we move forward, or help someone else move forward, when we feel stuck or unable to get our emotions to line up with what we know is true?

I believe that in many cases, it is a "stronghold" blocking us from receiving our healing and deliverance. Remember, a *Stronghold* is any thought that is in opposition to God's Word. Let's review the Inner Healing Outline from the previous chapter.

Inner Healing Outline:

1. Establish a **RELATIONSHIP** with a mentor, spiritual parent, or teacher facilitating an Inner Healing class.
2. **JOURNAL** or participate in counseling to go through past traumas, and childhood details.
3. Identify the **LIES** that we have come into agreement with (strongholds).
4. Identify the Scriptures or **TRUTH** that is the opposite of the lies.
5. When inner conflict arises, immediately **TURN** to the truth and resist the lie.
6. **SHARE** your struggles, your progress and your success with the one holding you accountable.
7. Be committed for the long haul. This is a life time process facilitated through **DISCIPLESHIP**.

The Word is a very powerful weapon. Even Jesus used scriptures to fight the devil when he tempted Him in the desert. In every case, the Word of God is always the answer. However, **the Word only works if you believe it.** Inner Healing involves a process that addresses the pain and trauma of childhood, past relationships, and past disappointments. Many times, unforgiveness, bitterness, guilt and shame cause people to see everything through a clouded glass. Everything is shaded and tinted by the wound. They may hear the Word of God, and think, "Yeah, that sounds good. I believe those words are true. But when certain circumstances arise in my life, I don't really *feel* those things are true deep down in my emotions."

You can tell someone with deep wounds from trauma how much God loves them, and how much He delights in them, but until they go through inner healing, they will struggle to really believe it's true. They may have a head knowledge of the truth, and they really WANT to believe it, but deep down, they are still in agreement with lies. Inner Healing reaches down deep and pulls them out of the lies and plants them firmly in the **FULL FAITH** of the truth.

Inner Healing Blockers

Behaviors/Emotions that **BLOCK** Inner Healing, and How to overcome:

- | BLOCKS | To Overcome |
|--------------------------------------|---|
| 1. Unforgiveness | Choose to forgive so that God will forgive you. |
| 2. Rebellion | Surrender completely and give God FULL access. |
| 2. Wrong view of self | Identity, knowing who we are in Christ |
| 3. Wrong view of Others | Seeing others how God sees them. |
| 4. Wrong view of God | Knowing His character and how He feels toward us. |
| 5. Defensiveness | Taking full responsibility for our part. |
| 6. Blame | Knowing we are not a failure when we make mistakes. |
| 7. Bargaining | Knowing we cannot manipulate to change outcomes. |
| 8. Guilt and Shame | Our trauma does NOT define who we are; God does! |
| 9. Willful Sin | Confess and Repent today!! |
| 10. Offended in sufferings | Learn to partake in the sufferings of Christ. |

Lies We Believe

Areas we may struggle to receive and walk in the Fullness of the Truth:

1. God's true Identity

Example of Lie: If you were abused as a child and asked God to deliver you out of it, but you still had to live through it, this could develop a lie that if God really loved you, He wouldn't let that happen to you.

Truth: God gives all of us free will to choose good or evil. He is so just, if He intervenes in one case, He would have to intervene in all cases. If He removed that level of free will, He would have to revoke all free will. If He intervened in one sin, He would have to intervene in all. We would no longer have the free will to choose.

2. Our true Identity and Self-worth

Example of Lie: If we were raised by a parent that was overly critical, we may start to believe that we are worthless and nothing we do is ever going to be good enough. We start to see every mistake as a failure. Then we believe that we are a failure.

Truth: God is not critical toward us. He is full of grace and mercy toward us. He delights in us, even when we make mistakes. Our worth is not found in our performance. Our worth is found in Him. He loves us because we belong to Him. Because He created us.

3. How we see Others

Example of a Lie: After years of being in abusive relationships, you gain the strength to leave. It doesn't take long and you find yourself in another abusive relationship. You know there has to be something better than this, but you have given up on men. You say, "all men are the same."

Truth: Not every man is like the ones you have encountered. There are actually Godly people out there who will bring you closer to God and sacrifice for you, loving you how Christ loves the church. God has plans to prosper us and not to harm us, to bring us a hope and a future. Jesus Himself wants to be your husband. Jesus wants to bring you more pleasure than any man could, if you will just choose His way.

Creating Positive Declaration Statements

Example 1:

Symptoms: When you make mistakes, you think, “I’m a failure. I’ll never amount to anything.”

Root: This thought could have been developed in childhood if a parent or friend was overly critical, or told you that you will never amount to anything. It can also develop if people had really high expectations and you felt you had to be the best, do bigger or better to impress, or be “perfect.” In either case, you never felt like you were good enough.

Truth:

“And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. ¹⁰ Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong” 2

Corinthians 12:9-10

“You are more than a conqueror” Romans 8:37

“For a righteous man may fall seven times and rise again, but the wicked shall fall by calamity”

Proverbs 24:16

Positive Declaration Statement/Prayer:

I thank You Lord that You do NOT reject me when I make mistakes. Your grace is sufficient for me. Your strength is made perfect in my weakness. I can boast in my weakness because Your power is resting in me and working through me, even in my mistakes. I choose to have joy and peace, and even take pleasure in my weakness, for when I am weak, You are strong! I know I am more than a conqueror. No matter how many times I make mistakes, I will get back up and try again. I AM NOT A FAILURE!!!

Example 2:

Symptoms: When a trial or struggle comes, you think, “God doesn’t really love me if he lets *this* happen.”

Root: This thought likely developed if there was a trauma in your past or childhood when you felt God did not answer your prayers or did not intervene when something bad happened.

Truth:

God works ALL things for the good of those who love Him (Romans 8:28).

³ *For consider Him (Jesus), who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. ⁴ You have not yet resisted to bloodshed, striving against sin. ⁵ And you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the [†]chastening of the LORD, Nor be discouraged when you are rebuked by Him; ⁶ For whom the LORD loves He chastens, And scourges every son whom He receives.” ⁷ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? (Hebrews 12:3-7)*

“¹² Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; ¹³ but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.” 1 Peter 4:12-13

⁶ In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, ⁷ that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ (1 Peter 1:6-7).

Positive Declaration Statement/Prayer:

Lord, I choose to believe that you are working this situation out for my good. I know that walking with you does NOT mean I will be exempt from pain and suffering. If this is the circumstance You have allowed in my life, I choose not to get offended at You for allowing it. Just as You, Jesus, willingly suffered and died for me, I choose to partake in Your suffering, through this trial in my life, because I want you to deal with me as a son. I refuse to be shocked by anything the devil throws at me, as though some “strange” thing has happened. Suffering is a part of life whether I follow You or not. I can still praise and rejoice because I have You in my heart and at my side. You never leave me or forsake me. I know my faith is being tested by fire. Let me be found faithful!

Example 3:

Symptoms: When financial struggles come, you feel that the weight of the world is on your shoulders and it is up to you to provide and sustain things. You have never been able to trust God to provide. When things go well you take the credit. When things go bad, you get mad at God. Anxiety grips you and you begin to feel the physical effects of stress.

Root: Growing up, nothing was ever “handed” to you. It really was up to you to provide for yourself. Maybe there was a time that you asked God for His provision, and you feel that He let you down.

Truth:

“And my God shall supply all your need according to His riches in glory by Christ Jesus” **Philippians 4:19**

“Both riches and honor come from You, And You reign over all. In Your hand is power and might; In Your hand it is to make great and to give strength to all. ¹³ “Now therefore, our God, We thank You And praise Your glorious name. ¹⁴ But who am I, and who are my people, That we should be able to offer so willingly as this? For all things come from You, And of Your own we have given You” **1 Chronicles 29:12-14**

“Seek first the kingdom of God and His righteousness, and all these things shall be added to you” **Matthew 6:33**

Positive Declaration Statement/Prayer:

You alone, O Lord, are my provider and sustainer. I choose to trust you. You will supply all of my needs. All riches and provision come from You. My job is not my provider. My talents and strength are not my source. If I earn anything, it is only because You allow me to. I choose to put Your kingdom first in my life. I know that when I do, You will meet all of my needs. Even when it looks bad, You always come through. Even if it’s at the last minute. You never fail me!

Example 4:

Symptoms: You used to be close to a friend at church, but ever since she took the new job, you haven't talked much. The last 3 services, she hasn't said hello to you. In your mind you wonder why she is mad at you. You start imagining scenarios where she is offended and you begin to defend yourself in your mind.

Root: Your mother suffered with depression. She was unhappy with her own life, and she took that out on you. You always felt like you were walking on eggshells around her. You never knew which day she would show love, or which day she would blow up at you. This made you feel like she didn't love you.

Truth:

Most people won't reject me just because I disagree with them. God accepts and approves of me and that is all I need. Even if man does reject me, I am accepted and loved by God. I know I am not perfect, and God doesn't approve of everything I say, do or believe, but He will never reject me. He is faithful to complete every good work He started in me, as I am conformed into His image.

"If the world hates you, you know that it hated Me before it hated you (John 15:18).

"Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects him who sent me (Luke 10:16).

Though my father and mother forsake me, the LORD will receive me. (Psalm 27:10).

"Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God, day and night, has been cast down."

Revelation 12:10

Positive Declaration Statement/Prayer:

Lord, I choose to believe the best about my friend. Satan is the accuser of the brethren, and I refuse to join in with Him. If there is any hidden issue, I pray you bring it into the light so it can be healed. I am not being rejected. I choose not to be offended. I choose NOT to believe the lies of the enemy. Help me to express how much I miss our closeness. Give me strength and courage to be the first one to reach out and reconnect. I thank you Lord, that even if someone does reject me, You accept and approve of me. You will never reject me.

You want me to be connected to the body of Christ. I will not withdraw or isolate myself!

****For more examples of Core Lie Identification, please see the section in the back of the Book called "Additional Resources" under Core Lie Identification.***

Soul Care

Dr. Rob Reimer

Many people use the words *Inner Healing*, interchangeably with the words *Soul Care*. I also believe that both terms cannot be separated from the word *Discipleship*. In the book *Soul Care*, by Rob Reimer, he discusses 3 core lies that the enemy gets many to believe. This book changed my life and I'd like to share some of the principles I learned in Reimer's book. Although it has all been reworded, *my notes from the book will be in a different font than the rest of this study guide.*

Three Core Lies

- The Performance Lie** – Subconsciously, someone may think that their value depends on their performance. A Religious Spirit says you are only valuable if you behave well, serve well, give well, live well, etc. Sometimes, when we performed well in the past (good grades, gifts and talents, beauty, sports, ministry, etc.), and were praised, we begin to associate that praise with our self-worth.
 - After you post online, you get 9 positive comments and 1 negative comment. Do you focus on the 9 good ones or the 1 bad one?
 - Performance review at work: do you focus on the compliments they gave or obsess on the areas of growth needed?
 - When a bad review is made, does it send you into a depression?
- The People Pleasing Lie** – The idea or feeling that your value depends on whether certain people love or like you is a lie. Some people think they need EVERYONE to like them. Others just feel they need a certain “group” to like them. They feel pressure to help and serve others.

In contrast, this could drive someone to harden their heart and say “I don't need people,” or “I don't care what anyone thinks about me.”

 - When a supervisor says, “I need to talk to you in my office,” do you immediately think you are in trouble, only to find out you are being asked to help with a special project?
 - Do you say “yes” too often and begin feeling like you are being taken advantage of and become resentful?
 - Do you get defensive and hurt by criticism?
 - Do you feel anxiety when people are upset with you?
- The Lie of Control** – The lie that your value depends on whether or not you are in control. Some who believe this lie try to control others, making people around them feel manipulated, shamed, judged, condemned, and sometimes bullied. Some try to control outcomes by manipulation. Many Type-A personalities struggle to control outcomes and work hard to produce results. When that fails, it makes you feel worthless. Others who have been abused seek control for other reasons like fear. They seek to control circumstances to protect themselves from ever being abused again.
 - Have people ever said you are controlling?
 - When you are not in control, does it make you feel fearful, angry, or anxious?

Symptoms of Lies:

1. **Defensiveness** – not listening to other’s opinions, forcing our opinions, refusing to take responsibility for our shortcomings, more interested in being right than in preserving the relationship, disagreement from others makes you feel invalidated.
2. **Pettiness** – The things that annoy you point to your own false sense of being (although they may be the opposite of what annoys you). Example: if laziness bothers you, its because you are performance driven. Rather than getting your sense of worth from God, you seek to achieve it through your accomplishments, therefore, lazy people annoy you. You will also be highly annoyed with people who are critical of you. If your foundation is faulty, their criticism is chipping away at your faulty sense of worth.
3. **Compulsive Behavior** – We are compulsive about the things we think we need the most; usually things we have been deprived of. Growing up in poverty can create a false attachment to stuff; money, food, or material objects.

Hording: Foundation is built on the lie that there will never be enough “Stuff.” They try to fortify their sense of stability and security by the stuff they possessed and accumulated.

Appearance: Others become so attached to their appearance because that “covering” made them feel secure from the shame they felt from not having enough in their early years. Even after living in plenty and accumulating all that stuff, they still feel like it’s never enough.

Compulsive Sin Pattern: Addictions such as shopping, pornography, drugs, etc. The root of addictive behavior is shame. They feel unworthy, unlovable, vulnerable, inadequate, and this causes them to seek objects of addiction to self-medicate and numb the internal pain. (This is why the success rates of rehab centers are so terribly low.)

Special Trauma Cases

The Identity Wound

Think of your soul as a bucket, but the bucket has a hole in the bottom. No matter what gets poured into the bucket, it just leaks out the bottom. Someone may encounter God’s love, or people say kind and loving things about them, but it just leaks out. They can’t retain it.

Causes of an Identity Wound:

1. Living with critical parents or spouse, and nothing you did was ever good enough.
2. Living with parents or a spouse where you were never told “I love you,” never touched or hugged, creating *toxic shame*.

Toxic Shame

Toxic Shame makes you feel “un-lovable.” To break toxic shame, you must take your eyes off of yourself, and put them on Jesus. This also causes a strange form of pride, which cares greatly with how people view you. It can also cause a man pleasing spirit to rule, as you strive to get everyone’s approval. This pride also causes you to reject God’s love because you feel unworthy. Although Shame and Pride appear to be opposites, they work hand in hand. That pride causes you to exalt your own thoughts and beliefs above God’s, as you reject and refuse to believe what His word says about you.

Breaking Free of Toxic Shame:

- a. Repent of pride and rebellion.
- b. Confess that you have believed a lie instead of God’s word.
- c. Make a renewed commitment to learn what God’s word says about you.
- d. Reject the lies and confess it as truth of God’s Word.

The Bent Will (Abuse)

Each person on the earth has free will; freedom to make life choices, have opinions, likes and dislikes, pursue desires, etc. When this freedom is taken away and replaced by forced submission to abusive circumstances, this creates a “*bent will*.” After living with abuse, a “*victim mentality*” is established. Even after being long removed from the abuse of the past, and coming to know the love of God, they may need help in order for the soul to catch up with what Christ has already done in the spirit.

Causes of a Bent Will:

1. Living with abuse – spiritual, physical, emotional or sexual abuse.
2. Being bullied by friends or families, or overpowered or controlled by someone in a position with more power.
3. Living in a smothering or controlling environment.

Breaking Free of The Bent Will:

1. **Realize that you may have been victimized, but your identity is NOT a victim.**
This is true in your spirit, but it doesn't feel like it in your soul – your mind, will and emotions. It takes time of renewing our minds in the word of God to realize the truth of these words. “*I am not a victim.*”
2. **We must take our focus off of ourselves and place it on Jesus Christ.**
When we look only at ourselves, we cannot see where we are headed and we cannot make healthy choices. We must look to Jesus.
3. **Deliverance.** Cast out the demons that are tormenting and influencing.
4. **Taking responsibility for our actions**
A Victim Mentality causes passivity and a lack of personal responsibility. We have to choose not to point the finger and blame others and come to terms with the consequences of our own actions.
5. **Address the entitlement attitude.**
No one owes us anything. Even God does not owe us anything. If we can identify and address these thoughts and feelings, we will realize it is not someone else's job to “fix” our problems. We cannot blame others or God for our problems.
6. **The issue of our value was settled at the cross.**
Because Christ died for us while we were yet sinners, we know there is nothing we could do to earn His love. Our value is not based upon what we do or don't do. Value is determined by God, and He has said we are all valuable to Him. For God so loved the entire world, that He sent His only begotten son to die for us (John 3:16).

Does Punishment Equal Rejection?

When a father put his daughter in time out, he noticed that after that punishment, the child seemed to avoid him, not wanting to hug the father. One day the father asked, “When Daddy punishes you, does he still love you?” To his surprise, the little girl said, “No. You don't love me when I'm naughty.” Shocked, the father then explained that even when he has to punish her, he still loved her just the same. He asked, “Do you know why Daddy still loves you when you are in trouble?” She said no. The father responded, “Just because you are my daughter. I love you because you belong to me.”

The father realized that we have that same view of God. We sometimes believe that when we suffer a consequence of our actions, that God doesn't love us if He allows punishment to come. His love for us is not based on whether we behave well or not. He loves us because we belong to Him. He created the whole earth and everything in it. It all belongs to Him. He even loves those who reject Him, because they belong to Him!

Journaling Questions

Prayer:

Spend Time Alone with God. Ask the Holy Spirit to reveal to you the lies that affect you.

Journal:

1. Which of the 3 Core Lies impact your life the most?

2. How do they manifest in your thoughts and actions?

2. What makes you feel most vulnerable?

3. What image of yourself are you most attached to?

4. What are you most proud of?

5. What are you most defensive about?

6. In what negative ways do you use those defense mechanisms to fight off being vulnerable in those emotions? _____

7. Regarding the lies I have believed: The issues of my value are dependent upon _____ .

8. Are there specific memories connected to those lies?

9. How do those lies manifest themselves in your life?

10. What emotions do you feel when you realize you are standing on that faulty foundation?

11. What are the thoughts and imaginary conversations in your head?

12. What symptoms do these lies create in your life and how do they manifest?

Identity Wounds and the Bent Will

1. Do you struggle with an identity wound or a bent will?

2. If yes, have you identified the cause of this?

3. How does it manifest in your life? What symptoms does it cause?

Healing Through Sharing

Even though it can be painful, talking through these past wounds is very effective in bringing healing. If you have the opportunity to be a part of a Soul Care or Inner Healing group, all of those in the group should have time to share the answers. Sometimes, as we make ourselves vulnerable to share our past hurts, it can bring healing, both to the one sharing and to others listening. If you don't have a group to share with, it is important to choose a mentor or accountability partner that will hold these things in confidence, but also allow you to share what needs to be shared.

Positive Declarations:

1. Put the lies you have identified into a sentence.

2. What scriptures speak the opposite of the lies you have identified?

3. Write a positive Declaration Sentence to reinforce the truth about the lies you previously believed.

Section 4: Deliverance

"Come to Me all who are heavy laden and I will give you rest."

Matthew 11:28

We are told in the Word of God to "work out our own Salvation with fear and trembling". Sometimes, even when we have done all we felt we could do – read the Word, prayed, asked for forgiveness, received counsel, laid down all idols - still, we continue to stumble over the same issues over and over. It can become frustrating and very burdensome, especially because you have such a love for God... What can you do? That is when you may need the **Ministry of Deliverance** to assist you.

Deliverance is a major undertaking.

It is like Surgery. God will remove the demonic forces that have been tormenting your thoughts or influencing your decisions. If you make this commitment, God will remove this demonic influence, so you can see new growth and maturity in your spiritual life, and healing in your emotional and physical life. The Holy Spirit of God comes in and destroys the power of the enemy and its influence over your life choices. It is done through the Presence of God Almighty, through the shed Blood of Jesus Christ. Deliverance is not to be taken lightly. This session is designed for you to find Freedom in Christ so you can go forth to the next level.

The REQUIREMENTS The Lord is calling you to are:

1. **Salvation** - you must be Born Again, a Kingdom Citizen.
2. **Faith** - you must Believe within your spirit that you will be set free in Jesus Name.
3. **Commitment** - you must know you are totally ready; that you are committed to the narrow road of making Christ and His Holiness the focus and purpose of your life. You must set it in your heart that you will not return to those sins, thus opening a door for the demons to return. You must forgive all who have wounded you. Resolve to continually seek the Lord to strengthen your inner man, mind, emotions and speech. This will be reflected on your outer man. Ask God to enlighten the eyes of your understanding so that the Holy Spirit brings a never-ending flow of new life.
4. **Total Honesty** - In order to bring about the healing you desire, you will need to be honest about your past. Knowing what you have been through lets us know how to pray. We are **NOT** here to judge, but to help you be the 'Overcomer' that God has designed you to be.

This is War. There is no neutral ground!

What if you go through Deliverance and you are not fully ready, once again opening the door for darkness to rule your heart? Let's look at **Luke 11:24-26** in 2 different translations.

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest; and finding none, he says, 'I will return to my house from which I came.' And when he comes, he finds it swept and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first."
Luke 11:24-26 ~ (NKJV version). Another translation says....

“When a corrupting spirit is expelled from someone, it drifts along through the desert looking for an oasis, some unsuspecting soul it can bedevil. When it doesn’t find anyone, it says, ‘I will go back to my old haunt’. On return, if the person is found to be swept and dusted, but vacant; it then rounds up seven other spirits dirtier than itself and they all move in, whooping it up. That person ends up far worse than if he’d never gotten cleaned up in the first place.” ~ (The Message)

This is to prepare you, not to scare you.

We love you, we care about everything concerning you and care about your life and healing in every form of the word. We believe it is your desire to be fully functioning in every aspect of your life according to godliness. And so, it is our desire to help you prepare your life to be pleasing unto God, a sweet-smelling fragrance to His nostrils. We desire you to be built-up in Christ, to mature in the Faith.

Our Team

It is His Holy Spirit flowing through us and All Glory is God’s! This is not of our own power or strength. We are here as vessels that He can flow through in order to help you ~ His son or daughter. It brings us great joy to see His children delivered!! Although the Lord will sometimes lead us to do deliverances in public services or in other places, a scheduled deliverance will be at the church or on some neutral ground where the anointing of Jesus can freely flow.

Deliverance Interview (Counseling)

All things said and done during your Deliverance Interview are kept in strict confidence. We will be asking you to share a little about yourself and why you believe you need Deliverance. As the Deliverance proceeds, we are guided by the Holy Spirit through discernment, listening to the Lord’s voice. The list of demons on the reverse side of this form also serves as a guide. Once again, we state that total honesty will serve to bring about the healing you desire and the freedom you need. When we ask questions, please refrain from sharing disturbing details of trauma, but rather share **ONLY** a basic overview so we will have ample time to pray for you.

WHAT DELIVERANCE IS AND IS NOT

Pastor Rick Ogles

First, receiving deliverance is not a quick fix to free you from all your troubles. Deliverance is only the beginning of your journey to begin to walk in your freedom provided by Christ Jesus.

Jesus delivers us from the bondage of oppression that we may be free to serve Him in righteousness. Then He positions us on the frontlines of defense to walk in Christ's victory as we war against the lusts of the flesh, the lusts of the eyes, the pride of life, and all sorts of demons. If you're not willing to fight the good fight (**1 Tim. 6:12**) and endure as a good soldier (**2 Tim. 2:3**) it may be best to delay your deliverance **UNTIL** you're ready to stand and fight.

There are many things that we can be delivered from besides just demons; our flesh, our circumstances, behaviors and strongholds, etc. No one wants to have demons, and we all want to be delivered from them. I believe we all know that when someone has a demon or demons in their lives, they are tormented by them. Sometimes, we can be deceived in thinking everything is ok because we don't see how the demonic is affecting our lives, but others can see it. The question is: can the individual recognize the difference between demonic oppression and the struggle of the flesh? Can they discern whether they may have demons in their lives harassing them, or can they recognize it is their flesh or a stronghold that they have come into agreement with the enemy?

In this section of the teaching of Inner-Healing, we would like to set a foundation in what deliverance is and is not. There are many so-called deliverance ministries out there as well as many teachings on Inner-Healing. Through the years we have heard many teachings on this subject of Inner-Healing, but many if not most wind-up leading an individual down the wrong path. Therefore, the individual may find his or herself worse off after receiving counseling or deliverance. Therefore, we desire to lay a firm foundation in what deliverance is and what it is not.

This teaching alone is by no means a complete manual, but only serves as a help to move you forward into your healing and into your deliverance. Knowledge for this ministry is increasing, and as we give ourselves to the Lord for His use, wisdom shall increase. There are many who have gone on before us and who now have successful ministries that we can learn from, but remember this ministry is moving forward with greater understanding under the influence of a greater anointing by Holy Ghost.

If you do a Google search or explore YouTube, you will find so many teachings on Deliverance. We have found that much of what is being taught online is not Biblical. If you can't find it in the Word, it is dangerous, and is most likely witchcraft.

Some examples of what we believe to be wrong doctrine regarding deliverance and inner healing are:

1. Recreating a past memory to “change” what happened in your past
2. Leading someone to visualize a memory and manipulate how you feel about the memory
3. Doing so called “prophetic” acts:
 - a. Driving stakes in the ground to take territory
 - b. Pouring Milk and Honey on something to claim the land

NOTE: We do believe that the Lord will lead us to do prophetic acts, but it is not used to remove demons or principalities from an area.

4. Long drawn-out prayers devoid of faith. We have already been redeemed from every curse. If faith is present, it is not necessary to go through every detail of ancestral sins or curses. It is only by our faith that we will receive freedom.

“Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, “Cursed is everyone who hangs on a tree”), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.” Galatians 3:13-14

5. Trying to use physical means to cast demons out:
 - a. Hitting someone with a Bible
 - b. Making them drink Olive oil
 - c. Burning Sage
 - d. Statues, jewelry or crystals to ward of demons

The purpose for this teaching is to point you in the right direction to prepare you to open your heart to receive your healing and deliverance and to lead you into complete freedom in Christ.

Allow me to say that healing and deliverance function from the same gift of the Holy Ghost – the GIFT OF HEALINGS (**1 Cor. 12:9**). Notice this word healings; it’s plural. Therefore, there are many types of healing that can take place in an individual’s life.

- a. Physical healing
- b. Spiritual healing
- c. Mental healing
- d. Emotional healing
- e. Behavioral healing

When we study these different areas where we can receive healing, we also can receive deliverance.

Healing and deliverance are in same category.

When you are healed you are delivered, when you are delivered you are healed.

What is Deliverance?

Deliverance is the removal of anything that steals, kills, or destroys that which is in your spirit, soul, or body (**John 10:10**). There are many who are in the Body of Christ and unbelievers alike who suffer with oppression, possession, strongholds, and even infirmities in the body. They seek relief and freedom, but their deliverance is only found in Jesus Christ who is our Deliverer.

In most places where Jesus went to minister, He would read from the Book of Isaiah 61 and say: ***“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 preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord”***
(Luke 4:18-19)

- a. He preached to the poor in spirit – to those who lack the Knowledge of God
- b. He healed the brokenhearted – those who are grieving
- c. He preached deliverance to the captives – cast demons out
- d. He healed the blind – heals individuals from the spirit of infirmity and opens spiritual eyes
- e. He set at liberty them that are bruised – those who suffer with trauma

In all these areas, except for physical healing, Jesus ministered in the areas of what we call the condition of the heart. God loves us so much that He is not only concerned about our physical health, but also the condition of our heart. He desires for us to enjoy the Abundant Life in Christ.

“My son, attend to My WORDS; incline your ear to My sayings. Let them not depart from your eyes; keep them in the midst of your heart. For they are life to those that find them, and health to all their flesh. Keep your heart with all diligence; for out of it are the issues of life.”
(Proverbs 4:20-23)

In the areas of deliverance, deliverance deals with demons, many different types of demons. There are demons of fear, rejection, insecurity, witchcraft, mind-binding spirits, addictions, lusts, pride, etc. and even demons of infirmity in where they attack the human body. There were many times in scripture where Jesus cast a demon out before the person could receive physical healing.

You and I who believe that Jesus is the Christ have been given power and authority to cast out demons and to heal the sick. (**Mark 16:15-18; Matthew 10:1; Luke 9:1-2, 10:1-9**) Without faith in Jesus Christ and being Born-Again into His Kingdom, no one can cast out devils. Remember the sons of Sceva. LOL (**Acts 19:14-16**)

There are many demons that you and I can cast out, but there are many principalities that we dare not touch in Jesus Name. Paul tells us in **Ephesians 6:12** that we wrestle not with flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, and against spiritual wickedness in high places. Notice, we may wrestle with them to remove their influence from our sphere of authority, but we will not be able to cast them out of **THEIR** sphere of authority.

“Don’t write checks your authority can’t pay!!!” ~David Copple~

We have the right to cast demons out of people or our sphere of authority, but not in realms in where demons have the right or authority to reside. Our sphere of authority is our home, our business, our church, etc. We have no authority to cast out principalities or evil powers that dwell in the second heaven or that dwell over cities, regions, homes, or even in individuals who agree with the lies of the enemy. When the leader of a city, business or home is in agreement with darkness, those larger principalities have legal right to remain there. The only way these principalities can be removed is for the individual or group of individuals to come out of agreement with the lies of enemy by repenting and having a change of heart by the Lord Jesus Christ. Begin to cry out to the Lord in intercession, and pray that the leader(s) will repent and break covenant with the demonic. Then and **ONLY** then will that principality be removed.

I’ve noticed through the years that some deliverance ministries are attempting to cast out demons or principalities that they have no business in casting out. For one, the Leviathan spirit. We have no business casting out Leviathan; God Himself will deal with Leviathan in the Last-Days (**Isaiah 27:1**).

In the book of Job, God asked satan if he had considered his servant Job. Job was a righteous man, but God allowed him to be tried by satan. As we study the life of Job, you will see that the destruction that came upon his life was allowed by God.

Leviathan is only mentioned 5 times in the Bible. When Leviathan is mentioned, we need to understand the context in which it appears. In **Job 41**, God is describing Leviathan as a real animal. God told Job that if he decided to hook the creature, he wouldn’t have the power or resources to catch, tame, or even destroy it. In **Isaiah 27:1**, Leviathan is described as a spiritual being has been given authority for a time, but in a future day, he will be punished a removed. I believe that Leviathan is actually satan himself.

We must remember that during this time of Job’s life in the writing of Job 41, Job was beginning to lose faith because of the oppression of Satan in his life that was allowed by God. God was reassuring Job that He only has allowed this to come upon him, but also that He is the only one who had the power and authority to remove Satan’s hand off his life. There are times when Satan comes to sift us like wheat and God allows it, but be reassured. Jesus is praying that your faith fails not. We cannot control satan’s ability to sift and test us.

Jesus said: ***“Simon, Simon, BEHOLD, Satan has desired to have you, that he may sift you as wheat: But I have prayed for you, that your faith fail not: and when you are converted, strengthen your brethren.”*** (Luke 22:31-32)

When Satan comes to sift you in similar ways that he sifted Job, deliverance will not work for you.

You must endure the process of sifting while gripping and taking a firm hold to your faith in Christ Jesus. What God may send to you, you cannot escape or run from it.

As a minister of the Lord Jesus Christ, you and I cannot cast out flesh nor can we cast out a stronghold. The responsibility to deal with the flesh and strongholds belongs to each of us as we discipline ourselves to crucify the deeds of the flesh while casting down strongholds. **(Romans 8:13)**

If we walk in the Spirit, we will not fulfill the lusts of the flesh. Therefore, by walking in the Spirit we will have the power to crucify the lusts of the flesh, the lusts of the eyes, and the pride of life to prevent us from producing the fruits of sin. Not only will it keep us from fulfilling the lusts of the flesh, but also keeps doors closed so that demons have no access into our lives.

Walking in the Spirit by meditating on the WORD will enlighten our eyes of understanding to what is truth and to what is a lie. You and I cannot cast down a stronghold (*a thought that is in agreement with darkness*) until we recognize the lie. The only way to confront a lie is to confront it with the TRUTH of God's WORD.

“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” (2 Cor. 10:3-5)

We've noticed that there are too many Christians' depending on someone else's walk to deal with their flesh and strongholds. When an individual realizes that it's his or her own responsibility to be accountable for their life and actions, then they will begin to live a life of freedom in Christ in a greater measure. We are empowered by God's GRACE and strengthened by His Spirit to come to terms with our responsibility for our life and actions.

CONCLUSION:

When it comes to delivering an individual from demons, the minister needs to have knowledge of what demon or demons he is dealing with. After all, the minister is not only dealing with demons to cast them out, but also the individual's spirit who is also in the hands of the deliverer. Therefore, we need to be mindful that we could cause more harm to an individual if we don't understand what we're dealing with or we don't know how to do deliverance correctly.

In knowing and understanding what a demon is, what is flesh, and recognizing strongholds, the minister will be more effective and successful in the Deliverance Ministry.

List of Major Demonic Spirits

T.O.B.C.F.

This is a listing of major demonic spirits. The demonic *Strongman* is in charge of many lower entities in each category. A *Strongman* is not the same as a *Stronghold*. As an example, the first strongman listed on the next page is *Bitterness*. We did not list all of the lower demons in the category. The list of lower demons under *Bitterness* would look like this:

Bitterness

Resentment
Hatred
Unforgiveness
Violence
Temper
Anger
Retaliation
Murder

As another example, the Strongman of *Depression* would include some of these lower demons:

Depression

Despair
Despondency
Discouragement
Defeatism
Dejection
Hopelessness
Self-Harm
Suicide
Death
Morbidity

It is true that some demons cause more of a disruption than others, both in our lives, and in a deliverance, but those who have an intimate relationship with Jesus have power and authority over EVERY demon!

"Behold, I give you the authority to trample on serpents and scorpions, and over ALL the power of the enemy, and nothing shall by any means hurt you." **Luke 10:19**

Note:

We do not have authority to take down larger principalities over a city or business. Only repentance from the leader will remove it. **This is a list of demons that attach to individuals.**

Please make a checkmark ✓ by those that apply to your circumstance in life as it is, or has been in the past. Mark an X next to what you consider your strongest issue(s).

* Brief descriptions are included in parentheses (). They are not a complete listing.

* The numbers beside each stronghold are for our reference only.

- | | |
|--|--|
| <input type="checkbox"/> 1 Bitterness (<i>un-forgiveness, anger</i>) | <input type="checkbox"/> 34 Competition |
| <input type="checkbox"/> 2 Rebellion (<i>to God, government, employers, etc.</i>) | <input type="checkbox"/> 35 Impatience |
| <input type="checkbox"/> 3 Strife (<i>fighting, arguing</i>) | <input type="checkbox"/> 36 False Burdens (<i>unnecessary burdens</i>) |
| <input type="checkbox"/> 4 Control | <input type="checkbox"/> 37 Grief |
| <input type="checkbox"/> 5 Retaliation | <input type="checkbox"/> 38 Fatigue (<i>tiredness, weariness, Chronic Fatigue</i>) |
| <input type="checkbox"/> 6 Accusation | <input type="checkbox"/> 39 Infirmity (<i>sickness, disease</i>) |
| <input type="checkbox"/> 7 Rejection | <input type="checkbox"/> 40 Death (<i>morbid thoughts, fear of death</i>) |
| <input type="checkbox"/> 8 Insecurity | <input type="checkbox"/> 41 Inheritance/Ancestral
(<i>generational sin patterns</i>) |
| <input type="checkbox"/> 9 Jealousy | <input type="checkbox"/> 42 Hyper Activity |
| <input type="checkbox"/> 10 Withdrawal (<i>isolation, hiding, fantasy world</i>) | <input type="checkbox"/> 43 Cursing |
| <input type="checkbox"/> 11 Escape (<i>running from feelings through pleasures</i>) | <input type="checkbox"/> 44 Addictive Compulsion
(<i>drugs, sex, entertainment</i>) |
| <input type="checkbox"/> 12 Passivity (<i>complacency, procrastination</i>) | <input type="checkbox"/> 45 Gluttony (<i>addiction to food</i>) |
| <input type="checkbox"/> 13 Depression | <input type="checkbox"/> 46 Self Accusation |
| <input type="checkbox"/> 14 Heaviness (<i>dark cloud, carrying a "weight"</i>) | <input type="checkbox"/> 47 Guilt |
| <input type="checkbox"/> 15 Worry | <input type="checkbox"/> 48 Sexual Impurity |
| <input type="checkbox"/> 16 Nervousness | <input type="checkbox"/> 49 Cults (<i>Mormon, Jehovah Witness,
Spiritual Freedom, etc</i>) |
| <input type="checkbox"/> 17 Sensitiveness (<i>get your feelings hurt easily</i>) | <input type="checkbox"/> 50 Occult (<i>all forms of organized
witchcraft religions</i>) |
| <input type="checkbox"/> 18 Persecution (<i>fear of correction or rejection</i>) | <input type="checkbox"/> 51 Religious (<i>wrong view of God/
wrong doctrines</i>) |
| <input type="checkbox"/> 19 Mental Illness (<i>diagnosed or suspected</i>) | <input type="checkbox"/> 52 Spiritism (<i>séance, Ouija board,
satanic worship</i>) |
| <input type="checkbox"/> 20 Schizophrenia (<i>hallucinations</i>) | <input type="checkbox"/> 53 False Religion (<i>Buddhism, Hindu, Islam, etc</i>) |
| <input type="checkbox"/> 21 Paranoia | <input type="checkbox"/> 54 Divorce (<i>both personal or family history</i>) |
| <input type="checkbox"/> 22 Confusion | <input type="checkbox"/> 55 Spirit of Hiding (<i>hiding our true selves</i>) |
| <input type="checkbox"/> 23 Doubt | <input type="checkbox"/> 56 Jezebel (<i>manipulation, control, gossip,
dominating personality, false
prophecy, causes division.</i>) |
| <input type="checkbox"/> 24 Indecision (<i>hard to make decisions</i>) | <input type="checkbox"/> 57 Mocking (<i>disrespect, sarcasm, scorn</i>) |
| <input type="checkbox"/> 25 Self Deception | |
| <input type="checkbox"/> 26 Mind Binding (<i>tormenting thoughts</i>) | |
| <input type="checkbox"/> 27 Mind Idolatry (<i>reasoning, analyzing</i>) | |
| <input type="checkbox"/> 28 Fears (<i>phobias</i>) | |
| <input type="checkbox"/> 29 Fear of Authority (<i>distrust, anti-submissiveness</i>) | |
| <input type="checkbox"/> 30 Pride | |
| <input type="checkbox"/> 31 Affectation (<i>attention seeking,
theatrics, acting, etc</i>) | |
| <input type="checkbox"/> 32 Covetous (<i>greed, envy</i>) | |
| <input type="checkbox"/> 33 Perfection | |

Additional Resources

Inner Healing Books

Soul Care: 7 Transformational Principles for a Healthy Soul by Dr. Rob Reimer

Half the Battle: Healing Your Hidden Hurts by Dr. Jon Chasteen

Loosing the Key of David: A Field Guide to Inner Healing & Deliverance by Stephen Fredericks

Inner Healing by Mike Flynn & Doug Gregg

Deliverance & Inner Healing by John L. Sanford & Mark Sanford

Destroying the Spirit of Rejection by John Eckhardt

Battlefield of the Mind by Joyce Meyer

A More Excellent Way by Dr. Henry W. Wright (*Physical/Emotional Healing*)

Creative Counterparts by Linda Dillow (*Marriage*)

The Supernatural Power of a Transformed Mind by Bill Johnson

The Seeking Heart by Fenelon (*Intimacy*)

Secrets of the Secret Place by Bob Sorge (*Intimacy*)

The Chastening of the Lord by Bob Sorge (*Christian Suffering*)

Loyalty by Bob Sorge (*Submission to Godly Authority*)

Under Cover by John Bevere (*Submission to Godly Authority*)

The Art of Praying the Scriptures by John Paul Jackson

Prayers That Avail Much by Germaine Copeland

The Secrets to Deliverance by Alexander Pagani

Additional Journaling Questions

Generational Patterns

1. What diseases seem to be passed down from generation to generation in your family?

2. Is there a history of poverty in your family history? _____

3. Is there a history of Witchcraft, Occult or Free Mason involvement in your family?

4. Does addiction, violence or abuse run in your family?

5. What nationality are you? Are there any cultural or religious ties that may leave a door open for demonic oppression? _____

6. Do you recognize any other Generational Patterns of Sin or Demonic Oppression?

In-Utero Wounds

1. Were there any miscarriages before you were born? _____

2. Do you know what kind of pregnancy your mother had with you? Stressful, peaceful?

3. Did your mom or dad want a child of the opposite gender?

4. Were you a planned / "wanted" pregnancy, or was it unplanned or "unwanted"?

5. Did mom and dad fight a lot while they were pregnant with you? _____

6. Do you find that you often sabotage yourself? _____

7. Have you ever had a problem with stealing or lying as a child or an adult? _____

Childhood

1. How many brothers and sisters were you raised with? _____

2. Where were you in the birthing order? (oldest, youngest, middle?)

3. Were any of your siblings born within (less than) 2 years apart? _____

4. Did your siblings have any negative personality traits like being angry, controlling, fearful, or competitive, abusive? _____

5. Did you care for or help raise your siblings? If yes, did you resent having to do so?

6. Were there any difficult or traumatic events in your childhood? _____

1. Were both parents present while you grew up? _____

2. Did anyone ever touch you inappropriately as a child? If so, how old were you? _____

3. Did you tell? How long did that go on? _____

Performance and Procrastination

1. What kind of personality did your dad have? _____

2. How about your mom? _____

3. When your parents came home, did they pay attention to you or were they busy doing other things? _____

4. Did you feel as though you couldn't please your mom or dad while growing up? _____

5. How did you spend time with your parents growing up? _____

6. If you did more Godly things, do you think God would love you more or be more pleased with you? _____

7. Does it feel like God loves you less when you make mistakes? _____

8. Have you ever had a problem arriving late or missing deadlines? _____

9. Are you one that is always early for everything and well prepared? _____

Inner Vows

1. Do you find it easier to pray for someone than to have someone pray for you? _____

2. Do you feel the need to pray for someone who has just prayed for you? _____

3. Do you ever feel isolated or alone? _____

4. Do you find that people have a hard time relating to/understanding you? _____

5. Do you remember any times in childhood when you said, "I'll never _____" or "I will always _____."? _____

6. Do you subconsciously reject people before they have a chance to reject you? _____

Bitter Roots of Judgement

1. Have you been married more than once? _____

2. If so, who broke it off? _____

3. If you could change one thing about your spouse, what would it be? _____

4. What is the one thing your spouse would change about you? _____

5. How do you get along with your children? _____

6. Finish these sentences. Only if you already have this type of judgement engrained in you. If not, ignore this question.

"All men are _____."

"All women are _____."

"All people of _____ ethnicity are _____."

"No matter how hard I try I will always be _____."

"I vow that I will never _____."

Core Lie Identification (Continued)

The Lie:

God is not really a good God because He let bad things happen to me.

The Truth:

God is still good even when bad things happen. Evil happens because of the devil, his demons, and a human who chooses to be in alignment with him. Even when we follow God, He allows bad things to happen to us sometimes so we can be molded and shaped into His image. We cannot be like Him unless we understand His suffering.

The Word:

“For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.” **Ephesians 6:12**

“For whom the LORD loves He chastens, and scourges every son whom He receives.”

⁷ If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? ⁸ But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. ⁹ Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? ¹⁰ For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. ¹¹ Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.” **Hebrews 12:6-11**

“But rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.” **1 Peter 4:13**

The Lie:

God doesn’t love me as much as he loves everyone else.

The Truth:

God loves me as much as anyone else in the world. God does not play favorites.

The Word:

“For God shows no partiality [no arbitrary favoritism; with Him one person is not more important than another.”

Romans 2:11-16 (AMP)

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

The Lie:

I am not worthy to receive good gifts from God.

The Truth:

God gives us spiritual gifts from birth, and even people who don’t follow Him have gifts from Him.

The Word:

“For the gifts and the calling of God are irrevocable.” **Romans 11:29**

“But each of you has your own gift from God; one has this gift, another has that.”

1 Corinthians 7:7

1 Corinthians 12 (chapter)

The Lie:

If God really loved me, He would not have allowed me to be abused as a child.

The Truth:

We live in a fallen world. We have all sinned. Each human has a choice to choose good or evil. If God destroyed on e evil, he would have to destroy ALL evil, including us, because He is a just God. All sin is the same (except Blaspheming the Holy Spirit). God will punish them when they stand before Him for judgment.

The Word:

"For all have sinned and fall short of the glory of God." **Romans 3:23**

"For whosoever keeps the Law [as a] whole but stumbles and offends in one [single instance] has become guilty of [breaking] all of it." **James 2:10**

"Vengeance is Mine, and retribution, In due time their foot will slip; For the day of their disaster is at hand, And their doom hurries to meet them." **Deut. 32:35**

The Lie:

If I don't feel the same spiritual things or have the same spiritual experiences as everyone else, then something is wrong with me.

The Truth:

I cannot compare myself to any other Christian. I am a unique part of the body of Christ.

The Word:

"For as we have many members in one body, but all the members do not have the same function, ⁵ so we, being many, are one body in Christ, and individually members of one another. ⁶ Having then gifts differing according to the grace that is given to us, let us use them..."

Romans 12:4-6

The Lie:

God is not a good Daddy. I have to beg Him for things and just hope He will answer me.

The Truth:

I don't have to beg God to answer my prayers. I have to obey Him, trust Him, and ask without doubting. Then my prayers will be answered.

The Word:

"If you then, evil (sinful by nature) as you are, know how to give good and advantageous gifts to your children, how much more will your Father who is in heaven [perfect as He is] give what is good and advantageous to those who keep on asking Him." **Matt. 7:11 (AMP)**

"But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. ⁷ For let not that man suppose that he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all his ways." **James 1:6-8**

Additional Core Lie Examples

The Lie:

Feeling like I'm not "good enough," or that I am a failure when I mess up.

The Truth:

I am not a failure.

My worth does not come from my talents or what I do. It comes from God.

The Lie:

Feeling like I'm being rejected when I get corrected or confronted, or feeling like God will reject me if I make a mistake.

The Truth:

I do not need everyone to accept or approve of me. I am accepted and approved by God.

The Lie:

Feeling like no one listens to me or believes me, and that I am alone.

The Truth:

I do not need everyone to "hear" me or agree with me. God hears me, and I hear God.

The Lie:

Feeling like it's my job to correct or fix people or situations.

The Truth:

It is not my job to change people or fix everything. That is God's job. I repent for my pride. I give that job back to Him.

The Lie:

I'll be happy if I can control what's happening.

The Truth:

Trying to control causes disappointment and anxiety.

Only God is in control. He is sovereign. My circumstances don't dictate my happiness, God does. He is my joy.

The Truth About God

1. **God is Good** - Exodus 34:6-7, Psalm 25:8, James 1:17
2. **God wasn't Created** - Psalm 90:2, Isaiah 43:10, Colossians 1:17, Revelation 4:8, Exodus 3:14
3. **God is the Creator** - John 1:3, Genesis 1, Psalm 19:1-3, Acts 17:24, Romans 1:20
4. **God is Eternal** - Deuteronomy 33:27, 1 Timothy 1:17, Psalm 102:12, Hebrews 13:8
5. **God is Alive and Active** - Jeremiah 23:23-24, Acts 17:27-28, Haggai 2:5, Psalm 34:18
6. **God is Love** - Deuteronomy 7:7-8 John 14:31 Romans 5:5-8 Romans 8:35-39 1 John 4:8, 16
7. **God is Holy** - Psalm 99:2-3, Isaiah 6:1-6, Revelation 4:8-11, 5:14, 1 Peter 1:16
8. **God is Gracious** - Psalm 145:17, Romans 1:5, Romans 3:24, Hebrews 4:16
9. **God is Unchanging** - Hebrews 13:8, Malachi 3:6, James 1:17
10. **God is Sovereign** - Exodus 18:11, Psalm 115:3, Matthew 10:29, 1 Peter 3:17
11. **God is Just** - Genesis 18:25, Exodus 34:6-7, Psalm 99:4, Romans 1:32, 1 Peter 1:17
12. **God is Glorious** - Psalm 19:1, Isaiah 42:8, Psalm 29:2, Matthew 13:44-46, Revelation 4:11
13. **God is All Powerful (Omnipotent)** - Romans 11:36, Jeremiah 32:27, Job 42:2, Matthew 19:26, Psalm 115:3
14. **God is Everywhere at All Time (Omnipresent)** - Proverbs 15:3, Job 11:7-9, Jeremiah 23:23-24, Psalm 139:7-10, John 16:4-11
15. **God is All Knowing (Omniscient)** - Psalm 147:5, Ecclesiastes 12:14, Ezekiel 11:5, Romans 11:33, 1 John 3:20, Hebrews 4:13, Romans 2:16
16. **God is Faithful** - Hebrews 13:8; James 1:17; Malachi 3:6; Numbers 23:19; Psalm 102:26-27; Deuteronomy 7:9; Psalm 33:4, Jeremiah 18:7-10; Genesis 6:6; Joel 2:13; Jeremiah 26:3, 13; 1 Samuel 15:29
17. **God Hears Us** - 1 John 5:14, 1 John 5:15, Psalm 66:17-20, 1 Peter 3:12, Jeremiah 33:3, Psalm 34:17, Isaiah 65:24, Psalm 18:6, 1 Peter 5:7, Psalm 6:9
18. **God is a Good Gift Giver** - Matthew 7:7, Mark 11:24, Romans 10:13
19. **God does Not show Favoritism** - Acts 10:34-35, Romans 2:11
20. **Other Characteristics** - Philippians 4:6-7, 1 John 5:14-15, Ephesians 3:12, Hebrews 4:16, Matthew 6:33, Proverbs 15:29, Psalm 27:14

The Names of God and Their Meanings

*"The name of the LORD is a strong tower;
The righteous runs into it and is safe."*

Proverbs 18:10

1. **Elohim** - Supreme God, Strong One, Creator God - Genesis 1:1, Genesis 17:7, Exodus 20:23, Isaiah 41:10, Jeremiah 31:33
2. **El Shaddai** - God Almighty, All-sufficient One - Genesis 17:1, Genesis 49:24. Psalm 132:2,5, 2 Corinthians 12:9
3. **El Elyon** - Most High God, Supreme - Genesis 14:20, Numbers 24:16, Deuteronomy 26:19, 2 Samuel 22:14, Psalm 9:2, Daniel 3:26
4. **El Roi** - God Who sees Me, God of Seeing - Genesis 16:13, Exodus 2:25, Psalm 139:11, Matthew 6:4, 1 Peter 3:12
5. **El Chaiyai** - "God of My Life - Psalm 42:8 (pronounced - "Say Yay"!)
6. **El Chanuun** - "Gracious God" - Jonah 4:2, Nehemiah 9:31
7. **El Gibhor** - "Mighty God Who Rescues", "Hero" - Isaiah 9:6, Jeremiah 32:17-18
8. **El Olam** - "The Everlasting God", "Eternal God" - Genesis 21:33, Psalm 90:1-3
9. **El Oseh Phela** - "God Who Works Wonders" - Psalm 77:14
10. **El Qanna** - "Jealous God" - Exodus 20:5
11. **El Simchath Giyl** - "God of My Exceeding Joy" - Psalm 43:4
12. **El Hakkadosh** - "Holy God" - Isaiah 40:25
13. **Ha El Hanne' Eman'** - "Faithful God" - Deuteronomy 7:9
14. **Elohei Chasdi** - "God of Steadfast Love & Kindness" - Psalm 59:10,17
15. **Elohei Mikkarov** - "God of Nearness" - Jeremiah 23:23
16. **Elohim Chayim** - "Living God" - Joshua 3:10
17. **Elohim Yachal** - "The God of Hope" - Romans 15:13
18. **Elohim Emet** - "True God", "God of Truth" - Jeremiah 10:10

The Truth About My Identity

“I Am” Statements

100 Identity Truths - Your true identity in Christ Jesus

1. I am born again (I Peter 1:23)
2. I am a child of God (John 1:12)
3. I am a saint (I Corinthians 1:2)
4. I am the salt of the earth (Matthew 5:13)
5. I am the light of the world (Matthew 5:14)
6. I am a disciple because I have love for others (John 13:34-35)
7. I am protected by the power of His name (John 17:11)
8. I am set free by the truth (John 8:31-33)
9. I am eternally secure in Christ (John 10:27-31)
10. I am kept from the evil one (John 17:15)
11. I am one with God the Father and Jesus the Son (John 17:23)
12. I am God's gift to Christ (John 17:24)
13. I have peace with God (Romans 5:1)
14. I have been justified by faith (Romans 5:1)
15. I have access into the sphere of God's grace (Romans 5:2)
16. I can rejoice in trouble (Romans 5:3)
17. The love of God has been poured out in my heart (Romans 5:5)
18. I am reigning in the life of Jesus Christ (Romans 5:17)
19. I have been reconciled to God through the death of Jesus (Romans 5:10)
20. I am being saved by the life of Jesus (Romans 5:10b)
21. I have been baptized into Christ's death (Romans 6:3)
22. I have been raised to walk in the newness of life (Romans 6:4)
23. I have been united with Christ through His death and resurrection (Romans 6:5)
24. My old self was crucified with Christ (Romans 6:6)
25. I am alive to God in Christ Jesus (Romans 6:11)
26. I am yielded to God (Romans 6:13)
27. I am not under the law, but under grace (Romans 6:14)
28. I have eternal life in Christ Jesus (Romans 6:23)
29. I am freed from the power of sin (Romans 6:18)
30. I am free from condemnation (Romans 8:1)
31. I am a servant of God (Romans 6:22)
32. I am free from the power of sin and am a servant of righteousness (Romans 6:18)
33. I am free from the vicious cycle of sin and death (Romans 8:2)
34. I am indwelt by the Holy Spirit (Romans 8:9)
35. I am led by the Spirit of God (Romans 8:14)
36. I am a joint heir with Christ (Romans 8:17)
37. I am confident that all things work together for good (Romans 8:28)
38. I am being conformed to the image of Christ (Romans 8:29)
39. The Holy Spirit helps my infirmities (Romans 8:26)

40. The Holy Spirit makes intercession for me (Romans 8:26)
41. God foreknew me (Romans 8:29)
42. I have been given all things (Romans 8:32)
43. I am inseparable from the love of God (Romans 8:35)
44. I am more than a conqueror through Christ (Romans 8:37)
45. I am God's temple (I Corinthians 3:16-17)
46. I am washed, sanctified, and justified by the blood of Jesus (I Corinthians 6:11)
47. I have been bought with a price (I Corinthians 6:20)
48. I am the image and glory of God (I Corinthians 11:7)
49. I am triumphant in Christ (II Corinthians 2:14)
50. I am a sweet aroma manifesting the presence of God wherever I go (II Corinthians 2:14)
51. I am adequate for anything because my adequacy comes from God (II Corinthians 3:5)
52. I am a new creation in Christ (II Corinthians 5:17)
53. I am an ambassador for Christ (II Corinthians 5:20)
54. I am strongest when I am weakest (II Corinthians 12:10)
55. I am crucified with Christ and the life I now live is His (Galatians 2:20)
56. I am redeemed from the curse of the Law (Galatians 3:13)
57. I am filled with the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23)
58. I am in Christ Jesus (Ephesians 1:1)
59. I am blessed with every spiritual blessing (Ephesians 1:3)
60. I am chosen by God to be holy and blameless (Ephesians 1:4)
61. I am predestined to adoption through Jesus (Ephesians 1:5)
62. I am accepted in the beloved (Ephesians 1:6)
63. I have redemption through His blood (Ephesians 1:7)
64. I am forgiven of all my sins (Ephesians 1:7)
65. He has made known to me the mystery of His will (Ephesians 1:9)
66. I have wisdom as I try to know His will (Ephesians 1:8)
67. I am predestined according to His purpose (Ephesians 1:11)
68. I have obtained an inheritance (Ephesians 1:11)
69. I am filled with the Holy Spirit of promise (Ephesians 1:13)
70. I have the spirit of wisdom and revelation in His knowledge (Ephesians 1:17)
71. My eyes have been enlightened (Ephesians 1:18)
72. I know the hope of my calling (Ephesians 1:18)
73. I know the exceeding greatness of His power to me (Ephesians 1:19)
74. I know the riches of His inheritance in the saints (Ephesians 1:18)
75. I am made alive with Christ (Ephesians 2:1)
76. I am raised with Christ and seated in the heavenlies (Ephesians 2:6)
77. I have been saved by grace through faith (Ephesians 2:8)
78. I am God's handiwork created in Christ Jesus for good works (Ephesians 2:10)
79. Once afar off, I am now made near by the blood of Christ (Ephesians 2:13)
80. I have access through Jesus to the Father (Ephesians 2:18)
81. I am a fellow citizen with the saints in God's household (Ephesians 2:19)
82. I am built upon the foundation of the apostles and Christ the cornerstone (Ephesians 2:20)

83. I am able to walk boldly into Christ's presence (Ephesians 3:12)
84. I am strengthened with power through His spirit of the inner man (Ephesians 3:16)
85. I am receiving exceeding, abundantly above all that I ask or think (Ephesians 3:20)
86. I can speak the truth in love (Ephesians 4:15)
87. I can grow up in all things under him (Ephesians 4:15)
88. I have been renewed in the spirit of my mind (Ephesians 4:23)
89. I have put off the old man (Ephesians 4:22)
90. I once was darkness, but now I am light in the Lord (Ephesians 5:8)
91. I am able to walk as a child of light (Ephesians 5:8)
92. I am strong in the Lord and the power of His might (Ephesians 6:10)
93. I choose to put on the whole armor of God and stand (Ephesians 6:13)
94. I am able to quench all of Satan's darts (Ephesians 6:16)
95. He who started a good work in me will finish it (Philippians 1:6)
96. I will be ashamed of nothing; with boldness, Christ will be magnified (Philippians 1:20)
97. The mind which was in Christ is in me (Philippians 2:5)
98. God is working in me both to desire and to do His good pleasure (Philippians 2:13)
99. My citizenship is in heaven from which I eagerly await His coming (Philippians 3:20)
100. I can rejoice in the Lord always (Philippians 4:4)

The Truth About Others

1. **2 Chronicles 30:12** - "At the same time, God's hand was on the people in the land of Judah, giving them all one heart to obey the orders of the king and his officials, who were following the word of the Lord."
2. **Psalms 133:1** - "How wonderful and pleasant it is when brothers live together in harmony!"
3. **Malachi 2:10** - "Are we not all children of the same Father? Are we not all created by the same God?"
4. **Matthew 23:8** - "Don't let anyone call you 'Rabbi,' for you have only one teacher, and all of you are equal as brothers and sisters."
5. **John 13:35** - "Your love for one another will prove to the world that you are my disciples."
6. **John 17:23** - "I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me."
7. **Romans 12:4-5** - "Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other."
8. **Romans 12:16-18** - "Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone."
9. **1 Corinthians 1:10** - "I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose."
10. **1 Corinthians 12:12-13** - "The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit."
11. **Galatians 3:26-28** - "For you are all children of God through faith in Christ Jesus. And all who have been united with Christ in baptism have put on Christ, like putting on new clothes. There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus."
12. **Ephesians 1:10** - "And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth."
13. **Ephesians 1:14** - "The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him."
14. **Ephesians 4:3** - "Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace."
15. **Ephesians 4:11-13** - "Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. This will continue

until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ."

16. **Ephesians 4:16** - "He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love."
17. **Philippians 2:1-2** - "Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose."
18. **Colossians 3:13-14** - "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony."
19. **1 Peter 3:8** - "Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude."
20. **1 John 4:12** - "No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us."