

The "Set Free" Academy



EXPERIENCE GOD'S AMAZING LOVE &
FREEDOM IN ALL AREAS OF YOUR LIFE



Module 7 TRANSFORMING REST



Lesson One

Resting in God's Love

Share your thoughts on the following quote: **"Christianity is not an ethical code, it is a love affair."** Do you agree or disagree? Why?

Are you afraid you won't meet God's expectations of you? What do you think you could do that would make him love you less?

Do you struggle to love yourself and accept people's love for you? How does this impact your ability to accept God's unconditional love?

What may be keeping you from receiving and resting in His love for you?

Based on what you just heard about being the object of God's love and God's nature being Love itself, what are your thoughts on how these truths impact His ability to love YOU?

How do you know that God doesn't REQUIRE you to love Him back?

How DO you love God?

- Know that loving Him is your True _____
- You are the new _____ and you look just like your _____ who is LOVE, so you are _____
- Know that "there is no _____ for those that are in Christ Jesus (Romans 8:1)
- Free yourself from obligation and _____ receive His love, then you will want to _____ back because it is your nature
- Stop _____ so hard and just Be LOVE!

- Set your mind on things of the _____ and obey His law from your true nature
- Do not let yourselves be _____ by a yoke of slavery
- Have _____ and it will express itself through Love
- Serve one another _____ in love, however, do not allow people to continue to hurt you or sin against you. In that case, love them by _____ for them
- Be led by and keep in step with the _____ of God within you
- Live out the Fruits of the Spirit, which are:

How Do You Love God

KNOW HIM

"Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love." (1 John 4:7-8)

SPEND TIME WITH HIM

"Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty, is divided between God and the world." (James 4:8)

OBEY HIM

"If you love me, obey my commandments." (John 14:15)

TRUST IN HIM

"Take delight in the LORD, and he will give you your heart's desires. Commit everything you do to the LORD. Trust him, and he will help you." (Psalm 37:4-5)

PUT HIM FIRST

"And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength." (Mark 12:30)

SERVE HIM

"But be very careful to obey all the commands and the instructions that Moses gave to you. Love the LORD your God, walk in all his ways, obey his commands, hold firmly to him, and serve him with all your heart and all your soul." (Joshua 22:5)

WORSHIP AND PRAISE HIM

"You must worship the Lord your God and serve only him." (Luke 4:8)

BE PATIENT, KIND, HUMBLE, TRUTHFUL, **RIGHTEOUS AND FAITHFUL**

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." (1 Corinthians 13:4-8)

LOVE PEOPLE

"If someone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?" (1 John 4:20)

SAVE YOUR SOUL FOR HIM

"This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus." (1 John 4:17)

FEAR NO EVIL

"There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love." (1 John 4:18)

KEEP YOUR LOVE

"Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man." (Proverbs 3:3-4)

Dead to Sin & Alive in Him

"What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer?

Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death?

We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his.

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin.

Now if we died with Christ, we believe that we will also live with him.

For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him.

The death he died, he died to sin once and for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires.

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

For sin shall no longer be your master, because you are not under the law, but under grace."

~ Romans 6:1-14 ~

What does the Scripture you just heard from Romans 6 tell you about being dead to sin and alive in Christ Jesus?

How are you able to live a NEW LIFE in Him through His death and resurrection?

What is possible for YOU knowing that sin is no longer your master because you are NOW under His grace?

Believing God's Love For You

Why is it important to BELIEVE God's love for you?

What fears do you need to let go of in order to truly BELIEVE in God's love?

Why is it worth it to INGEST His love for you?

Activity: Looking for Evidence

Over the next 30 days you will be playing detective and looking for evidence of God's love for you.

Your evidence can include Scriptures, other people showing God's love to you, or you experiencing His blessings in some way.

This activity is all about believing and experiencing His love, AND feeling loved and lovable in the process.

You will do this for 30 days in a row and post your 10 pieces of evidence in the Facebook group each day. You can begin tonight or tomorrow. As soon as I see the tag of your first FB group post with 10 pieces of evidence, the 30 days in a row begins :) Please tag me @AlanaPalm and use the #evidence.

This activity can have such a profound affect on your ability to believe/receive His love and see yourself as the lovable woman He created you to be, that I am offering you a special gift upon completion.

When you have completed the 30 days, posting your 10 pieces of evidence each day, I will gift you a private 1:1 session with me as an additional reward :)

Exercise: Receiving God's Love

INSTRUCTIONS

Have Jesus come in and sit across from you.

Look Him in the eyes and just receive His love, feeling His love through steady intensity.

DO NOT break eye contact!

We break eye contact because it overwhelms us and we try to protect ourselves. Be in a vulnerable position where you are being loved.

Just observe the lover - Jesus Christ - and it will reveal to you the nature of the love - notice what you are experiencing.

DO NOT love Him back in this exercise. Don't hate Him but don't try to flow towards Him.

We often want to love someone back or give them something to relieve the pressure of being poured into so much. We don't think we deserve it.

Don't relieve the pressure by giving back something you think you need to. Just receive - maybe like you've never received before.

The whole point is to receive Him and His love.

Just be and allow Him to have His way with you.

Allow Him to be your Creator, your Lover, your Best Friend.

Receiving God's Love

What was your experience of this exercise? You do not have to share this with anyone - this is personal between you and Jesus - your Lover, your Creator, your Best Friend. You may choose to use this space to record your experience or keep it inside you where it is only for you and Jesus to know. Use this space to record your experience of you so choose.

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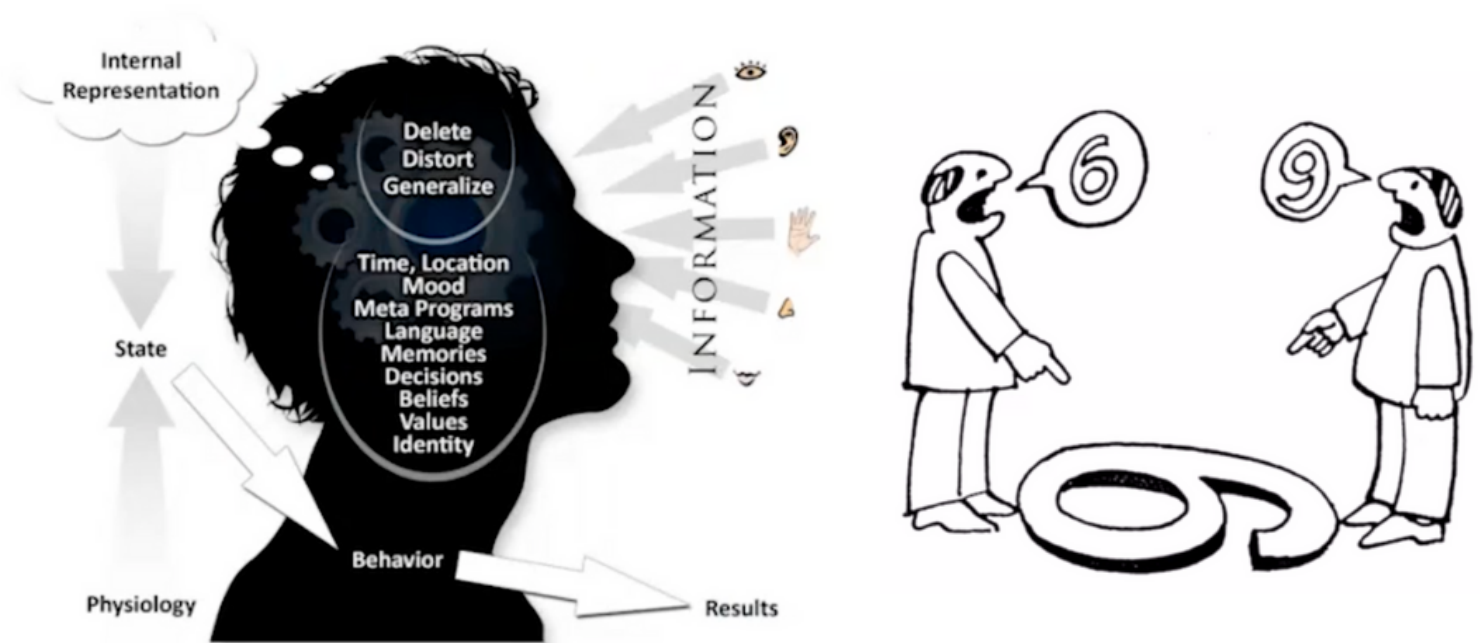
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Lesson Two

Subconscious Belief Systems

What % of decisions come from your subconscious (meaning you are not even aware of them because they are on autopilot)? _____



How are your belief systems formed? Explain this in your own words based on what you just learned in the video.

What is the SOLUTION to activating the TRUTH in your Subconscious belief system?

Understanding Deep Emotions

Spills Over —→

- Friend makes you upset —→
- Boyfriend breaks up with you —→
- Dad gets angry with you —→
- Don't get comforted right away when you scrape your knee —→



Understanding Deep Emotions

Our first response to difficulty is often anger, to protect ourselves. Anger can allow you to feel powerful and in control.

Under anger is fear of being hurt.

Under the fear is sadness or pain about the situation that we don't want to feel.

Under the sadness is our deep need for love or respect.

EXAMPLE

- I was mad when my teacher yelled at me in class. (Anger)
- I was afraid of being sent to the office and getting in trouble. (Fear)
- I'm sad that things don't always go the way I want them to in my life, and that my teacher seems to hate me. (Sadness)
- I wish I was more appreciated and valued by people in my life. (Love)

Now take some time and complete this for something you are feeling angry about and see what comes up underneath in the deeper layers.

1

2

3

4

ANGER

FEAR

SADNESS

LOVE

Understanding Deep Emotions

What did you learn from this activity about the deeper layers of feelings under your anger?

When you're angry, what are you actually looking for?

Maturing Your Emotions

The same needs we have as children show up as adults. When those needs weren't met as a child, we can feel a void or be triggered in that area as an adult.

- On the left hand side of the next page, draw a picture of yourself as a young girl (between ages of 5-8 years old).
- Either above or under you, write 7-10 things that little girl needed that she didn't feel she was getting at the time.
- On the other side of the line draw yourself as an adult now in the present time.
- Write out 7-10 ways you, as a safe supportive adult, will provide the needs for that little girl - meeting her need for love, security, affection, etc.
- It doesn't need to be a direct correlation (Ex: If physical touch wasn't there you don't have to give yourself physical touch - think about the deeper need for love or affection, and meet that).

Maturing Childhood Feelings

What did you discover about what you needed as a child and didn't get at the time?

How can you meet the needs of this 'inner child' now, as a mature, functioning, caring adult??

Communicating With Your Emotions

What was your experience of the "Communicating with Your Emotions" activity?

What did you learn about this inner part and its role, fears and job possibility if it didn't have to protect you in that way?

Extension Questions:

What did you hear, see, feel and sense about your inner part?

Did the part show itself?

Did it say anything to you?

What were its answers to your questions?

Share in detail here. (Please share with me too, as I would love to know your experience of this exercise)

One With God

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship (The Greek word for adoption to sonship is a legal term referring to the full legal standing of an adopted male heir in Roman culture) through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ. In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory."

Ephesians 1:3-14

Unity with the Lord Activity

To remember your IDENTITY in Christ, one tool you can use is just telling your soul the TRUTH. Your spirit already knows this, but your soul may 'forget.' Repeat as needed.

EXAMPLE: "I believe that I was taken out of you and I believe that I have been reinserted back into you and I abide in you and you abide in me and we abide in the Father as the Father abides in us and therefore I am always about my Father's business."

What will your statement be?

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Lesson Three

Three Realms & Two Trees

Fill in the charts below with what you just learned about the Three Realms

<u>BODY</u>	<u>SOUL</u>	<u>SPIRIT</u>

<u>BODY</u>	<u>SOUL</u>	<u>SPIRIT</u>

Three Realms & Two Trees

Summarize anything else you would like to remember about the Three Realms here:

What did Eve want from the Tree of Knowledge of Good and Evil?

What was the enemy REALLY tempting Eve with in the garden?

What do YOU believe about what God says? Do you believe ALL Of His Word or are there parts that you don't fully trust/believe? (Be honest with yourself here because God is okay with you asking questions. Remember, doubt is from the enemy so bringing what's going on inside you into the light can help to dissolve the power it has over you!)

Level of Belief

How are YOU responsible for bringing Heaven into Earth?

Now that you understand your partnership with God in bringing Heaven into Earth, How are you going to embrace this purpose you have? List some tangible ways that you will co-create this manifestation with Him.

I am willing to...

I am willing to...

I am willing to...

I am willing to...

I am willing to...

I am willing to...

The Two Trees

In the following columns, make notes on what you just learned about the difference between the Tree of Knowledge and the Tree of Life:

Tree of Knowledge	Tree of Life

Sin & Temptation

How do the Two Trees, Sin, Temptation and Free Will affect our ability to choose Him? Make notes to summarize what you just learned in the video.

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Be honest - what are some of the ways YOU 'limit' God in your mind?

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Sin & Temptation

How are you NOT believing in His goodness protection, provision and promises for your life?

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How would you like to shift those beliefs going forward so you can experience more of His freedom? Be specific.

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Lesson Four

Rules vs Rest

In the following columns, make notes on what you just learned about the Two Trees and the difference between RULES and REST:

<i>Tree of Knowledge</i> RULES	<i>Tree of Life</i> REST

From Forcing to Flow

In your own words, explain how the flow of water and your hands in the flow palms up represents how you can be in REST with God:

[illegible]

Why is it best to live in Rest? What do you get to give up (costs) in order to experience TRUE Rest?

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What is the REAL point of having goals on your journey of life?

Manifesting His Spirit

When we live through the Spirit, how does that impact how we output things on earth?

Making Decisions from Rest

What are some of the ways you can make a decision from a place of REST?

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How did 'Giving your soul a say' impact your ability to let all the parts of you into the decision making process?

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Lesson Five

Your Authority Through Christ

"And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them."

Matthew 16:18-20

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

James 4:7

"Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you."

Luke 10:19

"And he called the twelve together and gave them power and authority over all demons and to cure diseases."

Luke 9:1

"Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world."

1 John 4:4

"For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?"

1 John 5:4-5

"And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

Genesis 1:38

"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."

2 Corinthians 10:3-5

"And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover."

Mark 16:17-18

"Guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to you."

2 Timothy 1:14

"Do you not know that you are a temple of God and that the Spirit of God dwells in you?"

1 Corinthians 3:16

"Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him."

John 14:23

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."

Ephesians 3:16-21

What stood out to you the most among the Scripture just read over you?

Explain the Authority YOU have in Christ in your own words.

The Balloon Analogy

Seed Falling on Good Soil:

Seed Falling on Thorns:

Seed Falling on Rocky Ground:

Tree of Life

Spirit
100, 60, 30



Freedom
Relationship

**Invisible
Realm**

**Tree of
Knowledge**

Soul

Knowledge
Spiritual Laws

**Visible
Realm**

Body

Knowledge
Earthly Laws

In the blanks above, fill in the information about the balloon analogy. Then below, explain what you just learned in your own words so you can remember it when needed.

Stop It

Under the following headings, explain what you get to STOP in your own words and why it is important to do so:

STOP RESISTING

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STOP TRYING

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STOP THE GUILT & SHAME

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STOPPING IS REPENTING

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What did you just learn about the importance of receiving the gift from the 'Father' instead of working for the gift?

What do YOU need to let go of in regard to trying/working/striving in order to just receive the Father's gifts for you?

What did you learn about DECLARING/AGREEING to experience God's Rest?

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Lesson Six

Self-Reflection Questions

When you are not fully trusting God you may have fear, anger, control, anger and many other emotions that pop up inside you. When they come out in a certain way it might be hard to understand why. These questions will help you gain a deeper understanding of where the disconnect is between your emotion/control/fear VS God's goodness, protection, promises and provision:

- **How much am I believing God's goodness and promises right now?**
- **What might be keeping me in resistance to believing that He has got this in the palm of His hand?**
- **Why might I be choosing to believe the lies from the enemy?**
- **In the Spirit Realm I know God's truth, so what might be keeping me focused on the world instead of Him right now?**
- **What accusations might I have against God?**
- **Do I truly believe I am a masterpiece, beloved and created in His image?**
- **How can I stand in the truth of my identity and worth in Him?**

How could these questions be helpful for you to ask yourself when you are feeling fear, worry, lack of control or other negative emotion?s Explain.

Self-Reflection Questions

How much am I believing God's goodness and promises right now?

What might be keeping me in resistance to believing that He has got this in the palm of His hand?

Why might I be choosing to believe the lies from the enemy?

In the Spirit Realm I know God's truth, so what might be keeping me focused on the world instead of Him right now?

Self-Reflection Questions

What accusations might I have against God?

Do I truly believe I am a masterpiece, beloved and created in His image?

How can I stand in the truth of my identity and worth in Him?

Shifting into Rest

Based on what you just heard, what might keep YOU from shifting into Rest?

What could you choose within your soul in order to overcome this barrier?



The 6 Steps to Shift into Rest

STEP #1:

Release Shame & Condemnation

Instead of condemning, shaming and blaming yourself, how can you RELEASE these things by following Jesus' lead? Be specific.

STEP #2:

Stop Trying, Striving and Working

How does living by the Flesh (trying, striving and working) go along with your OFF the CLIF and the Tree of Knowledge?

[illegible]

How can you STOP trying, striving and working so hard in order to live by the Spirit / your CLIF / the Tree of Life?

[illegible]

STEP #3:

Release Judgment About the way it “SHOULD” Be

In your own words, explain what you just learned about why it's important for you to stop judging and wanting it to be a different way.

“I am currently in this situation where I think it shouldn't be this way and it should be a different way. I am choosing to let go of my judgment and let go of my ownership and requirement that it should be something different than it is. The fact that it shouldn't be this way...I am letting it go”

Based on the example you just heard, write out what you can speak over yourself when you're judging that a situation SHOULD look different than it does.

STEP #4:

Choose and Act where your Spirit has Peace

In your own words, explain what you just learned about choosing His Spirit FIRST, and then acting from that place?

Based on what you just heard, write out your version of how you will speak to the spirit in you:

STEP #5:

Let Go of Fear, Worry & Anxiety

When you try to control things or in fear worry and stress, what does that say about your level of trust and belief in Him?

Why is it important to look for NEW evidence for NEW beliefs??

The Advanced STORY System Method

You are now being introduced to an extension of the STORY System from Module 2, which is called 'The Advanced Story System Method.'

On the next few pages you will go deeper into practicing this tool again, but with some advanced techniques to help your mind and heart shift into BELIEF in His Truth.

As stated in the video, I invite you to write out at least 3 opportunities you have to shift your current thoughts and feelings using this powerful tool so you can come into greater agreement with Him. The more you practice this, the more it will become a habit.

Always keep in mind that the Situation or Event is neutral and often cannot be changed. What you CAN change is your Stance, which in turn shifts your Posture & Action, then ultimately the Outcome & Atmosphere. This is how you ABIDE in Him more deeply and become a Spray Bottle for Jesus!

We will work through all the steps here and you will have the worksheets to go through with you own situations to see what shifts you can make to help you look at the Situation as neutral and focus on what you DO have control and free will to choose - Your STANCE!

In determining your New STORY that aligns with God's Truth, finding support in Scripture and coming into agreement with His Word, you can get a clearer picture of His truth. You can then imagine you are in that new Posture and in Full Agreement with Him so you can live that out more readily in life.

If you are struggling to come into agreement with a NEW STORY, remember to go to Part 3 where you will get support in helping you 'negotiate' with any parts of you that feel afraid or stuck so they can feel the fear and choose His Truth anyway .

As always, if you have any questions about this activity, please post in the FB group so we can support you.

THE 'ADVANCED STORY SYSTEM' METHOD



PART 1 ~ INITIAL BELIEF

SITUATION - What happened/the Neutral Event/Circumstance

STANCE: THOUGHT - Your ID/ANT/Perspective

STANCE: FEELING - Your Feeling as a byproduct of your Thought

POSTURE & ACTIVITY - Who you BE/What you DO in Response

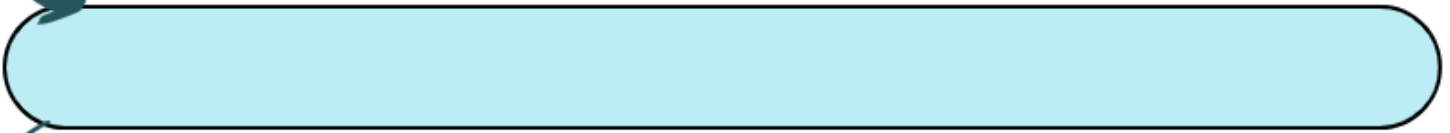
OUTCOME & ATMOSPHERE - The Result you get from your Response

PART 2 ~ NEW ALIGNED BELIEF

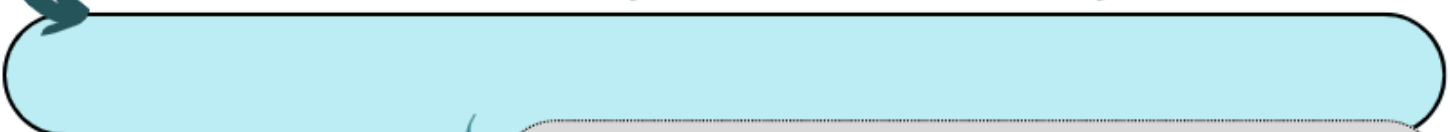
NEW STANCE: "STORY" - Strategic Thought on Renewing Yourself



SCRIPTURE - Write Out a Scripture that Supports this NEW STORY

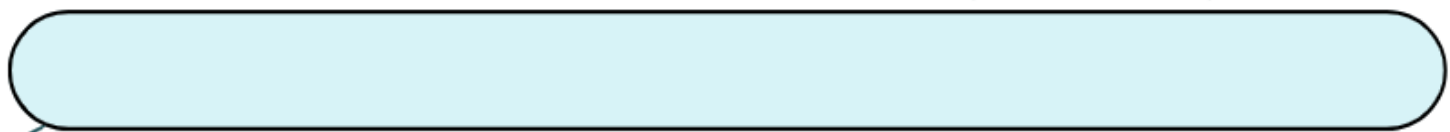


TESTING THE BELIEF - % you Believe His Truth in your Heart

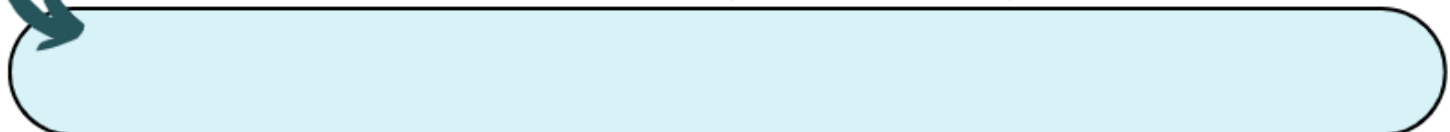


If you are under 60% in Belief go to PART 3 before completing the next steps on this page

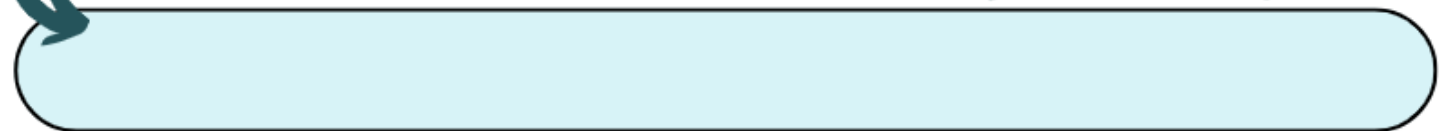
NEW STANCE: FEELING - Your NEW Feeling as a byproduct of your Thought



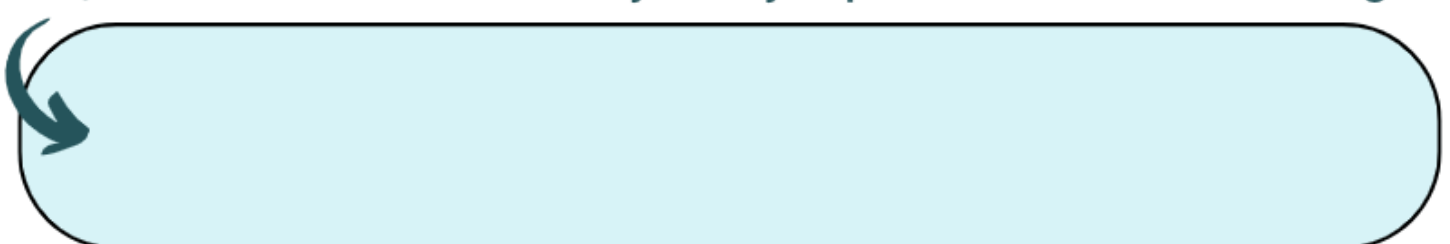
NEW POSTURE & ACTIVITY - Who you BE/What you DO in Response



NEW OUTCOME & ATMOSPHERE - Result from your NEW Response



ENVISION - Imagine you are in FULL Agreement with God in this NEW Truth and write out your vision below. Allow yourself to experience it with all 5 senses to make it REAL for you as you partner with God in creating it.



PART 3 ~ IF YOU ARE UNDER 60% BELIEF

What Keeps You From Believing Your NEW STORY/Scripture in Your Heart?

What Part of You Holds on to this Belief/Fear? (age/feelings/etc)

What STANCE/STORY Would You REALLY Like to BELIEVE?

What are You Afraid Would Happen if You Believed This?

Acknowledge the Part's Fear with Love, Acceptance and Kindness

What CAN YOU Believe that Acknowledges the Fear & Agrees with God

Write your NEW STANCE: 'STORY' below:

Now that you have a NEW STORY that feels true for you, go to PART 2 and complete the steps again

The Advanced STORY System Method Practice

Go through the Advanced Story System with 3 Beliefs. Write your thoughts/feelings/etc. out in your own words following the prompts above.

Remember this isn't about organizing it well on paper - it is about helping you shift your belief and come into agreement and alignment with God's Truth. When you can do this automatically it will help you have greater peace and joy because you are transforming your mind and taking thoughts captive and making them obedient to Christ.

Focus on getting to a STORY that feels true for you and aligns with His Word. This will help you shift your mind and fix your eyes on Him!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The Advanced STORY System Method Practice

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a vertical margin line on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.

[illegible]

[illegible]

STEP #5: Cont'd...

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Philippians 4:6-8

Under the following headings, explain how the verses above explain the way different areas of focus can change your levels of anxiety, fear and worry:

PRAYER:

GRATITUDE:

FOCUSING YOUR THOUGHTS:

STEP #6:

Declare and Act where your Soul finds Peace

“Soul, you're safe and you've tried so hard to protect and provide for me. You thought you were abandoned and alone. You thought that you were in charge and that all I needed to be safe was up to you.

I'm letting you know that I am here presenting myself in the spirit as a king, and all the trauma, all the things that you've been trying to protect me from internally and externally, the spirit knows how to heal them.

So soul, you can let go because you no longer have to provide for and protect me. The spirit is here to do that so let the spirit come in. Understand that you are safe with the spirit, and allow the spirit to start healing you. Back off and give the spirit permission to come in."

Based on the above, write out what you will say to your SOUL to calm it down when it is afraid in your own words:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

“Okay God you say that you are good and you say that you are loving and I'm going to CHOOSE IT...even though I don't believe it right now.”

In your own words, write out what YOU will say to your soul to allow it to choose and move.

Explain why it's important to ACT on your faith after choosing to believe Him.

CLIF - “I Am” Statement

- Write out your CLIF Conviction statement **TEN TIMES** to ground yourself in **WHO YOU ARE!**
- Look in the mirror and make eye contact with yourself.
- With **CONVICTION**, say your CLIF Conviction Statement **FIVE TIMES**, knowing that it is who you actually are!
- If you can't believe it for yourself, you get to say it from God's perspective of you
- You get to see it through His eyes until you believe it - “See it til you be it!”

1.

2..

3.

4.

5.

6.

7

8.

9.

10.

How did you feel as you said this in the mirror while making eye contact?

The Worry Box

- Grab a box that is bigger than your hand
- Decorate it with either "WORRY BOX" or "WORRIES" on it
- On a clean piece of paper that will fit inside the box, write down one worry that is causing anxiety in your life right now
- "Cast all your anxiety on him because he cares for you." 1 Peter 5:7
- Put the worry inside the box as if you are giving it to God, saying "I trust YOU with this worry and I am no longer holding on to it. I lay it down at the foot of the cross"
- When we truly trust God, we won't need to pick the worry back up again
- If you feel that worry coming back, go into your box and physically take it back out
- This symbolizes that you are no longer trusting God fully with it
- When you take it out of the box, say "God I am choosing NOT to trust you with this right now"
- Remember there is NO condemnation for this - it is simply to show yourself that you are choosing not to have trust and peace in your soul through giving it to Him
- The idea behind this is to trust God based on WHO HE IS (His character, nature, goodness, promises, etc)



Post a pic of
your box in
the group

You are Victorious Through Him!

In your own words, explain what Jesus did to give YOU Victory through Him.

What is possible when YOU come into agreement with the Victory you ALREADY have?

How can YOU Let go, Rest and Release the results to Him?

This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced, horizontal grey lines that run across the entire width of the page. The lines are uniform in thickness and color, providing a guide for letter height and placement. There are no margins, text, or other markings on the page.

Handwriting practice lines consisting of 24 horizontal lines.

Handwriting practice lines consisting of 24 horizontal lines.



*Congratulations
on Completing
Module 7*