

The "Set Free" Academy



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



Deeper Intimacy
with God

TAKE ACTION WORKBOOK

Created by Quiana J for The Set Free Academy™



DEEPER INTIMACY / TAKE ACTION WORKBOOK

#1 ~ Plan a date with Jesus. Set a date and time (one hour+) and plan out the details to make it special according to your own liking. **Remove all distractions.**

#2 ~ Prepare your body and your soul for this date. Up to the date/time you have this date, fast from food, get away from people, and do things that bring you calmness like a warm bath or listening to soothing music. **Turn off all forms of media.**

#3 ~ When it is time, talk to Him out loud confessing sins, problems, issues, things you are hurt about, how you feel about Him, anything else **until your heart is empty.**

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#4 ~ Pray this prayer:

God, I am here to minister unto you, to encounter you, to dwell in your presence, and to receive all that you have for me. I empty myself out now so that your Spirit of Wisdom and revelation in the knowledge of Christ may fill me til I overflow.

Revealer of Secrets, open the eyes of my understanding so that I may be enlightened that I may comprehend the deep things mysteries of the Lord for my life. I decree that my spiritual senses are unlocked for the Father's use that I may discern the things of the Spirit.

Deliver me. Set me free. Let Satan have nothing left in me. I posture myself now to learn, to heal, and to hear what You have to say to me, in Jesus name.

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#5 ~ Begin doing things that you love to do including Him in it whether it is dancing, singing, painting and say nothing more.

#6 ~ Begin documenting the string of thoughts that begin to come to your mind and don't interrupt them. Just journal them.

#7 ~ After the experience, journal your thoughts about the experience including what struggles you encountered planning and implementing this date with Jesus, what you would do differently, how you felt it could have been. Be mindful of what you feel would be "perfect". Journal what you learned about yourself and God through this experience.

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Use this space to journal your experience:

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